

ADULT CLIMBING PROGRAMS

Fall 2015

CLIMBING GYM INFORMATION

The 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.

Public Hours:	Everyday	12:00 pm – 10:00 pm	Equipment Rentals:	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 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 as 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-the-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.

COURSES & 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 the next time you come, you and a partner will be able to use the top ropes during our public hours! All equipment included.

# 7866	Monday	7:00 pm – 9:00 pm	January 4	\$30
# 7867	Monday	7:00 pm – 9:00 pm	January 18	\$30
# 7868	Monday	7:00 pm – 9:00 pm	February 8	\$30
# 7869	Monday	7:00 pm – 9:00 pm	February 22	\$30
# 7870	Monday	7:00 pm – 9:00 pm	March 7	\$30
# 7871	Monday	7:00 pm – 9:00 pm	March 21	\$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. Must pass a top-rope belay test prior to registration and climb most top ropes routes in the gym comfortably. All equipment included.

# 7872	Monday	7:00 pm – 10:00 pm	January 25	\$45
# 7873	Monday	7:00 pm – 10:00 pm	February 29	\$45
# 7874	Monday	7:00 pm – 10:00 pm	March 28	\$45

Registration begins Wednesday, December 9 at 5:00 pm (in person) and 5:30 pm (phone: 403.762.6450)

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World Cup Wednesdays

Many of us will never compete at a World Cup in our lives – so we are bringing the experience to you! Each World Cup Wednesday will feature a World Cup-style bouldering competition highlighting some of the setting we tend to see at these events. It is a fun way to see what our national team athletes face when they compete at these events around the world. It is also a great way to gauge how your training is progressing from month to month.

Scramble Format: 8 – 12 problems of varying difficulty, climbers get a maximum of 5 attempts for each problem within the time period

Dates: January 13, February 10, March 9
Times: 7:00 pm – 10:00 pm
Cost: Free!

Isolation Format: 4 problems, climbers will not be able to see others make their attempts, there will be 5 minutes to attempt each problem followed by a 5 minute break

Dates: January 27, February 24, March 23
Times: 7:00 pm – 10:00 pm
Cost: Free!

Training Thursdays

Everyone wants to get better and training is the way to do it... except it is not always easy to know what to do or have someone to do it with. These sessions will have a plan for each night that will focus on progressing training through the off-season. All abilities are welcome but a training mentality is mandatory.

Dates: Every Thursday night starting January 7
Times: 7:30pm – 9:30pm
Cost: \$5 per session, maximum of 10 people per session

PRIVATE INSTRUCTION

Any of our courses and programs can be scheduled at times that are more convenient to you and your group, including our outdoor preparation courses. Contact Chris Neve at 403.762.7545 or chris_neve@banffcentre.ca for more details and prices.

Registration begins Wednesday, December 9 at 5:00 pm (in person) and 5:30 pm (phone: 403.762.6450)