

EAGLE MOUNT'S

CLIMBING PROGRAM

It is you verses yourself.

Climbing is physically and mentally demanding. It tests the climbers strength, endurance, agility, balance and mental control. Climbers gain increased ability to develop different muscles, improve their balance, coordination, and cardio. Psychological and emotional benefits of bouldering is better goal setting, increased self awareness, stress relief, self confidence, improved self esteem and better perseverance.

Class Descriptions

Bouldering Basics

Bouldering is a form of rock climbing on shorter walls with no ropes and no harnesses; but with big pads underneath to provide a safer landing. This is a small group that is learning the fundamentals of climbing techniques, meeting new friends and getting physically stronger. *(8 yrs old and up)*

Learn the Ropes

This form of rock climbing is with ropes to help assist the climber. The climber may be using the climbing holds on the walls and/or the ropes to ascend. *(8 yrs old and up)*

Level Up (VO-V2)

After mastering the Bouldering Basics class, this is the next level. This is a small group with a coach to help the climber work through bouldering problems. This group has the possibility to compete in bouldering competitions around the state of Montana. *(12 yrs old and up)*

One-on-One

This class is for those that may not be ready for a group setting. This is catered individually to the climber and their needs. *(6 yrs old and up)*

Sept 25-Nov 15, 2018

Bouldering Basics

Tues. 2:00- 3:00

Tues. 3:00- 4:00

Wed. 3:30- 4:30

Learn the Ropes

Tues. 4:45- 6:15

Thurs. 4:00- 5:30

Level Up (VO-V2)

Tues. 11:30- 1:00pm

One-on-One

By Appointment Only

REGISTRATION: Registration is required through Eagle Mount, Call 454-1449 or visit www.eaglemount.net. Space is limited. The cost is \$60 for a 6 week session. All equipment is provided. Hi Line Climber Center Waiver and Eagle Mount participation application must be on file before participating in the adaptive climbing program. New climbers will need to do an evaluation with staff prior to participating.



Eagle Mount

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Hi Line Climbing Center

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Waivers can be filled out on their website annually.