

CLIMBING PROGRAMS

Winter 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.

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 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 & 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.

#9429	Sunday	7:00 pm – 9:00 pm	January 6	\$30
#9430	Wednesday	7:00 pm – 9:00 pm	January 16	\$30
#9431	Sunday	7:00 pm – 9:00 pm	January 27	\$30
#9432	Sunday	7:00 pm – 9:00 pm	February 3	\$30
#9438	Wednesday	7:00 pm – 9:00 pm	February 20	\$30
#9433	Sunday	7:00 pm – 9:00 pm	February 24	\$30
#9434	Sunday	7:00 pm – 9:00 pm	March 3	\$30
#9439	Wednesday	7:00 pm – 9:00 pm	March 13	\$30
#9435	Sunday	7:00 pm – 9:00 pm	March 24	\$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.

#9441	Sunday	7:00 pm – 10:00 pm	January 20	\$45
#9442	Sunday	7:00 pm – 10:00 pm	February 10	\$45
#9443	Sunday	7:00 pm – 10:00 pm	March 17	\$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.

# 9383	Tuesdays	4:00 pm – 5:00 pm	Jan. 8 – Feb. 5	\$70
# 9382	Saturdays	9:00 am – 10:00 am	Jan. 12 – Feb. 9	\$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.

# 9389	Tuesdays	5:00 pm – 6:00 pm	Jan. 8 – Feb. 5	\$70
# 9390	Saturdays	10:00 am – 11:00 am	Jan. 12 – Feb. 9	\$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.

# 9396	Tuesdays	6:00 pm – 7:00 pm	Jan. 8 – Feb. 5	\$70
# 9397	Saturdays	11:00 am – Noon	Jan. 12 – Feb. 9	\$70

Teen's After-school Club (ages 14-17)*

Aimed at teenagers with existing experience in the gym, this is an after-school program that allows them to push the boundaries of their physical, mental, and problem-solving faculties on the wall. Top-rope belaying skills are mandatory, and a higher degree of independence is expected of the students. While technique drills, lead climbing, and other technical skills will be introduced by the instructors periodically, the students will need to be strong self-motivators. All equipment is included.

# 9380	Mondays & Wednesdays	4:00 pm – 6:00 pm	Jan. 7 – Feb. 6	\$150
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***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 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 for more details and prices.