

Outdoor Adventure  
**FALL** 2009 Programming Schedule

**Program:** American Mountain Guides Association  
Climbing Wall Instructor Certification Course

**Location:** Rock Wall

**Date:** 1. August 28, 29, 30, 2009  
2. November 13, 14, 15, 2009

**Time:** Friday- 5pm-9pm, Saturday- 9am-5pm, Sunday- 9am-5pm

**Registration Deadline:** Monday 2/16, 6pm

**Max Enrollment:** 6

**Fee:** \$300

**Prerequisite:** Call 330-972-7357

**Description:** This twenty-hour course will address the basic skills necessary to manage an instructional program at a climbing facility, and will address the following general topic areas:

- professionalism and the role of a climbing wall instructor;
- client orientation and instruction;
- teaching general climbing skills including movement;
- teaching top-rope and lead belaying techniques;
- equipment and facility use;
- rescue and emergency procedures
- risk management.

Upon successful completion of the course the participants will receive an AMGA Climbing Wall Instructor (CWI) certification.

At a minimum, training for candidates shall occur in each of the following technical competency areas. Candidates shall possess sufficient knowledge, demonstrate skills, and/or demonstrate teaching ability in each competency area (if appropriate to the topic) in order to successfully complete the course.

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**Program:** Introduction to Mountain Biking  
**Location:** Quail Hollow State Park, OH  
**Date:** 9/13/09  
**Time:** Saturday 9am-4pm  
**Registration Deadline:** Thursday 4/23/09, 6pm  
**Max Enrollment:** 6  
**Fee:** Students: \$15  
Faculty/Staff/Rec. members: \$18  
Community: \$20  
**Prerequisite:** Ability to ride a bike and an interest to ride on trails.  
**Description:** Introduction to Mountain Biking utilize the beginner friendly trail system found at Quail Hollow State Park to introduce the basic and fundamental skills of mountain biking. OA has a limited number of mountain bikes and helmets. Personal mountain bike in good working condition and helmets are permitted. Helmets are required for all participants. Each participant is required to bring snacks and a lunch along with two water bottles. \*This trip is dependant on trail conditions.

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**Program:** Friday Afternoon Rock Climbing  
**Location:** Whipps Ledges-  
Hinckley Reservation, Cleveland Metro Parks.  
**Date:** 9/18/09  
10/16/09  
**Time:** 3pm - Dark  
**Registration Deadline:** 9/16/09 5pm  
**Max Enrollment:** 8  
**Fee:** Student: \$10  
Faculty/staff: \$15  
Community: N/A  
**Prerequisite:** None  
**Description:** Want to experience rock climbing outside. Join OA for an evening of rock climbing and bouldering instruction. We will set a variety of top-rope rock climbs and explore the wonderful bouldering that Hinckley has to offer. No experience required. This program is perfect for students who want to take the next step in climbing and venture from plastic to real rock.

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**Program:** White Water Rafting  
**Location:** Lower Youghiogheny River, PA  
**Date:** 9/20/09  
**Time:** 6am - Dark  
**Registration Deadline:** Thursday 9/3/09, 5pm  
**Max Enrollment:** 10  
**Fee:** Students: \$50  
Faculty/Staff/Rec. Members: \$60  
Community: \$68  
**Prerequisite:** None  
**Description:** The Lower Youghiogheny River located in SW PA is a world famous whitewater river that provides exciting rapids for beginner and experienced rafters alike. Lunch is provided on the river. No experience required. This trip is a long day with an early morning start.

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**Program:** Trail Running Thursdays  
**Location:** Local Trails, Metro Parks Serving Summit County  
**Date:** 9/17, 9/24, 10/1, 10/8, 10/15  
**Time:** 5:15pm – approx 6:30pm  
**Registration Deadline:** The day of the run at Noon  
**Max Enrollment:** 10  
**Fee:** Student: Free  
Faculty/staff: Free  
Community: NA  
**Prerequisite:** None  
**Description:** Are you tired of running on the treadmill or track? Do you want to challenge yourself and your running? Join us as we run some of the finest local trails. Hills, rocks, roots, steps, bridges, and mud make trail running a joy and a challenge. We will start off with easy to moderate trails and progress to more challenging trails as the week's progress. We will provide transportation to the trailhead and back to the SRWC or you can meet us at the trailhead.

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**Program:** QuickStart your Kayak  
**Location:** ONAT Pool  
**Date:** 9/9/09  
**Time:** 11am – 1pm  
**Registration Deadline:** Tuesday 9/8 5pm  
**Max Enrollment:** 6  
**Fee:** Student: \$10  
Faculty/staff: \$13  
Community: \$20  
**Prerequisite:** None  
**Description:** Quick Start kayaking is a brief three-hour introduction to paddling a kayak. Certified instructors instruct participants on the basics of kayaking. Areas of instruction include: proper clothing selection for paddling, paddling hazards, and basic paddling techniques and strokes. Skills will be practiced by students to maneuver safely and comfortably on still water.

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**Program:** Open Kayaking  
**Location:** ONAT Pool  
**Date:** September: Mon. 9/14, Tues. 9/22, Wed. 9/30  
October: Thur. 10/1, Mon. 10/5, Tues. 10/13, Wed. 10/21, Thur. 10/29  
November: Mon. 11/2, Tues. 11/10, Wed. 11/18  
**Time:** 11am – 1pm  
**Registration Deadline:** No registration required, please arrive on the ONAT pool deck between 11am and Noon  
**Max Enrollment:** 8  
**Fee:** Student: None  
Faculty/staff: None  
Community: None  
**Prerequisite:** None  
**Description:** Learn to Kayak in the pool. Open kayaking provides participants with no experience the opportunity to learn basic kayaking skills and provides a time for experienced kayakers to work on their skills.

