



Climbing Wall Schedule, Aug 29th-TBA

NOTE: The following represents the "general schedule" and may be subject to daily change due to special events and staffing.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------|---------------------|--------------------|---------------------|--------------------|---------------------|--------------------|--------------------|
| EASTRIDGE RECREATION CENTER | | | | | | | |
| 5:00-6:00 am | Closed | Closed | Closed | Closed | Closed | Closed | Closed |
| 6:00-7:00 am | Closed | Closed | Closed | Closed | Closed | Closed | Closed |
| 7:00-8:00 am | Closed | Closed | Closed | Closed | Closed | Closed | Closed |
| 8:00 am-12:00 pm | Closed | Closed | Closed | Closed | Closed | Closed | Closed |
| 12:00-1:00 pm | Closed | Closed | Closed | Closed | Closed | Open | Open |
| 1:00-2:00 pm | Closed | Closed | Closed | Closed | Closed | Open & Orientation | Open & Orientation |
| 2:00-3:30 pm | Closed | Closed | Closed | Closed | Closed | Open | Open |
| 3:30-4:00 pm | Open | Open | Open | Open | Open | Open & Orientation | Open & Orientation |
| 4:00-5:00 pm | Open & Orientation | Open & Orientation | Open & Orientation | Open & Orientation | Open & Orientation | Belay Class | Open |
| 5:00-6:00 pm | Open | Open | Open | Open | Open | Open | Open |
| 6:00-7:00 pm | Open & Orientation | Open & Orientation | Open & Orientation | Open & Orientation | Open & Orientation | Open & Orientation | Closed |
| 7:00-8:00 | Advanced** Climbing | Open | Advanced** Climbing | Belay Class | Advanced** Climbing | Open | Closed |
| 7:00-9:00 pm | Advanced** Climbing | Open | Advanced** Climbing | Open | Advanced** Climbing | Closed | Closed |

| KEY: | |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bouldering* or Belay Certified | Open to Bouldering or Belay Certified individuals. The wall is not staffed during these hours. *Bouldering is the art of traversing left and right without being roped in while staying below the designated HRCA height limit. If an individual is HRCA Belay Certified they can belay other individuals. Novice belayer's can only belay during staffed hours. |
| Open | Open climbing - the climbing wall is staffed and staff is available to belay. |
| Advanced Climbing | The wall is open for climbers that are 13 years of age and older, belay certified, and able to climb at least a 5.9 route or higher. The climbing wall is staffed during Advanced Climbing. |
| Belay Class | This is an in-depth class on the art of belaying for individuals 13 years and older. The class involves knot tying, belay commands, the act of belaying, spotting, and wall safety. |
| Orientation | This basic climbing class covers HRCA policies, rules, and procedures as well as basic techniques like the use of the harness, carabiners, belay commands, and wall safety. These 30-minute orientation classes begin on the top of the hour during times as designated as the schedule. Please arrive early to complete a waiver and check out equipment. As a courtesy to participants already in class, late arrivers may be referred to the next class, which could be the next business day. |
| Closed | Closed. |