

## Intermediate Climbing Team

Ages 7 to 19

Climbers Ability: 5.8 to 5.10; V0 to V2

Maximum Number of Climbers on Team: 20

The Intermediate Team is comprised of individuals that have limited climbing experience and are interested in taking climbing to the next level. They need to have a basic knowledge of top roping and bouldering, as well as have the ability to effectively use their feet to position their body while climbing.

Saturdays from 9:00AM - 11:00AM

Climber needs own equipment.

**\$155 per month**

## Advanced Climbing Team

Ages 7 to 19

Climbers Ability 5.10 to 5.11; V1 to V4

Maximum Number of Climbers on Team: 20

The Advanced Team is comprised of individuals who have a well-rounded climbing technique.

They will undergo an intensive training program that includes stretching, power training, and climbing.

Tuesday and Thursday from 5:30PM - 7:30PM

See website for practice schedules.

Climber needs own equipment.

**\$215 per month**

## Competitive Climbing Team

Ages 7 to 19

Climbers Ability 5.11 to 5.13; V3 to V10+

Maximum Number of Climbers on Team: 20

The Competitive Team is comprised of the strongest climbers. These climbers will follow a rigorous training program that will make them the best climbers in the nation. Not all members need to compete in the USA Climbing Program in order to qualify for the team; they may choose to only Boulder or Top Rope. They will be given individual customized training programs based on their strengths and weaknesses.

Monday, Tuesday and Thursday from 5:30PM - 7:30PM

See website for practice schedules.

Climber needs own equipment.

**\$275 per month**

40 Melville Park Road, Melville, NY 11747

516-777-9255 | [melville@gravityvault.com](mailto:melville@gravityvault.com)