



Community Education Class Spring 2019

Instructors: Mason Werner, Samantha Rick, Michael Hall. Amanda Beatty

Adult Climbing Night

Basic instruction will include rock climbing terminology, top rope concepts, movement, and belay techniques. All skill levels are welcome. Participants may attend as many or few sessions as they wish. *If you have questions, email Rick Stock at rstock@frc.edu.*

Date: January 23 - April 10, 2019

Day of the Week: Mondays & Wednesdays

Time of Day: 5:00—8:00 p.m.

Course Fee: \$7.00/session OR

\$50.00/10 session punch pass



Learn to Climb Night

This class is open to participants from 4th grade through high school. Participants will have the opportunity to learn to rock climb; no skills required. Basic instruction will include climbing terminology, top rope concepts, movement and belay techniques. Participants under the age of 16 must have a parent (or adult mentor) present at each class. Parents/mentors may also take the course. A parent or guardian signature is required on a liability release form for all climbers under the age of 18 prior to them climbing on the wall.

Date: January 28 - March 4, 2019

Day of the Week: Mondays

Time of Day: 4:00—6:00 p.m.

Course Fee: \$40.00

To Register:

- 1) Print the Registration Form from the FRC website at:
www.frc.edu/studentservices/community-ed
- 2) Submit the Registration Form and payment of the Course Fee to Feather River College.

If you have questions contact Connie Litz at 530-283-0202, ext. 317.

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