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**Program:** Friday Night Bouldering Series  
**Location:** Rock Wall  
**Date:** 9/25, 10/30, 12/4  
**Time:** 5pm – 9pm  
**Registration Deadline:** None  
**Max Enrollment:** None  
**Fee:** Student: Free  
Faculty/staff: Free  
Community: NA  
**Prerequisite:** None  
**Description:** Our monthly bouldering series. Approx 25 new bouldering routes will be set each with an associated point value. Routes will be set for beginners and experienced climbers. Grab a scorecard and some friends, and enjoy music and a great atmosphere. No prizes are awarded this is an informal event.

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**Program:** Introduction to Outdoor Rock Climbing  
**Location:** Whipps Ledges-Hinckley Reservation Cleveland Metro Parks  
**Date:** 10/3/09  
**Time:** 9am – 5pm  
**Registration Deadline:** Wednesday 9/30 5pm  
**Max Enrollment:** 8  
**Fee:** Student: \$15.00  
Faculty/staff: \$18.00  
Community: \$25.00  
**Prerequisite:** None  
**Description:** Tired of climbing plastic? Want to learn to climb outside? Whipps ledges is a great climbing area for the beginner climber and will provide a great venue for this one day course that will introduce the fundamentals of top rope climbing. Areas of instruction will include climbing movement, belaying, equipment, and environmental considerations.

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**Program:** Introduction to Canoeing  
**Location:** ONAT Pool  
**Date:** 10/17/09  
**Time:** 11am-4pm  
**Registration Deadline:** Thursday 10/14, 5pm  
**Max Enrollment:** 6  
**Fee:** Student: \$10.00  
Faculty/staff: \$13.00  
Community: \$20.00  
**Prerequisite:** None  
**Description:** Intro to Canoeing 5-6 hour course that focuses on the basic skills needed to paddle a canoe. Areas of instruction, by trained instructors, will include topics such as dressing to paddle safely, paddling hazards, and simple rescues. Paddling skills will be practiced by students to effectively and comfortably maneuver a canoe on calm water.

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**Program:** Fall Colors Canoe-Day Trip  
**Location:** LaDue Reservoir, OH  
**Date:** 10/18/09  
**Time:** 9am – 4pm  
**Registration Deadline:** Thursday 10/14, 5pm  
**Max Enrollment:** 8  
**Fee:** Student: \$10.00 or \$5.00 if enrolled in Intro to Canoeing  
Faculty/staff: \$13.00 or \$8.00 if enrolled in Intro to Canoeing  
Community: \$25.00 or \$20 if enrolled in Intro to Canoeing  
**Prerequisite:** None- Intro to Canoe seminar preferred  
**Description:** Enjoy the fall colors while we paddle on LaDue reservoir for the day.

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**Program:** Zip Line Canopy Tour  
**Location:** Hocking Hills, OH  
**Date:** 10/31/09  
**Time:** TBD-All day  
**Registration** Wednesday 9/30, 5pm  
**Deadline:**  
**Max Enrollment:** 8  
**Fee:** Student: \$125.00  
Faculty/staff: \$130.00  
Community: NA  
**Prerequisite:** This tour involves heights, trip participant must be comfortable being 85ft off the ground  
**Description:** Fast, fun, and exhilarating, this 3 hour spectacular adventure offers thrill seekers of all ages the unique opportunity to zip through the treetops on a network of cables and adventure skybridges suspended high above the forest floor, overlooking a cave, rock cliffs, the Hocking River, and other nature flora. For more information please visit <http://www.hockinghillscanopytours.com/index.html>

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**Program:** Sport Climbing Clinic- Transition from Indoors to Outdoors  
**Location:** Climbing Wall  
**Date:** Wednesday 11/11/09, Veterans Day (No Class)  
**Time:** 10am – 5pm  
**Registration Deadline:** Monday 11/9, 5pm  
**Max Enrollment:** 8  
**Fee:** Student: \$5.00  
Faculty/staff: \$8.00  
Community: \$20.00  
**Prerequisite:** Certified for Sport Climbing at the climbing wall or with the approval of the Manager of Outdoor Adventure Services  
**Description:** Indoor sport climbing and outdoor sport climbing are two very different pursuits. Learn the essential skills needed to manage the risk involved in sport climbing outside. Topics of instruction will include: lead strategies, belaying, and anchoring.

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**Program:** Kayak Rolling  
**Location:** ONAT pool  
**Date:** Session one: 11/16  
Session two: 11/23  
**Time:** 11am – 1pm for both sessions  
**Registration Deadline:** Thursday 11/12, 5pm  
**Max Enrollment:** 6  
**Fee:** Student: \$10.00  
Faculty/staff: \$13.00  
Community: \$20.00  
**Prerequisite:** Competency in Basic Kayaking on calm water  
**Description:** What do you do if you find yourself underwater and upside-down in a kayak? This course will introduce the fundamental skills needed execute and effective sweep roll.

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**Program:**  
**Location:**  
**Date:**  
**Time:**  
**Registration Deadline:**  
**Max Enrollment:**  
**Fee:** Student:  
Faculty/staff:  
Community:  
**Prerequisite:**  
**Description:**

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