

The Climbers

CRUSH



INDOOR CLIMBING
FOR **SCHOOL GROUPS**

1580 20th STREET EAST, OWEN SOUND, ONTARIO

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Welcome to the Climbers Crush

Indoor climbing at Crush is an exhilarating activity offering exciting physical and mental challenges at a level specific to the individual. Climbing is a great way to inspire physical activity for young people of all athletic abilities because it's really fun.

This booklet provides an overview of our indoor climbing program, and how learning outside a traditional environment can benefit your students. Conquer our high roped climbing walls for an unbeatable sense of achievement. Or experience the thrills of climbing above foam matting without using a rope in our 'bouldering' areas. Have fun and get fit!

Crush is already used by schools throughout the region as a valuable and fun educational resource, providing young people with new and exciting experiences that allow them to explore their true potential. We would love your school to realize the benefits of using the climbing centre too and we are keen to answer your questions, discuss your ideas and tell you more about what Crush can offer your school.

Call us 519-373-6951, email info@climberscrush.com, or visit www.climberscrush.com for further information. You are also welcome to visit the Climbers Crush anytime to have a look around.

We look forward to seeing you! Kind regards

The Crush Team

THE CLIMBERS CRUSH INC.

1580 20th St. E, Owen Sound,
ON, N4K3H1

Tel: 519-373-6951

info@climberscrush.com

www.climberscrush.com



WHAT IS INDOOR CLIMBING?

Opened in July 2024 and located within a huge indoor studio, Crush is a professionally operated all weather venue offering a fantastic variety of indoor climbing from 20ft high climbs requiring the use of safety ropes and harnesses, to 'bouldering' climbs attempted above deep foam matting.

Crush has several different colour coded climbs to attempt from really easy to really hard, designed to accommodate all levels of ability and all ages. Choosing the correct sequence of colour coded holds and reaching the top provides a really fun workout and an unbeatable feeling of achievement that can be hugely beneficial towards increasing confidence and self-esteem. The climbs are even changed regularly throughout the year, ensuring there is always a fresh challenge to undertake for future visits.

“Climbing has really built my confidence; through repetition and determination I was able to figure out how to get past the problem and climb to the top of the wall.”

Indoor Climbing is an amazing way to encourage physical activity and helps to develop movement, balance, hand eye co-ordination, teamwork and communication skills in an engaging environment that encourages social interaction. In addition to the physical challenge, climbing also provides a technical challenge that requires concentration, problem solving abilities and mental tenacity to succeed, as participants must discover how to successfully move between the coloured holds. It is a great activity to stimulate, motivate and enhance confidence outside of the typical learning environment



- ✓ Increase personal confidence and self-esteem.
- ✓ Develop confidence and trust in others.
- ✓ Experience a real sense of achievement.
- ✓ Develop teamwork and communication skills.
- ✓ Enhance concentration and focus.
- ✓ Develop balance and co-ordination.
- ✓ Strengthen mental resolve.
- ✓ Be inspired to learn and succeed.

WHO IS CLIMBERS CRUSH FOR?

The indoor climbing at Crush has been carefully configured to provide highly enjoyable and achievable challenges for all people aged 4 years and up including those with special needs. No previous experience is necessary and all the specialist climbing equipment required is available at the centre. With a comprehensive range of climbs available ranging from easy challenges designed to offer manageable climbing for those new to the sport, to professional level climbs designed to inspire and challenge future champions, participants can operate at a level specific to their individual capabilities. Consequently, young people who dislike the competitive nature of traditional field and gym sports are often willing to have a go and almost always enjoy climbing after experiencing the sense of achievement upon reaching the top.

GETTING STARTED

Indoor climbing sessions at the Climbers Crush are fully supervised and focus on introducing young people to the sport in a friendly environment, at a level appropriate to their age and ability.

Single Day Visit (1.5 hours)

We offer a single day session, providing an exciting introduction to indoor climbing. Students will get the opportunity to climb walls using our auto belay lines, climb on our bouldering walls and our staff will facilitate games and activities on our traverse wall.

3 Day Pass (3 visits of 1.5 hours)

If you would like to bring your group regularly, students will have the opportunity to gain additional skills and knowledge and to develop an active interest in climbing. Students of all ages will find that their balance, co-ordination, strength and flexibility will improve through participating in regular sessions. There is a discount when you book 3 class visits days opposed to the single day.

Additional Opportunities for Students

Participants in the school program can continue to progress outside of school organized sessions by joining our after-school Minions (for ages 4-6), Rock Monkeys (for ages 7-9), Mini Crushers (for ages 10-12), or our Crushers (for ages 12-18). These programs run for 8-week sessions throughout the school year.



Aims of the National Indoor Climbing Award Scheme

- ✓ to develop climbing movement skills and improve levels of ability.
- ✓ to learn climbing rope-work and how to use equipment appropriately.
- ✓ to develop risk assessment and risk management skills in the sport.
- ✓ to work as a team, communicate with, and trust a climbing partner.
- ✓ to provide a structure for development, motivation and improved performance.
- ✓ to develop an understanding of the sport, it's history and future challenges.
- ✓ to provide a record of personal achievement.
- ✓ to point the way to further disciplines and challenges in climbing beyond the scheme.

“We learnt how to use the equipment and keep each other **safe.**”



PRICING FOR SCHOOL GROUPS

Single Day Visit

\$20/participant/1.5 hours (Climbing shoe rental included)

Min of 10 participants to get school group discount (Minimum payment of \$200)

Maximum of 36 Participants at one time.

3 Day Pass BEST VALUE Save \$180 (same class comes 3 times)

\$54/participant/3 x 1.5 hours

Min of 10 participants to get school group discount (Minimum payment of \$540)

Maximum of 36 Participants at one time. **(For a class of 30 students you save \$180)**

SAFETY INFORMATION

At the Climbers Crush safety is our priority and we are committed to providing safe facilities, equipment and instruction. All our instructors are fully qualified in accordance with the Ontario Physical and Health Education Association (OPHEA) guidelines,

OPENING HOURS

The Climbers Crush is open 7 days a week, throughout the year.
Monday to Sunday 12pm-10pm.

Please note that we are happy to open for school groups from 9.30 am onwards with prior arrangement.

ADDITIONAL INFORMATION

Did you know that the Climbers Crush has a sister company called At Last Adventures? At Last Adventures has been guiding outdoor adventures for schools in both Bluewater and the Bruce Grey Catholic school board since 2015. These adventures include outdoor rock climbing, rappelling, and even caving tours. Visit www.atlastadventures.com for more information.

“What an amazing opportunity for my students to work together and succeed.”



OUR LOCATION

The Climbers Crush is located behind the Owen Sound Heritage Mall, just a few units down from Benjamin Moors Paint store. The Climbing Centre has extensive free car parking and cycle storage. Best of all, we are within walking distance to a number of schools on the East side of town.

Full directions and maps are available on our website.

BOOKING INFORMATION

You are welcome to visit us at the Climbers Crush anytime to have a look around and gain an insight into the activities available to school children. To organise a visit, or for further information, please call us at 519-373-6951 or email info@climberscrush.com. You can also browse the 'Groups & Schools' section on our comprehensive website www.climberscrush.com.