

LVAC Climbing Wall Schedule

EFFECTIVE JUNE 2, 2019

	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					OPEN CLIMB			7 am
7:30								7:30
8 am						OPEN CLIMB	OPEN CLIMB	8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am								10 am
10:30								10:30
11 am	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB		10:30-11:30 Family Climb*		11 am
11:30								11:30
12 pm					11:30-1:30 Introductory/Supervised Climb	11:30-12:45 Introductory Climb	11:30-1:30 Family Climb*	12 pm
12:30								12:30
1 pm						1:00-2:00 Kids I*		1 pm
1:30								1:30
2 pm						2:00-3:30 Kids II*	1:30-3:00 Introductory Climb	2 pm
2:30					OPEN CLIMB			2:30
3 pm								3 pm
3:30								3:30
4 pm	3:30-5:00 Kids I*/Kids II*				3:30-5:00 Kids I*/Kids II*		3:00-5:00 Adult Beginner Class	4 pm
4:30		4:00-5:30 Youth League / Beginner						4:30
5 pm								5 pm
5:30	4:30-6:30 Team Preparation		4:30-6:30 Team Preparation					5:30
6 pm								6 pm
6:30	6:30-7:30 Introductory Climb		6:30-7:30 Introductory Climb		6:00-7:00 Introductory Climb			6:30
7 pm	7:30-9:00 Supervised Climb	6:30-8:30 Adult Beginner Class		6:30-8:30 Introductory/Supervised Climb	7:00-8:30 Supervised Climb	OPEN CLIMB	OPEN CLIMB	7 pm
7:30								7:30
8 pm								8 pm
8:30								8:30
9 pm					OPEN CLIMB			9 pm
9:30	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB				9:30
10 pm								10 pm
10:30								10:30
11 pm								11 pm

*You may climb on the wall during class scheduled times, however staff may not be available for belay and certification during class.

Please note that there will be at least two to three ropes reserved for classes.

To view our current schedule, visit ChicagoAthleticClubs.com. Schedule is subject to change.

LVAC Climbing Programming

LVAC Youth Programming

LVAC offers a variety of kids and youth climbing classes for new and experienced climbers. Registrations open seasonally. Classes are billed monthly and dues are dependent on the total hours a class meets within each session. The most current session dates and information can be found at chicagoathleticclubs.com/services/climbing

Kids I 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 belaying may be included based on climber's maturity, skill level and interest.

MONDAY	3:30–4:30 PM
FRIDAY	3:30–4:30 PM
SUNDAY	1:00–2:00 PM

Due to space constraints, waitlist may be in place.

Kids II Class

Ages 5–9 years

Kids II is for kids that are ready to take their climbing to the next level. The kids will have more time to climb and the instructors will increase the intensity of the climbing, challenging the climbers to push their limits. **Climbers should have a working knowledge of the knots and belaying and be able to climb to the top of the wall.**

MONDAY	3:30–5:00 PM
FRIDAY	3:30–5:00 PM
SATURDAYS	2:00–3:30 PM

Due to space constraints, waitlist may be in place.

Youth Beginner Class

Ages 10–15 years

A beginning climbing class for youth ages 10–15. This class will emphasize the skills needed to become a certified climber on the LVAC wall. Climbers will learn how to tie-in and belay as well as climbing movement and technique skills.

TUESDAYS — 4-WEEK SESSION	4:00–5:30 PM
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Youth League

Ages 10–15 years • Must be an experienced climber

The youth league will provide on-going climbing opportunity and instruction to youth ages 10–15 who are experienced climbers. Instructors will take climbers through at their own pace to increase their climbing skills and strength.

TUESDAYS	4:00–5:30 PM
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Due to space constraints, waitlist may be in place.

INTRODUCTORY CLIMB: Drop-in Climbing for members and guests. Show up early to get the most out of Intro Climb.

SUPERVISED 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.

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.

SATURDAYS	10:30–11:30 PM
SUNDAYS	11:30–1:00 PM

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

Adult Beginner Class

Ages 16 years & older

A great way for new climbers to get certified and familiar with the basics of this exciting sport. This course teaches knot and belaying skills, as well as climbing technique.

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

Members \$100 - Non-Members \$125

CAC Youth Climbing Teams

Ages 7-18 years

The Youth Climbing Teams are for highly motivated climbers interested in competing through USA Climbing. Our expansion and Advanced Teams practice from September to June with try outs in August and January. If you are considering trying out for the team you can see what our practices are all about during Climbing Team Prep.

Expansion Team

The Expansion Team is for young climbers serious about their climbing who are willing to put in the time and hard work to improve. Climbers should be comfortable with belaying and tying in and display basic climbing technique.

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

Advanced Team

The most intensive of the programs, Advanced Team practices three times a week for a total of 6 hours. Prior Team involvement is recommended for placement on Advanced Team in most cases.

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

Climbing Team Preparation June 17th – August 22nd

These practices are open to current team members and those interested in joining the Team for the upcoming season. Climbers attending Team Prep practices will work on refining their movement, technique and sequencing while building the strength and endurance. Climbers should be comfortable with belaying and tying-in, and display basic climbing technique.

MONDAY & WEDNESDAY	4:30–6:30 PM
3 PACK - \$81 5 PACK - \$135 10 PACK - \$250 20 PACK - \$450	

REGISTER FOR ALL CLASSES ONLINE

All classes and private lessons include climbing gear.