

Adaptive Rock Climbing

Description:

Rock climbing is an adrenaline pumping sport in which participants climb up, down, or across artificial rock formations. The goal is to reach the top of a predetermined route without falling. Hangar 18, Long Beach is an indoor climbing Center which is open year round and gives participants a chance to learn, practice, or perfect their skills in a safe climbing environment.

Expected Group Outcomes:

- Build strength and endurance
- Build confidence
- Increase self-esteem
- Improve fine/gross motor skills
- Increase knowledge of leisure pursuits

Participant Criteria:

- Must be a Rancho Wellness member
- Must be able to provide their own transportation to the location
- Need advanced notice for participants with decreased trunk control
- Must be able to perform transfers independently or with supervision
- Must be able to have three points of contact with the rock at all times; therefore must meet either of two criteria: (1) have full function/mobility in both legs and have full function/mobility in one or both arms; OR (2) have full function/mobility in both arms and have full function/mobility in one or both legs.

Group size:

Minimum 6 participants

Cost Per Participant:

- Group Belay Lessons \$18/climber
- Full Day of climbing, 1 hour of lessons
- Equipment included

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Liability waiver required; download from site or paperwork available at facility
http://www.climbhangar18.com/resources/liability_waiver.pdf

Frequency per Month:

- Occurring 2-3x per year
- Must reserve in advance

Contact Info:

Hangar 18 Climbing Gym

2599 E. Willow Street

Downey, CA 90242

(562) 862-1717

www.climbhangar18.com

Adaptive Rock Climbing Pictures

