

START HERE!

DO YOU HOME SCHOOL? →

HOMESCHOOL

Our Homeschool Climbing Program offers an alternative route to earning PE credits through climbing. Students are encouraged to set goals, integrate both successes and failures, and take on challenges together. A progressive curriculum and low instructor to student ratio accommodates both new and advanced climbers. Students aged 11-17 may add an optional Strength & Conditioning period at the end of the class, extending total class time by 30 minutes.

AGES 4 - 8

Mon - Thu | 1pm - 2:30pm

AGES 8 - 17

Mon - Thu | 1pm - 3pm

*Ages 11-17 registered for S&C end at 3:30pm

DOES YOUR CHILD HAVE INDOOR CLIMBING EXPERIENCE?

NO

AGES 4-13

INTRO AGES 4 - 13

Intro to Climbing for Kids is an orientation class for first-time or very inexperienced climbers. Kids learn the basics of indoor gym climbing and etiquette. Upon completion of an Intro class, students are well prepared to join the Kids Club or Homeschool programs, or simply use the gym with an adult.

Call the front desk for class day & time info.

YES

ATHLETIC TRAINING

WHAT DO THEY WANT OUT OF THEIR CLIMBING PROGRAM?

FUN CLIMBING WITH A GROUP OF PEERS

AGES 4-13

KIDS CLUB

Kids Club is a novice level program for kids new to climbing, or for those who prefer to climb in a more relaxed social setting. Basic roped and boulder skills are taught, but classes are designed to be fun and dynamic. New club members are welcome to join at the beginning of each six week session. Attending an Intro to Climbing for Kids class first is recommended.



KOALA CLUB AGES 4 - 6

Mon | 11am - 12:15pm
Mon - Fri | 4pm - 5:15pm



LEMUR CLUB AGES 6 - 9

Mon - Fri | 4:30pm - 5:45pm



MONKEY CLUB AGES 9 - 13

Mon - Fri | 4:15pm - 5:45pm

WHAT LEVEL OF PARTICIPATION ARE THEY WILLING AND ABLE TO COMMIT TO?

COMPETITION + TRAVEL • 3x/WEEK

COMPETITIVE TEAM

This is the most demanding youth program offered at the Alaska Rock Gym. The Comp Team is intended to prepare motivated athletes for success at the regional, divisional, and national levels of youth indoor climbing competition. Participation at this level is by coach's invitation only, and participation in USA Climbing events is mandatory.

AGES 8 - 19

Mon/Wed/Fri | 4pm - 6:30pm

FLEXIBLE • 2x/WEEK

RECREATIONAL TEAM

The purpose of this program is to provide a focused environment in which kids and teens may improve their climbing and training skills. While Rec Team members are encouraged to participate in local climbing competitions, competing is not required. Team members have the option to attend just one class per week, but attendance at two practices is highly recommended.

JUNIOR TEAM AGES 7 - 13

Mon - Thu | 4pm - 6pm

SENIOR TEAM AGES 13 - 19

Tue / Thu | 3:30pm - 6pm

AGES 14-18

HIGH SCHOOL CLUB AGES 14 - 18

The low-key classes offered by High School Club cater to teens looking for a fun and social atmosphere in which to pursue climbing at their own pace. Top rope belay instruction and certification are available based on the ability and motivation of the student. All experience and ability levels welcome.

Fridays | 7pm - 9pm

Members \$5 per class

Non-members \$20 per class

Class Punch Pass \$150 for 10 visits