

BELMONT CLIMBING ACADEMY

Thank you for your interest in Belmont's new Climbing Academy! We are thrilled to have this opportunity for students.

PREREQUISITES:

No experience necessary. Everyone is welcome!

KEY INFORMATION:

This is a **year-long program** which will take place **inside the timetable** in the morning blocks. Classes will be hosted both at BoulderHouse Climbing Gym and at Belmont Secondary. Students will train climbing skills at BoulderHouse on Mondays, Wednesdays, and Fridays, and work on strength training, flexibility, and theory at Belmont on Tuesday and Thursdays.

This program **will replace Physical Education Class**. Students will receive credit for PE plus one elective, or two electives for senior students.

PROGRAM GOALS:

The Belmont Climbing Academy will introduce students to **bouldering*** on different wall types, including slab, cave, vertical, 45°, etc. as they explore various difficulty levels through the climbing gym's circuit system. Students will develop climbing skills and techniques such as heel hooks, toe hooks, edging, smearing, knee bars, dynos, etc., as well as increase their strength, fitness, flexibility, and endurance. The program will promote personal goal setting, problem-solving, personal, and social awareness, safety management, and an active lifestyle.

****Bouldering** - a form of rock climbing performed on small rock formations or low artificial walls without the use of a harness or rope. These rocks or walls are significantly lower in height than those involved in top rope climbing. Bouldering sequences are relatively short but dynamic, requiring explosive movement and a combination of horizontal, diagonal, and vertical movements.*

COST

The academy fee associated with this program would be **\$860 / student**. This will include a 10-month climbing membership, shoe rental, specialized coaching, supplies such as chalk and safety gear, and the academy administration fee.

Academy fees are collected over 6 months. An initial deposit will be required upon registration (approximately \$195) and then monthly payment of approximately \$110. Details and finalization of these payments is TBD.

BURSARIES AND FINANCIAL ASSISTANCE

School District 62 strives to not let financial barriers restrict student participation. There are several bursary programs that students can access to assist with funding, including the following:

- KidSport – Local Victoria chapter provides up to \$400-\$600/child to assist with academy fees.
- Jumpstart – Local Victoria chapter can provide up to \$300/child to assist with academy fees
- Sport Assist – Funding available for SD 62 students up to \$1,000

For assistance with bursary applications, please call 250-391-9006 and ask for Terell Selk.

CONTACT

For further questions or additional information, please contact Ms. Pampin at cpampin@sd62.bc.ca.