



# Rise above everyday life and be YOUR best!

Winter is the perfect time to head indoors and scale the walls at Firstenburg's Sadri's Summit! It provides the excitement of climbing in a comfortable indoor environment.

The climbing wall is 27 feet high, 50 feet wide, and has natural features including cracks, overhangs, dihedrals and arêtes. The bouldering wall is 13 feet high and 20 feet wide.

There are 23 routes. The majority of the routes are geared towards beginner and intermediate climbers, and about a quarter are geared toward advanced climbers.

## Family and Friends Friday Climb

Ages 4+. No experience necessary. Multiple difficulty levels provide a challenge for children, teens and parents at the same place. All groups must be accompanied by a person 18+. All climbers must wear close-toed shoes and fill out a waiver. A parent signature is required for youth under age 18.

**\$18** 2-3 participants  
**\$24** 4-6 participants,  
 add participants at \$3.75 each  
 F 6-8pm  
**73974** 2/5  
**73975** 3/5  
**73976** 4/2

## After School Climbing Club

Ages 8-13. Join us for a "kids only" climb time and have fun with some endurance and team building games. No climbing experience is necessary. All equipment is provided.

T 3:45-5:45pm \$27  
**73977** 2/2-2/23  
**73978** 3/2-3/23  
**73979** 4/6-4/27

## OPEN CLIMB GENERAL INFORMATION

- All participants must fill out a waiver form. A parent/guardian signature is required for climbers under age 18.
- Climbers must wear close-toed shoes.
- Climbers must be at least five years old; children 10 and younger must be accompanied by a person 18+.
- Parks and Recreation belayers will assist climbers, giving everyone a chance to experience one of the fastest growing sports in America.
- Belayers, (people in charge of holding ropes for climbers), must be at least 14 and have a current Sadri's Summit belay card.
- To obtain a belay card, you must complete Mountain Goats on the Rock Belay Certification class. Climbers 14+ with current belay experience can opt to pass a skills test (call Stacey at 487-7029), and then purchase a belay card. A belay card must be purchased within 60 days of completing a class/skills test. Belay card cost: \$5.
- A maximum of 12 participants are allowed at each open climb; bracelets will be handed out at the front desk 30 minutes before each open climb. Climbers must report to the wall within 10 minutes of purchasing a bracelet or open climb start time, whichever is sooner.
- No registration required.
- There will be no day-time climbs Jan. 5-8. We will be setting new routes.

## Billy Goats on the Rock Climbing Class

Ages 4-6. Improve your child's movement control and coordination. Teachers will also focus on problem solving, mental awareness and height phobias. All equipment is provided. Instruction is individualized; class repetition is encouraged.

M 10:30-11:15am \$36  
**73980** 1/25-2/22 (no class 2/15)  
**73981** 3/1-3/22  
**73982** 4/5-4/26  
 T 1:15-2pm \$36  
**73983** 2/2-2/23  
**73984** 3/2-3/23  
**73985** 4/6-4/27  
 W 5-5:45pm \$36  
**73986** 2/3-2/24  
**73987** 3/3-3/24  
**73988** 4/7-4/28  
 Sa 10:45-11:45am \$36  
**73989** 2/6-2/20  
**73990** 4/10-4/24

## Open climb session fees:

FREE to passholders  
 \$5.75 Adult 19+  
 \$4.75 60+  
 \$3.75 Youth 5-18

## Daily equipment rental fees:

\$5 for a harness, shoes, chalk/chalk bag.  
 Purchase a three-rental punch card for \$15 and get one rental free!  
 Personal climbing equipment is accepted upon inspection.

**Black Diamond brand harnesses, chalk and chalk bags are available for purchase at the front desk.**

*Pick up a current open climb calendar at the front desk or go online to [cityofvancouver.us/fcc](http://cityofvancouver.us/fcc) and click on "climbing wall."*

*Is your work team, youth group, or boy/girl scout group looking for an exciting adventure?  
 Contact Stacey Allington at [climbfcc@ci.vancouver.wa.us](mailto:climbfcc@ci.vancouver.wa.us) for climbing wall group rental information. No experience or belay cards are required; staff is provided.*

## Kids on the Rock Climbing Class

Hey kids, learn to climb and gain self confidence at the same time! You'll learn harness and tie-in safety, verbal commands, climbing technique and bouldering instruction. All equipment is provided. Instruction is individualized; class repetition is encouraged. Intermediate class: participants must know harnessing, checks, commands and how to clip in.

