



Discover your Raleigh Parks and Recreation Department

Climb Time

Location: Brier Creek Community Center *Age:* 14yrs and Up *Level:* 1-3

This program literally has something for every level of climber. While formal instruction is limited to proper equipment use, the Adventure staff is there to observe, coach and empower you to reach your climbing goals. The Adventure staff will be belaying, or working the ropes, which allows you to concentrate fully on climbing. This is your opportunity to push yourself physically, mentally or just enjoy the social scene around climbing. Experience the support of a group of climbers as you work to reach the tops of the climbs at one of the Triangle's best indoor climbing gyms. Equipment, transportation and belaying will be provided.

Cost: \$15

#86187	Nov 13	Fri	6:00PM – 9:30 PM
#84653	Dec 11	Fri	6:00PM – 9:30 PM

Skill Level Key:

This rating system is designed to inform you of the skill and fitness level, which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

Level 1 – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

Level 2 – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

Level 3 – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

