

# Valley Rock

CLIMBING GYM

OPERATED BY LIVERMORE AREA RECREATION AND PARK DISTRICT



**2455 Railroad Ave. 960-2455**

**Come climb any day!**

### Drop-In Hours

Mon.-Fri. 4-10 pm Sat. Noon-10 pm Sun. Noon-6 pm

Tues/Thurs. Noon-1:30 pm (members only)

**SPRING BREAK HOURS-Mon.-Fri. 4/2-4/6 Noon-10 pm**

**Check out Special Drop-in Programs like:**

**Women's Night**—Climbing with the girls is a fun way to get a full body exercise while chatting with friends. Wednesdays from 7-10 pm, it's \$10 including rental gear.

**Ten Dollar Fridays**—This is a great night to come and climb, whether you're looking for something to do on a Friday night, or on a date. Fridays from 7-10 pm \$10 (including gear, belay lesson not included).

**Student Night**—High School & College students bring your student ID to Valley Rock Climbing Gym on a Saturday night, between the hours 7-10 pm, and climb for \$8 including rental gear and \$4 with your own.

**Family Climb**—Bring the family in on Sunday afternoons 12pm-3pm and enjoy a friendly environment to spend some family time. \$10 for adults and \$5 for children (including gear, belay lesson not included)

**Holiday Climb**—On school Holidays, bring your child down to Valley Rock Climbing Gym from Noon-3 pm and climb for \$10! Staff will belay. (Including gear) Dates: 1/16, 2/20, 5/28

### DAILY RATES (non-members)

Day Pass	\$12
Bouldering	\$8
Parent/child 1 hour (parent belays child under 14, rental gear included)	\$13
Parent/child introduction (parent/child first visit, belay lesson included)	\$21
Sample Climb (includes two climbs belayed by staff and rental gear)	\$7
Add one climb with staff belay	\$3
10 Visit Card	\$100
10 Visit Card w/gear	\$130
Belay Lesson Basic (one time only lesson required for all new climbers who will be holding the rope for another climber)	\$10

### EQUIPMENT RENTAL

Shoes	\$4
Harness	\$2
Chalk bag	\$1
Helmet	Free

### MEMBERSHIPS

A variety of membership options are also available. Benefits of membership include use of the facility during normal operating hours, reduced prices on lessons, clinics and special events.

MONTHLY			
Adult	\$49	Add adult	+ \$28
Student	\$30	Add Student/Child	+ \$15
Child	\$30	Add Gear	+ \$15
3 MONTHS \$129			
6 MONTHS \$195			

### PARTIES

Based on 2 hours and 6 climbers

Private Party	\$150 (closed to public)
Basic Party	\$125 (open to public)
Extra Climber	\$15 per climber
Extra Staff Belayer	\$30
Birthday Present	\$10
Goodie Bag	\$5 each
Nestle Tollhouse Cookie Cake (13" round)	\$15

### Cardio Climb for Women

Looking for a new and challenging workout? This is a perfect class for adults wanting a low impact, high cardio exercise, with no climbing skill necessary. Climbing rocks is like climbing a ladder and is a great way to stay in shape while chatting with friends and building confidence. Come develop your own individualized workout with one of our instructors in an encouraging female environment. 3 classes

7806	M	7-8:30 pm	1/30-2/13	\$45
7806	M	7-8:30 pm	2/27-3/12	\$45
7806	M	7-8:30 pm	3/19-4/2	\$45
7806	M	7-8:30 pm	4/9-4/23	\$45
7806	M	7-8:30 pm	5/7-5/21	\$45

### Groups

Climbing is a great activity for groups of all types, sizes, and ages. Whether you want to get a group of friends together to try something new, a group from work to build teamwork, or a church group or boy scout group together to bond and have fun, climbing is the perfect activity! Call or come in to make a reservation today! (925) 960-2455. Group rates are priced like birthday parties:

**Party of 6 = \$125. Add participant + \$15. Add Be-layer + \$30.**

### Private Lessons

Interested in rock climbing? Don't want to just walk in? Or need a great first date idea? Come in for a 90 minute Private Lesson! Whether it is just you, a couple, or a group, anytime you want just call, or come in to make a reservation! (925) 960-2455  
Single = \$35, Couple = \$55, Groups...Call for Rates

### Home School Family Climb

Rock climbing is fun, safe, and builds self-esteem and confidence. Instructors will give lessons on technique, games, teamwork, body movement, and belaying (age 14 and up to belay). This is a great way to get home schooled children into a Physical Education program. Add the swim sessions for a diverse exercise experience. 4 classes.

