

<b>ROCK CLIMBING TRAINING COURSES</b>			<b>Prices</b>		
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Base	Associate
<b>ROCK 1</b>	<b>INTRODUCTION TO ROCK CLIMBING</b>	Full day orientation and instruction in basic rock climbing. Safety, commands, knots, tying in, climbing gear, fitting, belaying methods and technique, easy scrambling practice, spotting, foundational footwork, handholds and body position, lowering, slab climbing, crack climbing and face climbing technique and practice.	<b>Included</b>	\$140	\$175
<b>ROCK 2</b>	<b>ROCK CLIMBING TECHNIQUE AND RAPPELLING</b>	Full day of next-level climbing technique, with introduction to rappelling. Review knots, continue belay technique, anchoring the belayer, in-depth face and crack climbing technique, coaching each participant on advanced techniques, and instruction on rappelling with a back-up system.	<b>Included</b>	\$140	\$175
<b>ROCK 3</b>	<b>SPORT LEAD CLIMBING AND BOLTED ANCHORS</b>	Full day introduction to sport lead climbing. Instruction and practice building a bolted top-rope belay anchor, bolt assessment, racking draws, flaking rope, lead belaying, catching a lead fall, placing draws on lead, clipping the rope, resting on lead, falling on lead, and cleaning the anchor. Simulated and full sport lead climbing practice.	<b>Included</b>	\$140	\$175
<b>ROCK 4</b>	<b>TRADITIONAL ROCK CLIMBING PROTECTION AND BELAY ANCHORS</b>	Comprehensive protection and anchors instruction. Introduction to trad climbing gear, protection (natural, active & passive artificial, fixed), placing protection, assessment of single-point anchors, concepts of SRENE, equalization, v-angle, instruction and practice in all varieties of multi-point and multi-directional belay anchors and associated belay methods.	<b>Included</b>	\$140	\$175
<b>ROCK 5</b>	<b>TRADITIONAL ROCK LEAD CLIMBING AND FOLLOWING PREVIEW</b>	Full day of simulated trad lead climbing (up to 5.9) from the safety of an established top-rope. You will get instruction and practice in following a leader, racking gear, flaking rope, lead belaying, catching a lead fall, placing and assessing gear on lead, clipping the rope, resting on lead, bailing from a route, falling on lead, route finding and strategy.	<b>Included</b>	\$140	\$175

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<b>ROCK 6</b>	<b>TRADITIONAL LEAD ROCK CLIMBING</b>	Single pitch, from-the-ground-up lead climbing course. We start on conservative terrain and will coach you through your first trad lead move by move to build your confidence and expertise. You'll practice and learn how best to select, place (when, where, how) and assess gear on lead, as well as belaying a leader, belaying followers, strategic racking, clipping, cleaning, and review building multi-point belay anchors.	<b>Included</b>	\$140	\$175
<b>ROCK 7</b>	<b>MULTI-PITCH ROCK CLIMBING</b>	Basic multi-pitch lead climbing instruction and practice. Using shorter pitches, we'll focus on efficient transitions, multi-point belay anchor building, belaying options and considerations, planning and pacing for multi-pitch days, hanging belay, review rappelling, rapelling anchors, options for descending a route.	<b>Included</b>	\$140	\$175
<b>ROCK 8</b>	<b>ADVANCED MULTI-PITCH ROCK CLIMBING</b>	Next-level multi-pitch lead rock climbing instruction and practice. Principles of climbing at altitude, approach and descent, planning, route finding, climbing with boots/bivy/packs, climbing and belaying technique for twin ropes and half ropes, rappel anchors, review multi-pitch and transitions, running belay, terrain belays, general strategy, and options for descent.	<b>Included</b>	\$140	\$175
<b>ROCK-R</b>	<b>ROCK CLIMBING RESCUE</b>	Comprehensive self and team rock rescue training. Includes escaping the belay, tandem rappel, counterbalanced rappel, ascending the rope, assisted lowering, raising using mechanical advantage, patient care and assisting injured climbers.	<b>Included</b>	\$140	\$175
<b>SNOW CLIMBING TRAINING COURSES</b>			<b>Prices</b>		
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Base	Associate
<b>SNOW 1</b>	<b>INTRODUCTION TO SNOW CLIMBING</b>	Full day of orientation for snow climbing. Safety, snow and ice climbing clothing and gear, assessing snow and avalanche conditions, digging a snow pit, fitting crampons and ice axe, breaking trail in a team, easy unroped climbing and downclimbing practice on snow slopes, with and without crampons.	<b>Included</b>	\$140	\$175
<b>SNOW 2</b>	<b>BASIC SNOW CLIMBING &amp; SELF ARREST</b>	Steeper snow climbing and safety. Self-belay, extensive practice of all four positions of self arrest, in both hands, with and without crampons, steeper downclimbing, spotting, and short belay.	<b>Included</b>	\$140	\$175

