



## WINTER 2011-2012 VAC CLIMBING TEAM

The goal of our program is to introduce and refine proper climbing technique to kids, maintain a strong emphasis on all aspects of climbing safety, and promote a positive team environment. These mainstays of the VAC Climbing Team enable students to build confidence, improve self-esteem, and become stronger climbers in a fun, supportive atmosphere.

Multiple teams guarantee a fit for your child

- The Development Team is designed for the beginning and typically younger child just learning about the sport. All of the basics from important safety concerns to climbing technique will be covered thoroughly.
- The Junior A-Team is for more experienced climbers, often graduating from the Development Team, to learn about some of the more advanced elements of climbing including belaying and lead climbing.
- The A-Team is for the most advanced climbers, most of which are competitive climbers and all of which are able to belay and lead climb safely. Climbing journals will be integrated into the learning and evaluation process to help the climbers track their progress and set goals.

Schedule

- The Winter 2011-2012 VAC Climbing Team season will run from Tuesday, October 4 through Thursday, April 12.
- All climbers will practice indoors at the VAC throughout the winter season on this schedule:
  1. Development Team on Wednesdays 4—6 pm
  2. Junior A-Team on Wednesdays 6—8 pm
  3. A-Team on Tuesdays and Thursdays 6—8 pm

Investment

- The Winter 2011-2012 VAC Climbing team's cost is as follows:
  1. Development Team \$550
  2. Junior A-Team \$550
  3. A-Team \$800
- Includes five and a half months of indoor climbing instruction.
- Includes a VAC Climbing Team shirt.
- Includes a membership for the climber to the VAC climbing wall valid at any time during the Winter 2011-2012 VAC Climbing Team season.
- Includes lessons for parents to learn to belay—this allows you to support, as well as participate in, your child's climbing experience.
- Includes the opportunity for immediate family members to join the VAC with no initiation fee.

Contact

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