

2010-2011 YOUTH PROGRAM SCHEDULE

CLASSES	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Jelly beans	9:30-10:15am		10:15-11:00am 2:45-3:30pm	2:45-3:30pm		10:15-11:00am 2:45-3:30pm	9:30-10:15am
Stone runners I	9:30-10:30am	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	9:30-10:30am
Stone runners II	10:30am-12:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	10:30am-12:00pm
Super stone runners	10:30am-12:00pm	3:30-5:00pm 5:00-6:30pm	3:30-5:00pm 5:00-6:30pm	3:30-5:00pm 5:00-6:30pm	3:30-5:00pm 5:00-6:30pm	3:30-5:00pm 5:00-6:30pm	10:30am-12:00pm
Pre-team		3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm		
Team Rock Spot		5:00-7:30pm	5:00-7:30pm	5:00-7:30pm	5:00-7:30pm		
Teen climb	12:00pm-1:30pm 5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	12:00pm-1:30pm 5:00-6:30pm

Payment options & discounts

All programs include unlimited membership and gear rental for both gyms during the class session. Sign up for a second day and receive half off the second class. All youth program members receive a 15% discount on all retail purchases. Siblings: 2nd child's program is 10% off. You can make up as many as 3 classes during a session. No classes on holidays or school vacation days (see below).

Please prepay in full prior to your first class. This will help to ensure a place in the course, as courses can fill quickly. Provided that there is space available, you may choose to join a course mid-session; we will prorate the price.

Parents: If your child is enrolled in a program you can learn to belay for free—just rent a harness for \$3 or bring your own!

Terms & classes subject to change. Call to confirm availability.

Holidays (no classes)

Fall session	Winter session	Spring session
Mon, Oct 11	Mon, Jan 17	Mon, Apr 18
Tue, Nov 2	Feb 21-27	Sun, Apr 24
Nov 24-26		Mon, May 30

Lessons & additional classes

If you don't see the class that you want at the time that you want it, please contact us and we may be able to add a class for you.

Single, 1 hour private class \$60; 4 weeks \$195
1.5 hour semi private class \$50; 4 weeks \$150/person

Additional private coaching and training for currently enrolled students is \$40/hr

Unless otherwise indicated, programs are offered at both gyms at the listed day and time.

- Day/time offered only in Boston, MA
- Day/time offered only in Lincoln, RI

HOW TO SIGN UP:

Pick a day and time, then follow the steps on the registration form. You can sign up for 1 or 2 days for Pre-Team; Team Rock Spot meets 2 times per week. All other classes meet once a week.



Boston, MA

67 Sprague Street
Boston, MA 02136
www.RockSpotClimbing.com
617-333-4433

Lincoln, RI

100 Higginson Ave.
Lincoln, RI 02865
www.RockSpotClimbing.com
401-727-1704



Boston, MA • Lincoln, RI

YOUTH PROGRAMS 2010-2011



3 sessions

Fall: Sept. 20–Dec. 17, 2010
Winter: Jan. 3–Mar. 27, 2011
Spring: Mar. 28–June 19, 2011

**All ages, all abilities
10am-midnight, 7 days/week**

www.RockSpotClimbing.com

Beginner Classes

Jelly Beans—ages 4–6 (45min)

A class to introduce your child to climbing. Your child will have a chance to develop proper climbing movement, build self-confidence, and learn about safety and other exciting aspects of climbing. The skills that your child learns in the gym, like self-confidence, cooperation, and communication, will easily translate to his or her everyday life. Your child will be taught in a safe, welcoming, and fun environment, where your child will be able to grow as a climber and get excited about this quickly growing sport.

