Everyone Climbing at Boulders must go through <u>The Orientation</u> which contains all of the basic information you need to start climbing. Everyone belaying at Boulders must take the <u>Belay Class</u>

. If you are seeking further instruction at Boulders you can choose from three "levels of intensity": Clinics, Classes or Personal Coaching.

Climbing Clinics

Clinics are 20 - 45 min introductory snapshots of various climbing related topics. They are free to members and anyone that has purchased a Day-Pass that day. Clinic topics include: Intro to Climbing, gear selection, slack-lining, etc. Clinics are fun and the only pre-requisite is <u>The</u> Orientation

Click here to see the current climbing clinic list also check the <u>Events Calendar</u> to see times and detailed descriptions.

Classes

We offer two main classes: <u>The Climbing Movement Series</u>, and <u>Indoor Lead Climbing</u>. These are group classes. Both classes have pre-requisites so check the class descriptions before signing-up.

<u>Click here to see detailed class descriptions</u> . All class dates are on the <u>Events Calendar</u> . For youth we also have a <u>competitive climbing team</u> and <u>Summer Camp</u>

Personal Coaching

Personal-Coaching is the most personally detailed and involved source of instruction offered at Boulders. Raylon will talk with you to evaluate your personal performance goals. Then help you reach those goals through his program of assessment, training, tracking and accountability. Raylon can be contacted about personal coaching at: <u>Raylon@climbboulders.com</u>