

YOUTH PROGRAM CURRICULUM

Ground Up Climbing Centre

LEVEL 6



CLIMBING GOALS

- Redpoint 5.10- on lead
- Flash 5.10- on top rope
- Redpoint 5.10+ on top rope
- Redpoint vertical V3 boulder
- Redpoint Steep V2 boulder



COMMUNITY GOALS

- Build community within the gym
- Help develop potential in others
- Volunteer time for a greater cause

MENTAL GOALS

- Visualize in the first person
- Explore intrinsic/extrinsic motivation
- Do something difficult or scary and reflect



PHYSICAL GOALS

- Learn climbing-specific training exercises and progressions
- Take high bouldering falls responsibly
- Take unexpected lead falls
- Generalize our knowledge of training exercises and plans



ROPES GOALS

- Lead climb with a competent belayer
- Lead belay under supervision
- Explore outdoor top roping skills



EFFICIENCY GOALS

- Learn the basics of routesetting
- Explore specialty movement skills



LEVEL 5



CLIMBING GOALS

- Redpoint Lead 5.9 on lead
- Flash 5.9 on top rope
- Redpoint 5.10- on top rope
- Redpoint vertical V2 boulder
- Redpoint steep V1 boulder



COMMUNITY GOALS

- Act as a role model for others
- Lead a group activity
- Volunteer in routine ways

MENTAL GOALS

- Learn to set up a pre-performance routine
- Explore concepts of ego, identity, and self
- Reflect on what happened and revise our goals



PHYSICAL GOALS

- Explore style-specific warm ups
- Learn to dead hang
- Take risky bouldering falls responsibly
- Take expected lead falls
- Learn how to train our bodies



ROPES GOALS

- Lead climb safely with an instructor belay
- Learn the basics of lead belaying
- Understand the principles of anchoring



EFFICIENCY GOALS

- Make up boulder problems using existing holds
- Explore advanced movement skills



LEVEL 4



CLIMBING GOALS

- Redpoint 5.8 on mock lead
- Flash 5.8 on top rope
- Redpoint 5.9 on top rope
- Redpoint vertical V1 boulder
- Redpoint steep V0 boulder



COMMUNITY GOALS

- Give and take feedback and beta
- Lead a prescribed group activity
- Help make the gym better in non-routine ways

MENTAL GOALS

- Manage our emotions
- Explore our values
- Reflect on who we are and what is important to us



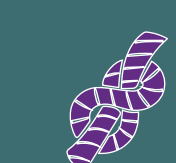
PHYSICAL GOALS

- Explore movement-specific warm ups
- Demonstrate form for body weight exercises
- Take unplanned bouldering falls
- Take planned large top rope falls
- Understand the basics of training



ROPES GOALS

- Complete a mock lead climb
- Learn the mechanics of lead belaying
- Learn the basics of anchoring



EFFICIENCY GOALS

- Learn to move efficiently for a full boulder problem, as intended
- Identify sequencing for hands and feet



LEVEL 3



CLIMBING GOALS

- Flash 5.7 on top rope
- Redpoint 5.8 on top rope
- Redpoint vertical V0 boulder
- Redpoint Steep V-easy boulder



COMMUNITY GOALS

- Express kindness towards others
- Lead routine group activities
- Help make the gym better in routine ways

MENTAL GOALS

- Manage our behaviour
- Set goals
- Reflect on what we can do better



PHYSICAL GOALS

- Build skills for specific exercises
- Take simple bouldering falls
- Take unplanned top rope falls
- Move our bodies with purpose



ROPES GOALS

- Learn the mechanics of mock lead climbing
- Top rope belay independently
- Get familiar with climbing gear



EFFICIENCY GOALS

- Explore hand sequences through miming, drawing, or talking
- Move efficiently for a full boulder problem



LEVEL 2



CLIMBING GOALS

- Flash 5.6 on top rope
- Redpoint 5.7 on top rope
- Redpoint vertical V-easy or kids boulder



COMMUNITY GOALS

- Work as a team
- Take initiative
- Recognize how our own habits impact others

MENTAL GOALS

- Express our emotions constructively
- Explore goals, perseverance, and self-talk
- Reflect on what happened and how we felt



PHYSICAL GOALS

- Learn the components of an effective warmup
- Take planned falls on the ropes and boulders
- Explore our effort levels and heart rates



ROPES GOALS

- Top rope climb with peers
- Learn top rope belaying with supervision
- Check the complete top rope setup



EFFICIENCY GOALS

- Learn the components of a route/boulder
- Explore direction of push and pull



LEVEL 1



CLIMBING GOALS

- Lower down from the top of the kids wall
- Climb the mini chief 10x in a row
- Traverse the technique wall



COMMUNITY GOALS

- Be part of a group
- Follow the leader
- Follow the rules

MENTAL GOALS

- Identify our emotions
- Explore our comfort zone and challenge ourselves
- Reflect on what happened and what we learned



PHYSICAL GOALS

- Participate in the warmup and cooldown
- Explore a variety of movements
- Learn body positioning for falling
- Check in on how your body feels today



ROPES GOALS

- Climb on the ropes with a competent belayer
- Begin learning belay hand motions
- Understand slack in the top rope system



EFFICIENCY GOALS

- Learn about the different types of holds
- Know how to use our climbing shoes
- Position our bodies efficiently on the wall
- Explore different climbing speeds



FOUNDATION

- KNOW THE RULES OF THE GYM
- PARTICIPATE IN GAMES AND CLIMBING ACTIVITIES
- EXPLORE TRIANGLE LOWERING STANCES
- EXPLORE MOTORCYCLE LANDINGS

