CLIMBING PROGRAMS

NEW TO CLIMBING

A | U INTRO TO CLIMBING
Designed to introduce new patrons to both bouldering and top rope modalities of climbing – includes holistic instruction of basic climbing competencies and top rope belay technique.

B | U BELAY
Prepare to challenge the Wilson Climbing Center top-rope belay test – learn harness set-up, knot tying, safety checks, partner communication, and top rope belay technique.

LEARN TO LEAD

C | COMPLETE CLIMBER
Develop confident belay skills through gradual progression of high-wall climbing on both top rope and lead climbing routes, while concurrently improving fundamental bouldering techniques.

D | U LEAD
Prepare to challenge the Wilson Climbing Center lead belay test – develop competency in clipping techniques, partner communication, safety checks, as well as how to take and catch falls.

CLIMBING CONDITIONING

E | WOMEN ON WALLS
Female-coached lessons include: sport specific strength and conditioning exercises, top-rope belay school, and drills for enhancing power, strength, and endurance in women.

F | U TRAIN
Train to climb higher top rope grades via sport specific power, strength, and endurance drills, as well as climbing specific strength and conditioning, and warm-up/cool down exercises.

G | U UPGRADE
Designed to improve climbing ability in intermediate to advanced climbers (with current lead access) – practice advanced drills in both the lead climbing and bouldering domains.

REGISTER:
www.activityreg.ualberta.ca

MORE INFORMATION:
climbing@ualberta.ca

Learn more at uab.ca/climbing
YOUTH CLIMBING PROGRAMS
PROGRESSION GUIDE

NEW TO CLIMBING

A | Learn 2 Climb (8-12 years) & FUNdamentals (6-9 years)
Learn to Train Youth Climbers - comfort, confidence, and enjoyment of beginner level climbers are key outcomes. Programs include climbing games and semi-private coaching that incorporates movement fundamentals, basic skills, and sport specific conditioning drills for beginner level climbers.

DEVELOPMENT

B | Development Team D (9-14 years)
Prerequisite: FUNdamentals, Learn 2 Climb, or GGSC.
Top Roping a key outcome

C | Development Team C (9-14 years)
Prerequisite: Development Team (D), FUNdamentals, Learn 2 Climb, or GGSC.
Top Roping a key outcome

D | Development Team B (10-18 years)
Prerequisite: Top Rope Climbing and Belaying/Development Team (C).
Lead Climbing a key outcome

E | Development Team A (10-18 years)
Prerequisite: Youth Development Team (B) / Lead Climbing
This program is the prep team for the Competitive Team

CLIMBING CONDITIONING

F | Competitive Team (10-18 years)
Prerequisite: Competitive Team Tryout
Train to Compete Youth climbers. Training for (and competing in) Alberta Climbing Association sanctioned youth climbing competitions.

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