



# CLIMBING DAY IN BC



## PARTICIPATE HERE!

Contact local gym for participation details.

- UVic Carsa ..... Victoria
- Project ..... Abbotsford
- BoulderHouse ..... Victoria
- Coastal Climbing ..... Surrey
- The Cube ..... Nelson
- WIP ..... Courtney
- Gniess ..... Kelowna
- Base5 ..... Coquitlam
- Base5 ..... North Vancouver
- Ground Up ..... Squamish
- Spirit Rock ..... Kimberly
- Beyond the Crux ..... Kelowna
- The Hive ..... Surrey
- The Hive ..... Vancouver
- The Hive ..... North Shore
- Project Cloverdale ..... Surrey
- SFU Recreation ..... Burnaby
- Cliffhanger ..... Vancouver
- Romper Room ..... Nanaimo
- The Rock Garden ..... Vernon
- The Rock Wall ..... Maple Ridge
- Brentwood College ..... Mill Bay
- The Boulders ..... Central Saanich
- Cumberland Rec ..... Cumberland
- Powell River Coop ..... Powell River
- North Island Secondary ..... Port McNeill
- Cowichan Climbing Academy ..... Duncan



### For Teachers and Administrators **MORNING SESSION**

9:00-11:30AM

You are invited to discover the benefits of climbing and explore the opportunities for engaging in climbing as a school activity.

Registration at your local gym encouraged - Walk-ins Accepted

**\$20 to participate**



### For Youth and Families **AFTERNOON SESSION**

12:00-4:00PM

You are invited to spend the day immersed in the fun and excitement happening at your local climbing gym.

Learn the basics of climbing and discover the variety of programs offered.

**1/2 Price Entry**



### For Everyone! **EVENING CLIMB-A-THON**

5:00-9:00PM

Join climbers in your community to help BC tackle the “Seven Summits Challenge.”

Together we will track our progress as we climb towards our goal of 42,500 metres!

Do your part – come climb as much as possible – and help us reach the highest points on each continent!

Donations will be collected to support Sport Climbing BC.

**Scorecards by Donation**

## DID YOU KNOW?

Climbing makes you strong

Climbing is good for the mind, body and heart

Climbing creates connections

Climbing involves strategic thinking and problem solving

Climbing is a great way to cross train

Climbing will be a new sport in the 2020 Olympics



@sportclimbingbc

Please check the website for exact times and local details!

[WWW.SPORTCLIMBINGBC.CA](http://WWW.SPORTCLIMBINGBC.CA)





**DISCOVER WHAT CLIMBING IS ALL ABOUT**

Climbing is more than just physical exercise; it works wonders for the mind, it brings people together, and for many, it becomes an incredibly fulfilling lifelong pursuit.

**CLIMBING IS FOR BC**

Climbing Day in BC provides participants the opportunity to learn the basics of climbing in any one of BC's many local climbing gyms!



**SCBC'S INAUGURAL PROVINCE-WIDE CLIMBING DAY**

Climbing Day in BC is your chance to experience and explore climbing! Climb with us on Oct 25th, 2019 as we celebrate the joy of movement, the thrill of challenge and the success of making it to the top!

**CLIMBING DAY IN BC**

**OCTOBER 25, 2019**

A fun introduction to climbing!