Days & times offered:

Tu, Fri 10:15-11:00am

Fri 2:45-3:30pm

Sa, Su 9:30-10:15am

Boston, MA only: W, 2:45-3:30pm

Lincoln, RI only: Tu, 2:45-3:30pm

\$290

Stone Runners I—ages 6–8 (1 hour)

Stone Runners II—ages 9–12 (1 1/2 hours)

If your child has little or no climbing experience, but wants to experience all that climbing has to offer, then this is a great class to start with! Under skilled instruction your child will grow as a climber, learning proper climbing technique, knots, belaying techniques, and many of the other important climbing fundamentals. This is a great introductory class to all of the exciting and meaningful parts of climbing.

Days & times offered:

Stone Runners I

M–F 3:45-4:45pm

Sa, Su 9:30-10:30am

\$320

Stone Runners II

M–F 3:30-5:00pm

Sa, Su 10:30am-12:00pm

\$360

Intermediate & Advanced Classes

Super Stone Runners—ages 8–12 (1 1/2 hours)

A great intermediate class for children who want to continue their growth as climbers. Your child will expand his or her knowledge of proper climbing technique, movement, safety, and belaying, and be introduced to the importance of conditioning and training as a climber. Throughout the class children will continually be challenged and motivated to push themselves to become better climbers.

Days & times offered:

M–F 3:30-5:00pm, 5:00-6:30pm

Sa, Su 10:30am-12:00pm

\$360

HOLIDAY & VACATION PROGRAMS! INDOORS AT BOTH GYMS AND OUTDOORS AT QUINCY QUARRIES

Oct 11: Outdoors	<u>Full day sessions</u>
Nov 2: Outdoors or Indoors	Out: \$95, In: \$85
Nov 26: Indoors	
Dec 27–31: Indoors	<u>½ day sessions</u>
Jan 17: Indoors	In: \$50
Feb 21–25: Indoors	
Apr 28-22: Outdoors or Indoors	<u>Full week, Full day sessions</u>
May 30: Outdoors	Out: \$450, In: \$350
	<u>Full week, ½ day sessions</u>
	In: \$195

Indoors: Full day, 9am-5pm; ½ day, 9am-1pm or 1pm-5pm

Outdoors: Full day, 10am-4pm

Outdoors drop off & pick up at Rock Spot Boston

Outdoors drop off time: 9:30-10:00am

Outdoors pick up time: before 5pm

Pre-Team—ages 6 & up (1 1/2 hours)

A great introduction to the world of competitive and hard climbing. Children will learn the necessary skills so that they are able to develop into more mature climbers. Whether mastering challenging climbs or learning advanced belaying techniques, your child will have the support and opportunity to take his or her climbing to the next level. Students will have the opportunity to compete in regional competitions and make the transition to our Rock Spot climbing team.

Days & times offered:

Boston, MA only: M and/or W 3:30-5:00pm

Lincoln, RI only: Tu and/or Th 3:30-5:00pm

\$360 for 1 class/week, \$540 for 2 classes/week

Team Rock Spot—ages 9 & up (3 hours, twice a week)

An advanced climbing class that is designed to aid and support the growth of your child as a climber as he or she explores the competitive side of climbing. Climbing is quickly becoming a mainstream competitive sport that is recognized by the United States Olympic Committee and the International Olympic Committee. Through the skilled instruction of our competitive coach, this class will allow children to climb at their highest levels and grow as competitive climbers by attending USA Climbing events. Your child will also learn and develop skills in lead climbing and bouldering and become a more advanced, well-rounded climber.

Team members must join USA Climbing to be ranked and climb competitively. Students will compete in their region throughout the year, with a chance of competing nationally.

Days & times offered:

Boston, MA only: M & W 5:00-7:30pm

Lincoln, RI only: Tu & Th 5:00-7:30pm

\$600 (please note that this class meets twice a week)

All abilities

Teen Climb—ages 13 & up (1 1/2 hours)

A fun non-competitive class for all climbers. Students will build their self-confidence and develop interpersonal skills through teamwork while developing and improving their climbing skills.

Days & times offered:

M–F 5:00-6:30pm

Sa, Su 12:00-1:30pm

\$360



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