

2009-2010 YOUTH PROGRAM SCHEDULE

CLASSES	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Jelly beans	9:00-9:45am	12:45-1:30pm	12:45-1:30pm	12:45-1:30pm	12:45-1:30pm	12:45-1:30pm	9:00-9:45am
	10:00-10:45am	1:45-2:30pm	1:45-2:30pm	1:45-2:30pm	1:45-2:30pm	1:45-2:30pm	10:00-10:45am
		2:45-3:30pm	2:45-3:30pm	2:45-3:30pm	2:45-3:30pm	2:45-3:30pm	
Stone runners I	9:00-10:00am	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	9:00-10:00am
	10:15-11:15am	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	10:15-11:15am
	11:30am-12:30pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	11:30am-12:30pm
Stone runners II	11:30am-1:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	11:30am-1:00pm
		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	
Geckos	9:00-10:00am	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	9:00-10:00am
	10:15-11:15am	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	10:15-11:15am
	11:30am-12:30pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	11:30am-12:30pm
Super stone runners	11:30am-1:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	11:30am-1:00pm
		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	
Pre-team		3:45-5:15pm	3:45-5:15pm	3:45-5:15pm	3:45-5:15pm		
Team Rock Spot		5:00-8:00pm	5:00-8:00pm	5:00-8:00pm	5:00-8:00pm		
Teen climb	11:30am-1:00pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	11:30am-1:00pm
		7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	

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

 Day/time offered at only Rock Spot Climbing

 Day/time offered at only RI Rock Gym

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.

Payment options & discounts

All programs include a membership to both gyms during your session. Gear rental is provided during your class as needed. Sign up for a second day and receive half off the second session. All members receive 15% discount on retail purchases in our store. Team discount is 20%. Siblings: 2nd child's program is 10% off, 3rd child's is 20% off. You can make up as many as 3 classes during a session. No classes on holidays or school vacation days. Parents: If your child is enrolled in a program you can learn to belay for free—just rent a harness for \$3!
Terms & classes subject to change. Call to confirm availability.



Rock Spot Climbing

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



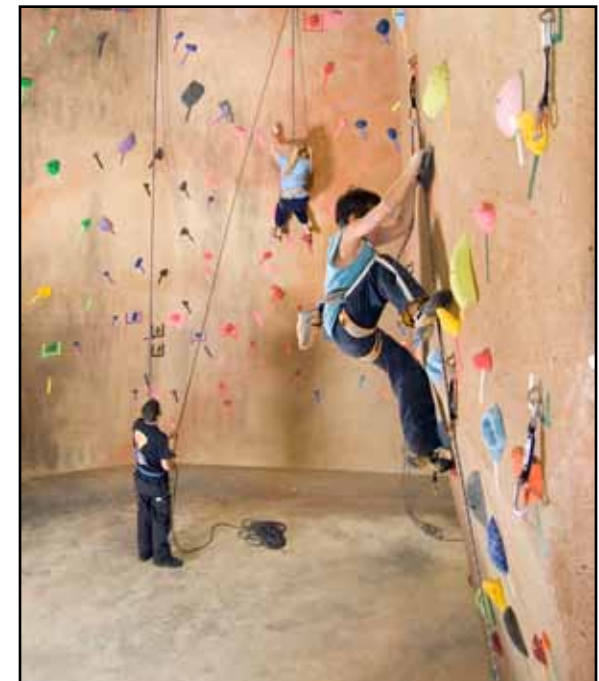
RI Rock Gym

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

RI Rock GYM

ROCK SPOT CLIMBING

YOUTH PROGRAMS 2009-2010



3 13-week sessions

Sept. 21–Dec. 20, 2009

Jan. 4–Mar. 28, 2010

Mar. 29–June 20, 2010

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

www.RhodelslandRockGym.com
www.RockSpotClimbing.com

Beginner Classes

Jelly Beans—45min—ages 4-6

An introduction to climbing through games and adventure activities. Students will become familiar with basic techniques of climbing and bouldering, as well as climbing lingo and gear. The strong focus on understanding safety rules and the importance of communication and cooperation when climbing will build the confidence of these young climbers.

