

## CLIMBING PROGRAMS

Spring/Summer 2019

## CLIMBING GYM INFORMATION

Banff Centre is proud to have the only indoor climbing gym in Banff. An ideal place for both the newcomer and the experienced climber, the Climbing Gym offers public hours and programming from 4 years old and up.

<b>Public Hours:</b>	Everyday	12:00 pm – 10:00 pm	<b>Equipment Rentals:</b>	Harness	\$3.00
				Climbing Shoes	\$3.00

## TYPES OF CLIMBING

**Bouldering**

This does not require any ropes, as the height you can climb up to is limited to 3.5 metres (12 feet). Boulder problems – set arrangements of climbing holds below the height limit – are created approximately every two weeks.

**Auto-Belays**

These devices are used to climb to the top of the wall without a partner. An orientation on how these are used is required before the first use. We have three auto-belays in the gym that move to different areas of the gym each week. These are perfect if you don't have a partner, have never used the ropes before, or if you have children, because they allow you to experience climbing as high as you dare!

**Top-Rope Climbing**

Ropes that are anchored at the top of the gym are called top-rope climbs. A partner is required to use the top-ropes, and we do check the climber's ability to tie their knot when they are climbing and their belay skills when they are belaying for the first time.

**Lead Climbing**

We have a variety of climbing terrain for lead climbing, including a one-of-a-kind arch. A belay check is required before lead climbing the first time. We are looking at the skills of the climber and belayer, so it is best to bring a partner with you for this check.

## ADULT COURSES &amp; PROGRAMS

**First Steps – Top-Rope Belaying**

This is an introductory course for adults who are interested in learning the proper usage of climbing equipment and the basics of climbing communication. After completion of this 2 hour course and a safety check during your next visit, you and a partner will be able to use the top-ropes during our public hours. All equipment is included.

# 9489	Wednesday	7:00 pm – 9:00 pm	April 3	\$30
# 9481	Sunday	7:00 pm – 9:00 pm	April 21	\$30
# 9482	Sunday	7:00 pm – 9:00 pm	May 5	\$30
# 9483	Wednesday	7:00 pm – 9:00 pm	May 22	\$30
# 9484	Sunday	7:00 pm – 9:00 pm	May 26	\$30
# 9485	Wednesday	7:00 pm – 9:00 pm	June 5	\$30
# 9486	Sunday	7:00 pm – 9:00 pm	June 9	\$30
# 9487	Wednesday	7:00 pm – 9:00 pm	June 26	\$30
# 9488	Sunday	7:00 pm – 9:00 pm	July 7	\$30
# 9478	Wednesday	7:00 pm – 9:00 pm	July 17	\$30
# 9479	Sunday	7:00 pm – 9:00 pm	July 28	\$30

**Next Steps – Lead Climbing & Belaying**

Step it up a notch and learn how to lead climb! In this course, you will learn the safety principles of lead belaying and climbing so that you can venture into a new realm of indoor climbing. Participants must pass a top-rope belay test prior to registration, and should be able to climb most of the moderate top-rope routes in the gym comfortably. All equipment is included.

# 9490	Sunday	7:00 pm – 10:00 pm	April 14	\$45
# 9491	Sunday	7:00 pm – 10:00 pm	May 12	\$45
# 9492	Sunday	7:00 pm – 10:00 pm	June 16	\$45
# 9493	Sunday	7:00 pm – 10:00 pm	July 21	\$45

## CLIMBING PROGRAMS

## CHILD COURSES &amp; PROGRAMS

**Funky Monkeys (ages 4-12)**

This is an introduction to climbing for any child looking to climb our walls instead of yours. Our instructors will handle all aspects of the safety skills. All equipment is included.

Saturdays and Sundays

2:30 pm – 3:30 pm

\$10 per climber

**Squirrel Squad (ages 4-6)**

This 5-week program focuses on providing young children with a taste of climbing. By using a combination of auto-belays, boulder games, and instructors operating the top-ropes, the children will be given the chance to climb as much as possible. All equipment is included. *Please be aware that courses for children may not run if the minimum enrollment (3 students per class) is not met.*

# 9495	Tuesdays	4:00 pm – 5:00 pm	Apr. 30 – May 28	\$70
# 9494	Saturdays	9:00 am – 10:00 am	May 4 – June 1*	\$70
# 9496	Tuesdays	4:00 pm – 5:00 pm	June 11 – July 9	\$70
# 9497	Saturdays	9:00 am – 10:00 am	June 15 – July 20**	\$70

\*(Classes **do** run during the May long weekend)

\*\* (Classes **do not** run on June 29<sup>th</sup> due to the long weekend)

**Gecko Gang (ages 7-9)**

As a class for slightly older children, this 5-week program will combine fun climbing activities with basic technique lessons and the rudiments of top-rope belaying with a Gri-Gri. One primary objective is to have the students belaying by the end of the program, particularly if they have taken this course before. All equipment is included. *Please be aware that courses for children may not run if the minimum enrollment (3 students per class) is not met.*

# 9501	Tuesdays	5:00 pm – 6:00 pm	Apr. 30 – May 28	\$70
# 9502	Saturdays	10:00 am – 11:00 am	May 4 – June 1*	\$70
# 9503	Tuesdays	5:00 pm – 6:00 pm	June 11 – July 9	\$70
# 9504	Saturdays	10:00 am – 11:00 am	June 15 – July 20**	\$70

\*(Classes **do** run during the May long weekend)

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**Climber Club (ages 10-14)**

Catering to older children, this course reinforces (or introduces, if need be) top-rope belaying skills and builds upon the basics of climbing technique. More emphasis will be placed on the students employing their movement skills to climb routes and boulder problems. Also, some other skills related to climbing, such as rappelling, may be explored. All equipment is included. *Please be aware that courses for children may not run if the minimum enrollment (3 students per class) is not met.*

# 9508	Tuesdays	6:00 pm – 7:00 pm	Apr. 30 – May 28	\$70
# 9509	Saturdays	11:00 am – Noon	May 4 – June 1*	\$70
# 9510	Tuesdays	6:00 pm – 7:00 pm	June 11 – July 9	\$70
# 9511	Saturdays	11:00 am - Noon	June 15 – July 20**	\$70

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## PRIVATE INSTRUCTION

Any of our courses and programs can be scheduled at times that are more convenient to you and your group. Also, personal training for climbers is available in conjunction with Canada Strong Climbing. Contact Will Neufeld at 403.762.7545 or [will\\_neufeld@banffcentre.ca](mailto:will_neufeld@banffcentre.ca) for more details and prices.