

LVAC Climbing Wall Schedule

EFFECTIVE MARCH 1, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30								5:30
6 am								6 am
6:30								6:30
7 am								7 am
7:30								7:30
8 am					OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am								10 am
10:30	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>		10:30–11:30 Kids 1 Class	10:00–11:00 Kids 1 Class	10:30
11 am						11:30–1:00 Kids 2 Class	11:00–12:30 Kids 2 Class	11 am
11:30								11:30
12 pm								12 pm
12:30					12:30–1:30 Introductory / Certified Climb		12:30–1:30 Introductory / Certified Climb	12:30
1 pm						1:00–2:00 Introductory / Certified Climb		1 pm
1:30								1:30
2 pm					1:30–3:30 School Partner Program	2:00–3:30 Family Climb*	1:30–3:00 Family Climb*	2 pm
2:30								2:30
3 pm								3 pm
3:30			3:30–4:30 School Partner Program	3:30–5:00 School Partner Program		3:30–5:00 Youth 1 and Youth 2 Class	3:00–5:00 Adult Certification Class	3:30
4 pm	4:15–5:15 Kids 1 Class	4:00–5:30 Kids 2 Class and Youth 1 and 2 Class			4:00–5:30 Kids 2 Class			4 pm
4:30								4:30
5 pm	4:30–6:30 Advanced Team	4:30–6:30 Expansion Team	4:30–6:30 Advanced Team	4:30–6:30 Expansion Team	4:30–6:30 Advanced Team		5:00–7:00 School Partner Program	5 pm
5:30								5:30
6 pm								6 pm
6:30	6:30–7:30 Introductory / Certified Climb		6:30–7:30 Introductory / Certified Climb					6:30
7 pm		6:30–8:30 Adult Certification Class		6:30–8:30 Introductory / Certified Climb	6:30–8:30 Family Climb*	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	7 pm
7:30								7:30
8 pm	7:30–9:00 Certified Climb		7:30–9:00 Certified Climb					8 pm
8:30								8:30
9 pm					OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>			9 pm
9:30	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>	OPEN CLIMB <small>(CERTIFIED CLIMBERS ONLY)</small>				9:30
10 pm								10 pm
10:30								10:30
11 pm								11 pm

* You may climb on the wall during Family Climb, however, staff may not be available to belay or complete a certification test. To view our current schedule, visit ChicagoAthleticClubs.com. Schedule is subject to change. **Introductory Climb:** Drop-in Climbing for members and guests. Show up early to get the most out of Intro Climb. **Certified Climb:** For Certified Climbers ONLY. Get a belay from the instructor on duty or from another Certified Climber. **OPEN Climb:** For Certified Climbers ONLY. No instructor available to offer belays. Bring a belay partner or boulder.

LVAC Climbing Programming

Kids 1 Class

Ages 5–9 years

This is our introductory course for kids new to climbing. Emphasis will be on movement and climbing technique as well as maximizing climbing time. The instructors will strive to make the climbers feel comfortable being on the wall, high off the ground. Climbing knots and belay instruction will be included based on climber's maturity and skill level.

MONDAY	4:15–5:15 PM
SATURDAY	10:30–11:30 AM
SUNDAY	10:00–11:00 AM

Members \$105 - Non-Members \$115

Kids 2 Class

Ages 5–9 years • Instructor recommendation needed

Kids 2 Class is for students who are ready to take their climbing to the next level. Students will have more time to climb, and instructors will increase the intensity of the climbing by challenging the climbers to build their skills, strength, and climbing technique. Climbers should know how to tie their knots, load and belay with a grigri, conduct safety checks, and climb the big wall with confidence before registering for Kids 2 Class.

TUESDAY	4:00–5:30 PM
FRIDAY	4:00–5:30 PM
SATURDAY	11:30–1:00 PM
SUNDAY	11:00–12:30 PM

Members \$115 - Non-Members \$125

Youth 1 Class

Ages 10–15 years

The Youth 1 Class is the perfect starting point for Youth ages 10-15 with limited climbing experience. In this 4-week introductory class, instructors will emphasize safety protocols as climbers learn how to tie-in and belay. Sequencing routes, climbing movement, and climbing technique will be taught in conjunction with responsible climbing procedures. Upon completion of the Youth 1 Class, students can continue their climbing as part of the Youth 2 Class.

TUESDAYS - 4 WEEK SESSION	4:00–5:30 PM
SATURDAYS - 4 WEEK SESSION	3:30–5:00 PM

Members \$125 - Non-Members \$135

Youth 2 Class

Ages 10–15 years • Must be an experienced climber

The Youth 2 Class provides a great environment for experienced climbers ages 10-15 years old. This 90-minute class focuses on the strength and technique in both the bouldering cave and top rope climbing areas. Climbers who progress in Youth 2 can try out for one of our competitive Climbing Teams, with instructor recommendation.

TUESDAYS	4:00–5:30 PM
SATURDAYS	3:30–5:00 PM

Members \$115 - Non-Members \$125

Family Climb

Age 5 years & older

Children (ages 5 and older) may use the wall during Family Climb. Children must be accompanied by a parent at all times. Limit two children per parent.

FRIDAYS	6:30–8:30 PM
SATURDAYS	2:00–3:30 PM
SUNDAYS	1:30–3:00 PM

Certified Members' Children – Free
Non-Certified Members' Children - \$10 per child
Non-Members' Children - \$25 per child

Adult Certification Class

Ages 16 years & older

This class teaches, or refreshes, all the basic skills required to climb and belay as a responsible climber. This Certification Class is for folks who have either never climbed before, and want to learn, or use to climb, but need a solid refresher course to get their climbing protocols dusted off. Knots, loading and belaying with a grigri, safety protocols, climbing techniques, climbing etiquette, and climbing drills will be taught during this class. The 3-week session, has weekly classes that run 2-hours each class.

TUESDAYS (3-week class)	6:30–8:30 PM
SUNDAYS (3-week class)	3:00–5:00 PM

Members \$115 - Non-Members \$140

Climbing Team

Ages 7-18 years

The Expansion and Advanced Teams are for highly motivated climbers interested in competing through USA Climbing. Practices include workouts targeting overall fitness and strength, as well as climbing exercises and drills to advance each team member's technique and resilience. Participation on Team best prepares climbers for competitions and outdoor climbing. Coaches will attend field trips and all local competitions to advise, instruct, and support their CAC climbers. Those interested in the CAC Climbing Team must attend try outs in the late summer (bouldering season) and winter (sport and speed season).

Expansion Team

TUESDAY & THURSDAY	4:30–6:30 PM
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MONTHLY DUES \$180

Advanced Team

MONDAY / WEDNESDAY / FRIDAY	4:30–6:30 PM
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MONTHLY DUES \$200

REGISTER FOR ALL CLASSES ONLINE

All classes and private lessons include climbing gear.