



# Base Camp

This climbing class is designed for climbers with little or no knowledge of the climbing experience. We cover top rope belaying and climbing procedures that you will need in the gym along with some basic moves when climbing. Participate in discussion of climbing aspects such as picking a climbing partner, methods, equipment, and proper climbing etiquette.

The bouldering portion covers spotting, climbing aspects of bouldering and what makes it so challenging and fun. Routes, holds, jam, edging, smearing, and heel hooks will be taught.

Climbing can be a dangerous sport but being conservative, learning your limits, and the limits of your training will allow you to find the sport to be exciting, fun, and safe.

**Dates:** September 14, 16, 21, 23 (Tuesday and Thursday)

**Time:** 6:00 – 7:30 PM

**Cost:** \$36, includes:

- belay certification
- certification to bolder
- top rope with a back up belayer.

For more information call 279-6162

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NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_