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<b>SNOW 3</b>	<b>SNOW AND ALPINE ICE CLIMBING PROTECTION AND ANCHORS</b>	Comprehensive protection and anchors instruction. Orientation to snow and ice lead climbing, care and use of ropes, placing and assessing natural and artificial snow and ice anchors, multi-directional anchors, multi-point anchors, SRENE, equalization, v-angle, snow seats, belay options, team running belay, and team self-arrest practice.	<b>Included</b>	Not available	Not available
<b>SNOW 4</b>	<b>SNOW AND ALPINE ICE LEAD CLIMBING</b>	Snow and alpine ice lead climbing practice and alpine ice climbing technique. Assessing snow and ice conditions, choosing route, flaking rope, racking gear, climbing with two tools, lead belaying, belaying a second, clipping, running belay review, and climbing in teams of three or four.	<b>Included</b>	Not available	Not available
<b>ICE CLIMBING TRAINING COURSES</b>			<b>Prices</b>		
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Base	Associate
<b>ICE 1</b>	<b>WATER ICE CLIMBING</b>	Top-rope ice climbing instruction and practice. Top-rope belaying, communication, lowering on top rope, review knots, parallel and alternating progression techniques, resting, crampon footwork technique, ice tool technique, top rope steep water ice.	<b>Included</b>	Not available	Not available
<b>ICE 2</b>	<b>WATER ICE LEAD CLIMBING</b>	Single-pitch water ice lead climbing instruction and practice from the ground up. Lead belaying, route planning, racking, ice climbing tips and techniques, placing, assessing and clipping ice screws, following and cleaning, building and assessing multi-point ice anchors.	<b>Included</b>	Not available	Not available
<b>ICE 3</b>	<b>MULTI-PITCH AND MIXED ICE LEAD CLIMBING</b>	Instruction and practice in water / glacier ice, mixed and multi-pitch lead climbing, using micro-pitches. Focus on efficient transitions, gear and racking for multi-pitch, climbing in teams of three, using twin ropes and half ropes. Principles of climbing snow and ice at altitude, with bivy packs, belaying considerations, V-thread and A-thread rappell anchors, lowering in guide mode, kiwi coil, and climbing rock with crampons and ice tools.	<b>Included</b>	Not available	Not available