Drop-in F 2-4 pm \$12 per family of 4

### **NEW** Boy Scouts Merit Badge

Earn your climbing merit badge from one of Valley Rock Climbing Gym's approved Merit Badge Counselors. Cost covers 3 visits, if you need more time its only \$5 a day to return and complete the badge! Call today to schedule a session with one of our counselors. Appointments are dependent upon Valley Rock schedule at 960-2455.  
\$29 per scout (3 visits 2 hours each)

## Rock Crawlers, 3-5 yrs.

Get your little "rock crawlers" off of the furniture and onto the walls-climbing walls that is! Indoor rock climbing helps develop balance, body movement, hand-eye coordination, flexibility, and self confidence. In this class parents and children have fun playing together in a safe environment under the supervision of our climbing instructor while the parent belays the child. The main goal of this class is to be able to put on their own harness & confidently climb to the top of the wall. 4/3 classes.

	Ses. I	Ses. II	Ses. III	Ses. IV	
7804 M 11 am-Noon	2/6-2/27	3/5-3/26	4/9-4/30		\$45
7804 M 11 am-Noon				5/7-5/21	\$34
7805 Th 10:30-11:30 am	2/2-2/23	3/8-3/29	4/12-5/3	5/10-5/31	\$45

## Kids Rock, 6-12 yrs.

Are your kids tired of the same old team sport? Try rock climbing! Drop your kids off to learn, or do something new and exciting for yourself. This is an introductory class where you will learn basic techniques, climbing lingo, safety, and how to properly use the gear all while getting a great workout. The main goal of this class is to be able to climb to the top of the wall with confidence. Goals of class include: Understand safety rules. Mastery of 2 knots (One half of a double fisherman, Figure 8 follow through). Knowledge of equipment and lingo, able to put on their own harness. Basic understanding of belaying system (those under 14 yrs cannot belay). Climb to the top with confidence. 4 classes.

	Ses. I	Ses. II	Ses. III	Ses. IV	
• 6-8 yrs.					
7800 T 4-5 pm	2/7-2/28	3/6-3/27	4/3-4/24	5/8-5/29	\$59
• 9-12 yrs.					
7801 T 4-5 pm	2/7-2/28	3/6-3/27	4/3-4/24	5/8-5/29	\$59

## Spring Break Adventurous Ascents Climbing Camp, 7-14 yrs.

Learn climbing from the ground up! Campers will have the climbing gym to themselves for this camp takes place before the doors open to the public. Staff will provide formal group instructions focusing on movement, technique, belaying, equipment, and knots. Bring water, snack and lunch (for full day campers). Equipment rental and day passes for the gym is included. 5 classes.

7802	M-F	9 am-Noon	4/2-4/6	\$129
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## Rock 101, 18 yrs.+

Rock 101 is for beginning adult climbers looking to be active and athletic. If you're bored with the same boring gym routine, rock climbing is a total body workout that's fun, exciting, rewarding, mentally and physically challenging. Reach new heights with us on our 30ft rock climbing walls or get completely horizontal in our bouldering cave. Learn "the ropes" from experienced instructors and be trained how to tie the knots, utilize the equipment properly, and use your body and muscles in ways you never thought possible. Come climb with us at Valley Rock, the first two classes are an hour each to get introduced to rock climbing, and the last two classes are two hours each so you can enjoy the complete climbing experience and push yourself to the limit. 4 classes.

	Ses. I	Ses. II	Ses. III	Ses. IV	
7803 T 7-8 pm	2/7-2/14	3/6-3/13	4/3-4/10	5/8-5/15	\$75
T 7-9 pm	2/21-2/28	3/20-3/27	4/17-4/24	5/22-5/29	

## Gift Card Available!!

Need an idea for that special someone? Why not give them the gift of climbing! Just call or ask at our counter.

**Your Birthday Party will Rock!**

To schedule your party  
Call the Gym at  
(925) 960-2455

Climb for two hours with  
your friends!

Rental gear and basic climbing  
instruction for all participants  
included.

Ask about Valley Rock Gym PartyFavors!

Staff will instruct climbers on safety, how to  
reach their goals, and provide climbing  
challenges.

**Valley Rock**  
CLIMBING GYM  
2455 Railroad Avenue, Livermore  
ValleyRock@larpd.dst.ca.us