

Basic Outdoor Rock Climbing School

Arizona Mountaineering Club

Spring 2020

The Arizona Mountaineering Club (AMC) has been teaching basic rock climbing for over 50 years. We place maximum emphasis on safe climbing and self-rescue skills. This is a beginning climbing class for outdoor rock climbing; no previous climbing experience required. The class is appropriate for new climbers, gym climbers wishing to move to outdoor rock, and experienced individuals wishing to fill “learning gaps” and update to current best practices. We will teach you equipment care and usage, rope handling, climbing knots, belaying, rappelling, climbing techniques, and critical self-rescue skills.

Class schedule:

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|--------|-----------|-----------------|---|
| Mar 10 | Tuesday | 5:30 pm–9:30 pm | North Mountain Visitor Center* |
| Mar 12 | Thursday | 6:00 pm–9:30 pm | North Mountain Visitor Center |
| Mar 14 | Saturday | 8:00 am–5:00 pm | McDowell Sonoran Preserve |
| Mar 15 | Sunday | 8:00 am–5:00 pm | TBD |
| Mar 18 | Wednesday | 6:00 pm–9:30 pm | Phoenix Rock Gym (Tempe) |
| Mar 19 | Thursday | 6:00 pm–9:30 pm | Phoenix Rock Gym (Tempe) |
| Mar 21 | Saturday | all day | Small climbing teams disbursed to various crags |

*North Mountain Visitor Center is located south of Thunderbird Rd on the west side of 7th St (12950 N 7th St, Phoenix, AZ 85029)

No experience required. This class is for anyone who wants to experience the feel of being outside on real rock. With many volunteer instructors, virtual one-on-one instruction is provided and tailored to every level of ability.

AMC Membership is required to participate. Annual membership dues are \$40 for an individual and \$50 for a family. Membership benefits include Monthly Member Meetings and discounts at local climbing gyms and the Arizona Hiking Shack.

Equipment provided by AMC for this school:

- Technical climbing gear that will be used for the school (and is **yours to keep**):
 - 1 belay/rappel device
 - 3 locking carabiners
 - 2 non-locking carabiners
 - 3 prusiks (4', 6', 10' 6mm accessory cord) and 1 autoblock (4' 5mm accessory cord)
 - 10 ft webbing (1 inch)
 - 48" sewn runner (11/16 inch)
- Harness, helmet, and personal anchor (PAS). Please feel free to use your own gear, subject to inspection and approval, if you already own any of this stuff.
- Comprehensive basic rock climbing reference manual

You will wear a climbing harness at every class, so dress casually. Most sessions will have an outdoor component, so watch the weather and dress accordingly. Climbing shoes are required for the weekend sessions only. The AMC has a limited selection of climbing shoes for rent on a first-come, first-served basis on the second night of class for \$10 for the duration of the 2 week school. The Arizona Hiking Shack also rents climbing shoes. We will discuss what to look for in purchasing shoes on the first night of class.

Paperwork: You will be required to read and sign an AMC Liability Waiver on the first night of class. Students under 18 must have the release signed by their parent or guardian. Participants must be at least 14 years of age; students 14-15 years of age must be accompanied by a responsible adult.

Cost: \$250 plus membership if not already a member. Membership dues are \$40 for an individual and \$50 for a family for the calendar year. \$50 is a non-refundable deposit for the class; \$200 will be returned if you cancel. If you can find someone to take your place, the entire \$250 will be refunded. Please note that the membership fee is non-refundable.

The class is limited to 40 students. To reserve a spot, register using PayPal on the AMC web site (you DON'T need to have a PayPal account), or send a check for \$250 plus membership dues as required payable to Arizona Mountaineering Club. Include your clearly printed name, address and current phone number(s).

Mail to: AMC Outdoor Rock Climbing School, 15508 W Bell Road #101-150, Surprise, AZ 85374.

Questions??? Contact Eric Evans by email at AMCBasicSchool@gmail.com.

For more information: Visit the Arizona Mountaineering Club website at <http://arizonamountaineeringclub.net/>.