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<b>ICE-R</b>	<b>BASIC GLACIER CLIMBING AND RESCUE</b>	Glacier travel and crevasse rescue instruction and practice. Orientation to glaciers, roping up for glacier travel, rescue coil, reading and navigating glaciers, team self-arrest, knots, gear, rescue sequences, ascending the rope (self rescue), 3:1 Z-drag crevasse rescue, C-pulley or dropped loop, and piggybacking systems to get maximum mechanical advantage.	<b>Included</b>	Not available	Not available
<b>MOUNTAINEERING TRAINING COURSES</b>			<b>Prices</b>		
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Base	Associate
<b>MTN 1</b>	<b>BASIC MOUNTAINEERING (2 DAYS)</b>	Day 1: Basic Mountaineering. Mountain camping and travel skills, map and compass navigation and route finding, extensive overview of clothing, equipment and gear, backcountry and off-trail travel, white gas and canister stoves, sleep system considerations, water, food, knots, shelter options and considerations, and making an effective basecamp.	<b>Included</b>	\$220	\$270
		Day 2: Peak ascent. Itinerary, gear selection, packing, pacing, efficient movement with boots and pack, rock scrambling, moving a team through terrain with loose rock, spotting, short belay, climbing easy fixed lines, lowering or rappelling, and making the descent.			
<b>MTN 2</b>	<b>WINTER MOUNTAINEERING (2 DAYS)</b>	Day 1: Winter Mountaineering. Winter climbing, camping and travel skills, advanced map and compass navigation in winter or glacier terrain, review prior navigation techniques, snow camping skills, snow shelters including caves, quinzhees, hybrid shelter and tents, winter sleep system considerations, drying out gear, preventing cold injuries, food and nutrition for winter, obtaining water in winter, physical training tips, and winter mountaineering gear, clothing and equipment.	<b>Included</b>	\$240	\$290
		Day 2: Winter mountaineering peak ascent. Scrambling mixed, snowy terrain with boots and pack, staying dry, fueled and hydrated in challenging conditions, climbing steep fixed lines, rappelling, rappell anchor options, practice winter navigation to and from a peak, snowshoes or skis may be needed.			

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<b>MTN 3</b>	<b>EXPEDITION MOUNTAINEERING (2 DAYS)</b>	Day 1: Expedition climbing. Planning, training, altitude considerations and acclimatization, advanced navigation on glaciers and adverse conditions, using GPS, review all prior navigation techniques, "light and fast" climbing tips, gear and principles, bivouacking in snow, planning a traverse, predicting mountain weather, medical skills, expedition behavior.	<b>Included</b>	\$260	\$310
		Day 2: Technical peak circumnavigation or ascent. Climbing in running belay, fixed lines or lead climbing in moderate mixed terrain in multiple teams completing a circumnavigation of a peak including a snowy bivouac during 24 -36 hours, utilizing advanced navigation techniques and team decision making.			
<b>SKI MOUNTAINEERING TRAINING COURSES</b>			<b>Prices</b>		
<b>DAY</b>	<b>TITLE</b>	<b>SKILLS DESCRIPTION FOR THIS LEVEL</b>	<b>Apex</b>	<b>Base</b>	<b>Associate</b>
<b>SKI 1</b>	<b>SNOW TRAVEL</b>	Prerequisites: Prior experience with your equipment, fitness to handle up to 5 miles snow travel.	<b>Included</b>	Not Available	Not Available
		Full day of orientation to backcountry snow travel on low-exposure peaks and/or traversing snowy trails using various snow travel methods: overview skiing, snowshoeing and snowboarding options, clothing, gear and equipment overview, basic avalanche awareness and assessment such as digging and assessing a pit, estimating slope angles, route planning, uphill and downhill trail travel techniques, monitoring weather, and group dynamics			
<b>SKI 2</b>	<b>BACKCOUNTRY SKIING</b>	Prerequisites: SKI 1, off-piste proficiency on black diamond terrain, prior Level 1 avalanche certification, and have beacon, shovel, probe.	<b>Included</b>	Not Available	Not Available
		Full day of travel and skiing on moderate peaks: checking avalanche and weather reports, off trail route planning, monitoring weather, skiing with a pack, beacon check procedures, uphill techniques, ski crampons, transitioning to downhill, backcountry ski technique and tips review, maintaining a log book, and side country skiing			

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<b>SKI 3</b>	<b>SKI MOUNTAINEERING</b>	Prerequisites: SKI 2, off-piste proficiency on steep terrain, prior Level 1 avalanche certification, and have beacon, shovel, probe.	<b>Included</b>	Not Available	Not Available
		Full day of ski mountaineering of a steep peak: advanced ski gear, choosing a line, technical ascending and/or descending, climbing with crampons on ski boots, ice axe technique, self-arrest on skis, dropping in, jump turns, comprehensive steep skiing tips and technique, glacier terrain considerations			