

ADULT CLIMBING PROGRAMS

Winter 2017

CLIMBING GYM INFORMATION

Sally Borden Fitness & Recreation 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.

# 8477	Monday	7:00 pm – 9:00 pm	January 9	\$30
# 8478	Monday	7:00 pm – 9:00 pm	February 13	\$30
# 8479	Monday	7:00 pm – 9:00 pm	March 13	\$30
# 8480	Monday	7:00 pm – 9:00 pm	April 10	\$30

*Please aware that this course can be scheduled at other times of the week if you cannot make the dates listed above. Please contact Chris Neve at 403-762-7545 for more information.

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.

# 8481	Monday	7:00 pm – 10:00 pm	January 30	\$45
# 8482	Monday	7:00 pm – 10:00 pm	February 27	\$45
# 8483	Monday	7:00 pm – 10:00 pm	February 27	\$45
# 8484	Monday	7:00 pm – 10:00 pm	April 24	\$45

*Please aware that this course can be scheduled at other times of the week if you cannot make the dates listed above. Please contact Chris Neve at 403-762-7545 for more information.

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Winter Training Program

Improvement in any sport requires a focused and monitored training program. Combining fitness principles with specific on-the-wall training, these programs are ideal for the climber preparing for competition, the upcoming outdoor season, or who just want to get better in the off-season. Topics will include footwork, body positions and balance, resistance training, flexibility, core development, and climbing tactics and drills under the direction of Canadian Youth National Team Head Coach Chris Neve.

Participants must have passed the top-rope belay test; it will be an asset, but not necessary, if you can lead climb and belay.

This program is ideal for the climber preparing for the coming outdoor season. Training with a motivated group will help you reach your goals and the program will be tailored to your specific needs. It runs every second Thursday starting January 12 for 7 sessions.

# 8485	Thursday	7:30 pm – 9:30 pm	Jan 12, Jan 26, Feb 9, Feb 23, Mar 23, Apr 6, Apr 20	\$70
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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.

All events will be scramble format, which means that there will be a set amount of boulder problems or top-rope and lead routes that you can try multiple times.

Dates:	Jan 11, Jan 25, Feb 8, Feb 22, Mar 22, Apr 5, Apr 19
Times:	8:00 pm – 10:00 pm
Cost:	Included in your day, monthly, or yearly membership!

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.