

# Approach Adult Programming Overview

## Indoor:

|                                       |
|---------------------------------------|
| Advanced Bouldering                   |
| Basic Belay Class                     |
| Basic Knots                           |
| Basics of Bouldering                  |
| Indoor Training for Ice Climbing      |
| Indoor Training for Trad Climbing     |
| Injury Prevention & Recovery          |
| Inspecting & Taking Care of Your Gear |
| Into to Climbing                      |
| Intro to Slacklining                  |
| Lead Climbing                         |
| Lead Belaying                         |
| Mental Training for Climbers          |
| Movement & Tech 1                     |
| Movement & Tech 2                     |
| Movement & Tech 3                     |
| Preparing for Comps                   |
| Route Setting Clinic                  |
| Suspension Training                   |

## Outdoor:

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| Gym to Crag: Basics   |
| Outdoor Sport Climbing  |
| Outdoor Top Rope Anchors                                      |
| Intro to Crack Climbing (Trip)                                |
| Intro to Trad Climbing (Trip)                                 |
| Basic Rappelling  |
| Advanced Rappelling   |
| Self-Rescue: Basics   |
| Self-Rescue: Top Rope   |
| Self-Rescue: Lead Climbing                                    |
| Multi-pitch 1 - Basics & Route Topography                     |
| Multi-pitch 2 - Top Belays, Hanging Belays, & Rope Management |
| Multi-pitch 3 - Climbing in Groups of Three or More           |
| Multi-pitch 4 - Half & Twin Ropes                             |
| Self-Rescue: Multi-pitch                                      |
| Advanced Anchors  |
| Big Wall 1 - Basic Hauling                                    |
| Big Wall 2 - Advanced Hauling                                 |
| Big Wall 3 - Basic Aid Climbing & Fixed Lines                 |
| Big Wall 4 - Biveys, Portaledge, and Non-Clean Placements     |
| Big Wall 5 - Horizontal Movement & Fixing Pitches             |
| Roped Solo Climbing 1 - Top Rope                              |
| Roped Solo Climbing 2 - Lead Climbing                         |
| Roped Solo Climbing 3 - Hauling                               |

\* Ask for pricing