

Join the 2025-26
BELMONT

CLIMBING ACADEMY

- ❑ Build community
- ❑ Make new friends
- ❑ Learn new skills
- ❑ Have fun!



Registration
opens Feb 3rd

limited spaces

REGISTER HERE →



- Classes take place at BoulderHouse
- Year-long program
- Gets you PHE + elective credits
- Financial help available for fees

Contact Ms. Pampin for more information cpampin@sd62.bc.ca



BELMONT CLIMBING ACADEMY

2025-26

KEY INFORMATION

This is a year-long program that will take place during the morning blocks of the timetable. Students will climb three days per week, train one day per week, and have one classroom day per week where we will cover training topics such as nutrition, cross-training, injury prevention, and competition tactics. This program may replace a Physical Education class; for grade 10 students, it satisfies the Phys Ed 10 requirements. Students will receive credit for Phys Ed, plus one elective, or two electives for senior students.

PROGRAM GOALS

This program aims to foster a community where students feel a strong sense of belonging through a shared passion for climbing. Students will work towards building self-empowerment by overcoming challenges and achieving personal goals, while supporting one another throughout the journey. Instruction is personalized and differentiated to meet each student's unique needs and aspirations. Whether working through a fear of falling, improving fitness, or training for competitive climbing at a high level, students will receive tailored support to help them reach their full potential and individual goals.

COURSE OBJECTIVES

Climbing Academy 9-12: Recreational

→ *This class is perfect for students who are new to climbing*

- Introduces bouldering across a variety of wall types (slab, cave, vertical, and overhang).
- Explores multiple difficulty levels of bouldering through a structured circuit system.
- Builds foundational skills and techniques such as heel hooks, toe hooks, foot switches, and dynos.
- Develops strength, fitness, flexibility, endurance, and motivation.
- Encourages personal goal-setting, problem-solving, safety awareness, and fosters an active lifestyle.

Climbing Academy 9-12: Intermediate

→ *This class is for students with climbing experience or those looking to challenge themselves further.*

- Enhances climbing efficiency and versatility on a range of wall types.
- Refines various bouldering styles and levels through an advanced circuit system.
- Builds on advanced techniques such as paddle and coordination dynos, skates, edging, smearing, knee bars, and mantling.
- Boosts strength, fitness, flexibility, endurance, and mental motivation.
- Promotes personal goal-setting, problem-solving, safety management, and an active lifestyle.

Climbing Academy 9-12: Advanced

→ *This is a high performance class for students who are serious about pursuing climbing at a high level. This class will run based on registration.*

- Enhances elite climbing efficiency and adaptability across diverse wall types.
- Master complex bouldering techniques through advanced circuits, focusing on power, precision, and control.
- Refines specialized skills such as explosive dynos, technical paddle and coordination movements, advanced edging, smearing, knee bars, and dynamic mantling.
- Maximizes strength, endurance, flexibility, and overall fitness to perform at peak levels.
- Fosters a mindset of high-level goal-setting, strategic problem-solving, mental resilience, and safety management, promoting both personal growth and a committed, active lifestyle.

EXPERIENCE

- **Rec Class** - No experience necessary.
- **Intermediate Class** - Previous experience or motivation to be challenged.
- **Advanced Class** - Students will be selected for this class based on their skill, commitment, and personal goals. ‘

Students will be split by skill level and dedication to climbing rather than by grade. There will be an assessment day in the spring to sort students into classes. Students can also request what class they want to be in.

EQUIPMENT

- Chalk will be provided for all classes.
- **Rec Class** - Rental shoes will be available at no additional cost.
- **Intermediate Class** - Students are encouraged to purchase their own climbing shoes. Rental shoes will be available if necessary.
- **Advanced Class** - Students will need to bring their own climbing shoes.

COST

- Full Year (Sept-June): \$995 / student (subject to change based on school board decisions)
- One semester (Sept-Jan or Feb-June): Students may enroll for a single semester only if there is a course conflict and will need to discuss this with Ms. Pampin in advance. The cost is \$572.50.

This includes a BoulderHouse membership*, shoe and chalk rental, specialized coaching, a personal trainer for strength and conditioning, access to Eagle Ridge weight training gym, competition and transportation fees, t-shirts, and the academy administration fee.

*Please note: The climbing membership includes non-peak hours and some time on the weekends. This may vary from year to year. Presently, the hours are after school-5:30 and weekends from 1:00-3:00.

Academy fees are collected over 6 months. An initial deposit will be required upon registration followed by monthly payments.

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 – <https://kidsportcanada.ca/>
- Jumpstart – <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- Sport Assist – <https://sportassist.ca/funding/>
- TLC Fund for Kids – <https://tlcfund.ca/>

There is also an affordability fund through Belmont Secondary school. Please contact the Belmont office directly for more information.

For assistance with financial support applications, please contact Wayne Kelly at wkelly@sd62.bc.ca or Claudia Pampin at cpampin@sd62.bc.ca.

SCHOLARSHIP OPPORTUNITIES

Grade 12 students are eligible to apply for the Physical Activity and Health District Scholarship. Application for this scholarship opens in April. The selection criteria is as follows:

Student must demonstrate:

- Evidence of excellence in one or more physical activities/sports.
- Commitment to continuing to pursue participation in physical activity/sports.
- Criteria included for consideration would be:
 - Sportsmanship
 - Leadership
 - Attitude
 - Dedication

All grade 12 Climbing Academy students will be encouraged to apply.

REGISTRATION

Register here: <https://registration.sd62.bc.ca/apps/academy?program=NODEFAULT>



CONTACT

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

