

# Airborne Climbing Programs for Ages 4 years and older Summer 2012

**Indoor climbing** is not merely a controlled means of introduction to some of the technical aspects of mountaineering, but indoor climbing is a challenging new sport of its own that grows in popularity every year. Indoor climbing is a sport that teaches unique skills, helps to overcome fears, and introduces new thrills.

## Climbing Class Schedule & Descriptions

<i>Monday</i>	<i>Tuesday</i>
5:30-6:30 Kids Ages 4-7	5:30-6:30 Youth Climbing Ages 7-12

**KidsClimb** is for ages 4-7 with a parent. There must be one parent, or adult age 18 or older, with each child enrolled in the class. We will teach the parents proper belay technique, while their children learn basic climbing technique and commands.

### Youth Climbing

Our staff will teach your child the basics of indoor rock climbing, wall movement techniques, and the necessary commands. During these classes, knot craft will be introduced to all students and their parents. Parents are **strongly encouraged** to attend and participate in all classes with their child. This allows our instructors additional time to better teach the finer points of climbing skills and techniques, as well as allows your student to have more time on the wall. Belay techniques will also be taught to parents and those over 13 years of age. Once you are belay certified by an Airborne instructor you will be able to attend open climb time at Airborne with your child.

**Adult/Teen Climbing** class times can be arranged upon request. Please see the front office to make arrangements with our climbing instructors.



## Climbing Class Policies

### Class Size

The minimum class size for all climbing classes is 2 students with the maximum class size being 6 students.

### Dress Code

All participants, students and parents/adults, should dress in clothing that does not restrict their movement. Long, loose pants or sweatpants are recommended. Athletic shoes, hiking boots, climbing shoes, or climbing slippers should be worn by all participants to each class. We supply all necessary harnesses, locking carabiners, belay devices, and ropes for every class.

**Belaying is easy!** It does not require leaving the ground. It does not require great strength. If you can lift your child (or 25 pounds), you can belay any child safely.

### Student Behavior

Safety is an essential part of all climbing programs, therefore students are expected to listen to their instructors and follow directions at all times.

### Sibling Policy

Siblings not enrolled in class are not allowed in the gym area. They are also not allowed to be in the lobby or observation area unattended.

### Open Climb

- Ø All participants must demonstrate basic climbing knowledge and belaying technique and safety. All participants must be belay certified by an Airborne climbing instructor. See the front desk to schedule a time for certification.
- Ø All participants must be at least 18 years of age or older, or be directly supervised by a belay-certified adult.
- Ø Participants are allowed only in the climbing area and must stay off all gymnastics equipment.
- Ø Horseplay will not be tolerated.
- Ø Participants may use the wall facility during any hours the gym area is open. **Please note:** Climbing classes will have priority on the wall.

### Open Climbing Rates per Person

Members: \$8.00 drop-in or 8-punch card \$45.00

Non-members: \$10 drop-in.

Current Class Students: \$5 per visit

**Group Rates:** We offer discounted rates to scout and youth groups. Please contact our office for more information.



*Gymnastics & Dance*

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