

HELPING YOUR CHILD ENJOY CLIMBING

A Guide to Local Waco Climbing Spots



What are the benefits of climbing?

Climbing is a fun activity, but it is also an excellent way for children to develop both physically and mentally. Each ascent is like learning to solve a physical puzzle as they figure out the best way to climb. As they rise higher, they feel proud of their progress and more sure of their abilities. So, climbing isn't just about having a good time—it's also about kids growing stronger, smarter, and more confident!

Here is a list of skills that rock climbing can help your child develop:

1. **Strength:** Rock climbing is a physically demanding activity that can help you build strength in your arms, back, core, and legs.
2. **Endurance:** Climbing requires sustained effort over a period of time, which can help improve your endurance.
3. **Flexibility:** Climbing often requires you to move in ways that challenge your flexibility, helping you improve your range of motion.
4. **Balance:** Rock climbing demands good balance as you navigate various holds and positions on the wall.
5. **Coordination:** Climbing involves using your hands and feet in coordination to make precise movements, which can enhance your overall coordination skills.
6. **Problem-solving:** Climbing routes present various challenges that require problem-solving skills to figure out the best sequence of moves to reach the top.
7. **Mental resilience:** Overcoming challenges and pushing your limits in climbing can help build mental resilience and grit.
8. **Goal setting and achievement:** Setting goals in climbing, whether it's reaching a certain grade or conquering a specific route, can help you develop goal-setting skills and experience the satisfaction of achieving them.

These skills developed through rock climbing can be beneficial not only in the sport itself but also in various aspects of your personal development. But where can we find opportunities for our children to climb, especially not being anywhere near mountains? No worries! There are plenty of options to explore here in Waco.

Where can my kids climb?

Waco, Texas, has some fantastic local parks with rock features perfect for budding climbers. There are faux rock structures, rope features, and trees that make for great climbing opportunities. There are even some real rock faces that you can get your hands on within driving distance.

Faux Rock Structures

Pecan Bottom Park



Viking Hills Park



Hewitt Park



Ropes

- Northern Gateway Park in Cameron Park
- Trailblazer Park
- South Waco Park
- Whitehall Park

True Rock Faces

For more legitimate climbing opportunities, you might try Tonkawa Falls Park in Crawford and Rogers Park in Belton. They are about 30-40 minutes away. We have included links to the routes listed on MountainProject.com.

- [Tonkawa Falls Park](#)
- [Rogers Park](#)
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Important note. Do not climb any cliffs around Cameron Park, as the limestone is fragile and unstable.

Climbing doesn't have to be limited to designated rock walls or outdoor parks though. Children have a natural inclination to climb, whether it's scaling playground structures or clambering up furniture at home. ***Embrace this instinct and let them try!*** However, it's essential to balance encouragement with intentional safety.

How can I help them?

To manage the inherent risks associated with climbing, here are some tips to help you facilitate safe climbing practices.

1. **Avoid the tendency to arbitrarily yell "Careful!"** Without any coaching or physical aid, this habit does not help your child navigate their circumstance any better. Instead, believe in their ability to learn while also maintaining a close-proximity.
2. **Always keep your eyes on your children while climbing.** Decide with your child ahead of time on your own family procedures for climbing. You could consider having your children give you a "heads up" notice that they will be climbing something.
3. **Coach your children to build climbing awareness.** Instruct them to look around and below them as they go up and come down off the wall/structure. Likewise, they should not walk below other climbers. There is no need to coach on specific climbing techniques at a young age.
4. **Refrain from physically propping them up.** We do not want them to get higher than they are physically capable. Let them know you will come back to this spot again and they can try getting higher the next time.
5. **Stand close enough to offer assistance but far enough for independence.** Allow them the opportunity to build confidence and problem-solving skills on their own while keeping a short distance to offer aid when needed.
6. **If they start to show signs of fear, help them down immediately.** Never pressure them to climb higher than they are comfortable.

The goal is to keep climbing fun and positive, fostering a love that will last a lifetime.

ASCENDING TOGETHER

As your child grows more comfortable with climbing, consider introducing them to indoor climbing facilities like Basin Climbing and Fitness, set to open summer of 2024. With birthday party rentals and an entire room dedicated to kids climbing, Basin Climbing and Fitness offers an exciting environment for children to develop their climbing skills and have fun doing it.

Follow Basin on Instagram @basinclimbing for construction updates, pre-sales promotions, and event information and get ready to embark on this climbing adventure with your children!

** Your child's safety is in your hands. While we provide these guidelines, it's vital to remember that you are responsible for ensuring your child's safety. The information we offer is a starting point. It's up to you to consider all necessary safety measures for your child. If you have questions, please don't hesitate to reach out to Basin at info@basinclimbing.com.*