Th	Ages 6-8	4:45-5:45pm	\$48
<b>73994</b>	2/4-2/25		
<b>73998</b>	3/4-3/25		
<b>73996</b>	4/8-4/29		
<hr/>			
<b>74005</b>	Sa	Ages 6-8	
	2/27-3/20	10:45-11:45am	\$48
<hr/>			
M	Ages 9-13	4:45-5:45pm	\$48
		<b>Beginner</b>	<b>Intermediate</b>
1/25-2/22		<b>73997</b>	<b>74001</b>
(no class 2/15)			
3/1-3/22		<b>73999</b>	<b>73995</b>
4/5-4/26		<b>74000</b>	<b>74002</b>

**Kids on the Rock  
Bouldering Class**

Ages 6-13. Spend time bouldering, playing games, problem solving, and building strength and power. Bouldering is a style of rock climbing limited to very short climbs, without the use of ropes, which focuses on individual moves or a short sequence of moves.

T	6-7pm	\$48
<b>75116</b>	2/2-2/23	
<b>75117</b>	3/2-3/23	
<b>75118</b>	4/6-4/27	

**Mountain Goats on the Rock  
Belay Certification Climbing Class**

Ages 14+. Learn how to belay a climber on top-rope to better utilize open climb. This beginning class includes harness safety, belay training, climbing commands, route finding and basic techniques. This class will prepare you to pass Sadri's Summit belay test. Purchase a belay card after the final class for just \$5.

<b>74006</b>	Th	2/4-2/25	6-7pm	\$48
Sa	3-7pm	\$48		
<b>74007</b>	2/6			
<b>74008</b>	3/6			
<b>74009</b>	4/3			

**Mountain Goats on the Rock  
Movement Climbing Class**

Ages 14+. This class will focus on climbing skills such as foot placement, proper body positioning and how to minimize fatigue on arms and hands. You will also learn bouldering techniques falls and games. A climbing workout benefits flexibility, strength, agility, mental awareness, and emotional astuteness.

Th	6-7pm	\$48
<b>74010</b>	3/4-3/25	
<b>74015</b>	4/8-4/29	
Sa	3-7pm	\$48
<b>74011</b>	2/20	
<b>74012</b>	3/20	
<b>74013</b>	4/17	

**Mountain Goats on the Rock  
Combo Climbing Class**

Ages 14+. Register for two classes: Mountain Goats on the Rock Belay Certification Class and Mountain Goats on the Rock Movement Climbing Class together and get a better deal! (Regularly \$96 for both).

<b>74018</b>	Th	2/4-3/25	6-7pm	\$86
Sa	3-7pm	\$86		
<b>74016</b>	2/6 and 2/20			
<b>74017</b>	3/6 and 3/20			
<b>74019</b>	4/3 and 4/17			

**Reach the Summit  
Climbing Challenge**

Track your efforts on a virtual journey climbing the peaks of the Northwest. Climbing at your own pace advances your game piece on a map at Sadri's Summit rock gym. Earn prizes at benchmarked elevations; climbing staff will provide guidance and motivation on your reach for the summit.

2/1-4/30	\$30
<b>75120</b>	Kids Division Ages 6-13
<b>75121</b>	Mountain Goats Division Ages 14+

**Host a  
Climbing Wall  
Birthday Party!**  
See page 12.

EAST **NAUTILUS FITNESS CENTER**

FIRSTENBURG COMMUNITY CENTER 487-7017

**GENERAL FITNESS  
CENTER INFO**

**Regular Hours:**

M-Th, 5:30am-10pm  
F, 5:30am-9pm  
Sa, 8am-8pm  
Su, 12pm-6pm

**Holiday Hours:**

<b>Christmas Eve</b>	
Th Dec. 24	5:30am-4pm
<b>Christmas Day</b>	
F Dec. 25	Closed
<b>New Year's Eve</b>	
Th, Dec. 31	5:30am-6:30pm
<b>New Year's Day</b>	
F Jan. 1	Closed
<b>Martin Luther King Day</b>	
M Jan. 18	10am-7pm
<b>President's Day</b>	
M Feb. 15	10am-7pm



*"Firstenburg has enhanced my life by helping me become more active and healthy. Since joining Firstenburg, I have lost 50+ pounds, toned up, and have had the courage to try new things. I have done sprint triathlons, started running, and learned a lot about myself and fitness. All the instructors and staff are wonderful and I consider them all family!"*

— Tera Gage