Goals

- Able to climb to the top of the wall with self-confidence
- Able to put on their own climbing harness
- Understand importance of safety
- Knowledge of basic climbing terms

Days & times offered:

M-F 12:45-1:30pm, 1:45-2:30pm, 2:45-3:30pm
Sa, Su 9:00-9:45am, 10:00-10:45am
\$240

Stone Runners I—1 hour—ages 6-8

Stone Runners II—1 1/2 hours—ages 9 & up

A beginner class for children with little or no previous climbing experience. Students will be introduced to basic climbing, bouldering, and belaying techniques. There is a strong focus on safety rules and the mastery of two very important knots. They will learn the lingo and how to use gear. Students will build upper body strength and increase their coordination as they are encouraged to climb to the top of the wall.

Goals

- Mastery of 2 knots
- Able to climb to top of wall with self confidence
- Understand safety rules
- Knowledge of equipment, able to put on own harness
- Basic understanding of belaying system

Days & times offered:

Stone Runners I
M-F 2:30-3:30pm, 3:45-4:45pm, 5:00-6:00pm
Sa, Su 9:00-10:00am, 10:15-11:15am, 11:30am-12:30pm
\$290

Stone Runners II

M-F 3:30-5:00pm, 5:15-6:45pm
Sa, Su 11:30am-1:00pm
\$340



RI Rock Gym

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

Intermediate Classes

Geckos—1 hour—ages 6-8

An intermediate class for children who have already mastered the basic skills. Students will build their upper body strength and coordination as they are introduced to new climbing and bouldering techniques. They will be introduced to new lingo, gear, and knots. The importance of safety, cooperation, and communication will be reinforced as the students develop their belaying skills.

Goals

- Able to belay with a partner
- Knowledge of required knots
- Mastery of all basic climbing terminology
- Able to do a 5.7/5.8 climb
- Understand all safety rules

Days & times offered:

M-F 2:30-3:30pm, 3:45-4:45pm, 5:00-6:00pm
Sa, Su 9:00-10:00am, 10:15-11:15am, 11:30am-12:30pm
\$290

Super Stone Runners—1 1/2 hours—ages 8 & up

An intermediate class for children who have completed Stone Runners or who have previous climbing experience. Students will expand their knowledge and understanding of the use of gear and lingo as they develop their climbing, bouldering, and belaying techniques. There is an emphasis on the importance of conditioning and stretching exercises in order to enhance climbing ability. Cooperation, communication, and safety rules will be reinforced as the students learn their knots and are introduced to the rescue system.

Goals

- Minimum of 5.9 climb
- Mastery of 3 knots
- Understand all safety rules
- Able to belay with a Gri-Gri
- Knowledge of all basic "lingo" and use of gear

Days & times offered:

Stone Runners II M-F 3:30-5:00pm, 5:15-6:45pm
Sa, Su 11:30am-1:00pm
\$340



Rock Spot Climbing

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

Intermediate & Advanced Classes

Pre-Team—1 1/2 hours—ages 6 & up

Intermediate and advanced climbers are introduced to the competitive climbing world. Students will master techniques and learn how to read routes. There is a focus on belaying, safety, and teamwork. Students are encouraged to compete once per series.

Goals

- Minimum of 5.9 climb
- Mastery of 3 knots
- Understanding of all safety rules
- Able to belay with a Gri-Gri
- Knowledge of all basic "lingo" and use of gear

Days & times offered:

RSC only: M and/or W 3:45-5:15pm,
RIRG only: Tu and/or Th 3:45-5:15pm
\$350 for 1 class/week

Team Rock Spot—3 hours—ages 9 & up

An advanced class for children who have completed Stone Runners, or who have a high level of personal experience. Strength conditioning activities and stretching exercises will be emphasized to increase the students' ability to utilize more advanced climbing and bouldering techniques. Students will be encouraged to develop an individual climbing style as well as work within a team. Includes an Introduction to lead and sport climbing, specific lingo and knots, and the use of advanced gear.

Team members must join USA Climbing to be ranked and climb competitively. Students compete in their region throughout the year.

Goals

- Minimum 5.10 climb
- Knowledge of sport climbing and lead climbing
- Able to use ATC for belaying
- Knowledge of all knots
- Knowledge of rescue technique
- Compete in regional and/or national events

Days & times offered:

RSC only: M & W 5:00-8:00pm,
RIRG only: Tu & Th 5:00-8:00pm
\$595 (please note that this class meets twice/week)

All abilities

Teen Climb—1 1/2 hours—ages 13 & up

A fun non-competitive class for all climbers. Students build confidence and are encouraged to develop trust and a strong sense of teamwork while further developing their climbing skills.

Days & times offered:

M-F 5:15-6:45pm, 7:00-8:30pm
Sa, Su 11:30am-1:00pm
\$290