

Take your climbing skills to the
NEXT LEVEL

Youth Rock Climbing Team

Ages 5-19



**THE
GRAVITY VAULT®**
INDOOR ROCK GYMS



Basic Track

Basic Track is for beginner climbers who are interested in taking their climbing to the next level. They need to have a basic knowledge of top roping and bouldering, as well as have the ability to effectively use their feet to position their body while climbing.

Saturdays 9am-11am



Recreational Track

Recreational Track is comprised of individuals who have well-rounded climbing technique. They will undergo an intensive training program that includes: stretching, power training and climbing with the goal of advancing to Competitive Track.

Tuesdays 6pm-8pm | Thursdays 6pm-8pm | Saturdays 11:30am-1:30pm



Competitive Track

Competitive Track climbers follow a rigorous training program geared towards competing at USA Climbing Youth National level. They will be given workouts to maximize their strength, stamina, technique and problem solving skills.

Tuesdays 6pm-8pm | Thursdays 6pm-8pm | Saturdays 11:30am-1:30pm

Pricing

1 Day a week or Basic Track \$180 / Month
2 Days a week \$250 / Month
3 Days a week \$320 / Month
Climbers must have their own equipment