

ÜBERGRIPPEN SCHOOL OF ROCK



Fall 2019 Curriculum Guide

Course Descriptions

Learn to Belay

Have you always wanted to learn the ropes of climbing? If so, then this class is for you. For the same price you pay for an adult day pass and full equipment rental package you can enroll in a two-hour instructor-led group learn to climb class. We will teach the technical skills (tying in, belaying, and fitting your harness) that allow you to come and enjoy our facility on your own.

50/50 Climbing Club

Climbing can be an especially intimidating sport to break into. Our 50/50 Climbing Club will help break down those barriers by providing a comprehensive introduction to the sport. For just 50 bucks you get four instructor-led group classes to ease your entry into the sport...and the deal is, if you have 100% attendance, you get a \$50 credit toward a new Auto-Pay (EFT) Membership Enrollment or a 6-month prepaid membership.

NOTE: This club is strictly limited to ADULTS 18 and over that have not previously been a member of Übergrippen.

Learn to Lead

Are you a 5.10 climber who is ready to step into the world of indoor lead climbing? Our Learn to Lead course is designed to teach you how to clip, and how to whip! This course is taught over 2 days (3 hours each). Our CWA-certified Climbing Wall Instructors will lead you through the curriculum in a comfortable, controlled atmosphere. At the end of two days we hope you are confidently able to both lead climb and lead belay inside. We will teach proper clipping technique, rope management skills, communication, belaying technique (giving and taking slack), and provide some info and demos of some of the latest gear used in lead climbing! After you complete the course you will still be required to pass our lead climbing test on your next visit before being certified to lead climb at Übergrippen.

Prerequisites: Top-rope certified and climbing comfortably and confidently on 5.10.

Raise Your Grade Series: Climbing Movement

The Raise Your Grade Series is a comprehensive climbing movement course consisting of six progressive classes that cover footwork, body positioning, momentum, and much more. Our coaches will explain the principles of climbing techniques, provide direct feedback to each student, and share movement drills that you can train outside of practice. Whether you're just starting out in climbing or you want to go from 5.12 to 5.13, the Raise Your Grade Series is for you!

Movement 1: Body Positioning

Movement 2: Footwork and Flow

Movement 3: Footwork & Positioning for Hard Moves & Overhanging Terrain

Movement 4: "The Send": Putting it All Together and Building Efficiency

Movement 5: Static and Dynamic Strategies

Movement 6: Take Charge of Your Climbing

Prerequisites: This is a progressive series. The only prerequisite for Movement 1 is to be belay certified, but you need to take Movement 1 before Movement 2, complete 1 and 2 before taking Movement 3, etc.

*****Please note***:** we recommend taking Movement 1 through 3, then taking *at least* four weeks to *consistently* practice what you've learned, before moving to Movement 4 through 6.

Outdoor Sport Climbing

Übergrippen may be the best indoor climbing crag, but there are many outdoor crags to be enjoyed as well! Our Outdoor Sport Climbing class consists of two separate 2-hour sessions. Under the supervision of our AMGA-trained staff, you will learn and practice all the additional skills and techniques required to take your cragging outside!

Prerequisites: Lead-certified. Please bring the following materials if possible:

4 locking carabiners, rappel device, double-length sling, 20' 6-8mm cordalette, prussik

Climbing Rescue

Do you climb outside? If so, you absolutely need to know rescue techniques! Our Climbing Rescue class consists of two 2-hour sessions. We will cover principles of assisting and rescuing climbers and get hands-on practice with specific techniques.

Prerequisites: Lead certified. Outdoor climbing experience recommended but not required.

Advanced Lead Belaying

Ever wonder what would happen if your climber blew the second clip? Let's find out! This class is for people who have been leading for a while and are looking to sharpen their belay skills. We will practice the scariest belaying scenarios to learn more about the importance of stance, slack management, and giving soft catches.

Prerequisites: Lead-certified. If you took our lead climbing class, it must have been at least six weeks ago so that you have had ample practice.

Fearless Falling

We'll admit it: lead climbing can be scary! Getting far beyond your last draw and committing to a big move is challenging. In this class, we will work on pushing our mental limits in a physically safe, staff-supervised environment.

Prerequisites: Lead-certified.

Conquering Overhangs

They're steep. They're intimidating. And they're fun! Conquering Overhangs is all about getting comfortable when the climbing gets steep. We will practice specific techniques as well as mental strategies to increase efficiency.

Slopers

Slopers are most climbers' least favorite type of hold. In this class, we will work through technical movement strategies on how to get the most out of slopers. You will also learn some physical training techniques that can be incorporated into future climbing sessions to build sloper-specific strength.

Trad is Rad: Placing Gear

Trad climbing is a grand adventure that demands a ton of technical skills, knowledge, and judgment. Our Trad is Rad series is designed to give introductions to specific skills so that you can practice and master them on your own. All of our instructors are AMGA-trained. In Placing Gear, you will learn the principles of placing both active and passive gear to protect yourself in the mountains.

Trad is Rad: Building Anchors

Trad climbing is tricky. The walls are taller than the length of your climbing rope, and there are no bolted anchors in the rock. In this class, you'll learn how to make your own bomb-proof anchors and rely on your own equipment and skills while hanging off the side of a cliff! (Note: don't worry, there will be no actual cliff in this class. We will practice on the ground.)