

## CLIMBING PROGRAMS

## Winter/Spring 2020

## 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 month.

**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 regularly have five 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.

# 9874	Sunday	7:00 pm – 9:00 pm	March 8	\$30
# 9873	Wednesday	7:00 pm – 9:00 pm	March 25	\$30
# 9872	Sunday	7:00 pm – 9:00 pm	March 29	\$30
# 9878	Sunday	7:00 pm – 9:00 pm	April 5	\$30
# 9880	Wednesday	7:00 pm – 9:00 pm	April 22	\$30
# 9879	Sunday	7:00 pm – 9:00 pm	April 26	\$30
# 9881	Sunday	7:00 pm – 9:00 pm	May 10	\$30
# 9883	Wednesday	7:00 pm – 9:00 pm	May 20	\$30
# 9882	Sunday	7:00 pm – 9:00 pm	May 31	\$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.

# 9886	Sunday	7:00 pm – 10:00 pm	March 15	\$45
# 9887	Sunday	7:00 pm – 10:00 pm	April 19	\$45
# 9888	Sunday	7:00 pm – 10:00 pm	May 24	\$45

# CLIMBING PROGRAMS

## CHILD COURSES & 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. **\*No Saturday morning class will be run on the May long weekend.**

# 9847	Tuesdays	4:00 pm – 5:00 pm	Feb. 18 – Mar. 17	\$70
# 9848	Saturdays	9:00 am – 10:00 am	Feb. 22 – Mar. 21	\$70
# 9849	Tuesdays	4:00 pm – 5:00 pm	Apr. 14 – May 12	\$70
# 9850	Saturdays	9:00 am – 10:00 am	Apr. 18 – May 23*	\$70

### 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. **\*No Saturday morning class will be run on the May long weekend.**

# 9858	Tuesdays	5:00 pm – 6:00 pm	Feb. 18 – Mar. 17	\$70
# 9857	Saturdays	10:00 am – 11:00 am	Feb. 22 – Mar. 21	\$70
# 9854	Tuesdays	5:00 pm – 6:00 pm	Apr. 14 – May 12	\$70
# 9859	Saturdays	10:00 am – 11:00 pm	Apr. 18 – May 23*	\$70

### 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. **\*No Saturday morning class will be run on the May long weekend.**

# 9867	Tuesdays	6:00 pm – 7:00 pm	Feb. 18 – Mar. 17	\$70
# 9866	Saturdays	11:00 am – Noon	Feb. 22 – Mar 21	\$70
# 9863	Tuesdays	6:00 pm – 7:00 pm	Apr. 14 – May 12	\$70
# 9868	Saturdays	11:00 am – Noon	Apr. 18 – May 23*	\$70

**\*Please be aware that courses for children may not run if the minimum enrollment (3 students per class) is not met.**

## PRIVATE INSTRUCTION

Any of our courses and programs can be scheduled at times that are more convenient for you and your group. Contact Will Neufeld at 403.762.7545 or [will\\_neufeld@banffcentre.ca](mailto:will_neufeld@banffcentre.ca) for more details and prices.