

START HERE!

Have you climbed before?	
NO	YES

ADVANCED CLIMBING TRAINING

This is a structured training program for climbers who wish to improve their overall abilities and progress to the next level. Coaches assess the athlete's strengths, weaknesses and goals, and work with them to develop a personalized training plan featuring 3-5 workouts per week.

Ages 14+ | September - May
Starts at \$125/mo, call for more info.

Are you Top Rope Belay certified at Alaska Rock Gym?	
NO *	YES

I've been climbing a while and want more than just technical help.

LEAD TEST

Part 2 of the Lead Clinic is the Lead Test. To earn lead certification, successful graduates must pass both a lead climbing and lead belay portion of the test. Solid lead climbing fundamentals and lead belay tactics, plus the ability to catch an unanticipated lead fall must be demonstrated on multiple routes selected by the tester. See testing times on reverse, advance registration recommended.

I've been climbing a while and would like to improve my technique.

ADVANCED CLIMBING TECHNIQUE

This class is designed for the experienced climber who is ready to move up a few grades. Students receive individualized coaching in advanced techniques including footwork, sequencing and body position. This class offers progressive skill development for regular attendees. Lead certification is recommended.

Free to members | \$22 includes class & day pass

I'm a newer climber looking to improve.

Are you Lead Belay certified at Alaska Rock Gym?	
NO	YES

LEAD CLINIC

Part 1 of the Lead Clinic is the instruction portion. Participants must demonstrate solid top rope technique on 5.10 terrain. Students learn the basics of prudent and efficient lead climbing, and how to provide a solid lead belay. Successful graduates must pass a lead climbing test and a lead belay test to earn certification. Lead Test may be taken two weeks after attending Lead Clinic. | Ages 14+

Members: \$35 | Non-Members: \$65 includes 2 week climbing pass

BASIC CLIMBING MOVEMENT

This beginning to intermediate class provides the next level of instruction to new climbers recently belay certified. Basic technique, footwork and route reading are taught, along with tips on training. This class offers progressive skill development for regular attendees.

Ages 14+
Free to members | \$22 includes class & day pass

INTRO CLASS

This group class includes a facility orientation, an introduction to the boulder area and fall technique, a discussion of basic climbing movement & gym etiquette, and a belay lesson. At the end of the class, most participants are belay certified and able to boulder, climb, and top-rope belay in the gym.

Ages 14+
\$20 includes class, gear & day pass

*Are you already a competent belayer? Top rope and lead checks may be done upon request if staff is available, or by appointment.