

## **The Banff Centre Climbing Gym**

At Sally Borden Fitness and Recreation. For information, please call 403-762-7545.

### **YOUTH PROGRAMS**

#### **Rock Starz! Climbing Program**

Welcome to Canada's first progressive climbing program for children, designed by Canadian Youth National Climbing Team coach Chris Neve. Inspired by the workings of **Canadian Sport 4 Life**, this program works with climbers on activities appropriate to their current stage of development. Each climber will receive a progression report at the end of their session. Come and experience the different aspects of the climbing gym while improving physical literacy through play, exploration and – most importantly – FUN!

#### **Pebbles (4 – 5 yrs.)**

\$30

Sally Borden Climbing Gym

#4929 January 8, 15, 29

#4930 February 5, 12, 26

#4931 March 11, 18, 25

3 Sun

9:00am – 9:45am

#### **Pebbles (4 – 5 yrs.)**

\$30

Sally Borden Climbing Gym

#4932 January 8, 15, 29

#4933 February 5, 12, 26

#4934 March 11, 18, 25

3 Sun

10:00am – 10:45am

#### **Stepping Stones (6 – 8 yrs)**

\$40

Sally Borden Climbing Gym

#4935 January 8, 15, 29

#4936 February 5, 12, 26

#4937 March 11, 18, 25

3 Sun

11:00am – 12:00pm

#### **Mighty Boulders (9 – 12 yrs)**

\$55

Sally Borden Climbing Gym

#4938 January 8, 15, 29

#4939 February 5, 12, 26

#4940 March 11, 18, 25

3 Sun

12:15pm – 1:45pm

#### **Funky Monkey Kids (4 – 12 years)**

Why have them climbing your walls when they can climb ours! This program is completely supervised by our staff and designed to allow your child(ren) to explore the climbing gym safely. All safety equipment is provided and space is limited. Register early!

\$15  
Sally Borden Climbing Gym  
Sun  
2pm – 3:30pm

### **Junior Climbing Club (9 – 12 years)**

Join our after-school climbing club! Youths will learn balance, movement and partnership while keeping their belay skills sharp with practice. Participants must complete a top-rope belay check prior to their class. All safety equipment is provided.

\$60  
Sally Borden Climbing Gym  
#4941 Sept 21 – Oct12  
#4942 Oct 19 – Nov 9  
#4943 Nov 16 – Dec 7  
4 Wed  
4:30pm – 6pm

Note/Prerequisite: Must be top-rope certified to join club. If they are not, they should look to take the Youth Learning the Ropes course first.

### **Youth Learning the Ropes (9 – 17 years)**

Learning how to to-rope belay is a pre-requisite to join the Junior Climbing Club or High School Climbing Sessions. All safety skills will be covered and practiced to ensure all climbers are confident and safe.

\$30  
Sally Borden Climbing Gym  
#4944 Sept 16  
#4945 Oct 14  
Fri  
3:30pm – 5:30pm

### **Banff Junior Climbing Team**

Formed in 2001, the Banff Junior Climbing team is a program for athletes looking to progress their skills in climbing. Although some will be looking to compete on the local youth climbing circuit, this is not required. Team programming will be based on the Long-Term Athletic Development model created by the Canadian Sport 4 Life initiative and embraced by Sport Canada for all of their funded sports.

Components will include:

- implementation of a long-term athletic development training concept
- training plans for each phase of the season
- unique cross-training opportunities throughout the year, such as swimming, gymnastics, soccer, badminton, cross-country running, and more
- a comprehensive injury prevention program focused on the individual at each stage of their development
- monthly work with professionals involved in massage therapy, yoga, sport psychology, physiotherapy and more

Tues & Thurs 4:30 pm – 7:00pm, Sun 3:30pm – 6:30pm  
Ages: 12 – 17 yrs

Interested athletes can register for one, two, or three days per week on a monthly basis. For more program details and cost, please contact Chris Neve 403-762-7545.