

FREQUENTLY ASKED QUESTIONS



This looks fun, but I've never climbed in my life. Can I still do it?

Yes! If you already know how to belay, it's super easy to get started. You can come on in and take a belay test and be ready to go. If you're not sure if you'd pass our test, give us a call and we can tell you what to expect. If you don't know how to belay, don't worry! We offer so many options for first time climbers. Want to just drop in? You can! Spend the day conquering over 100 problems on our bouldering walls, traverse the entire gym on our state of the art holds, or experience top rope climbing on our auto-belay! You can also call us to make a reservation for a rent-a-belay who will work with you or your group one-on-one to show you "the ropes" for your first time.

Do I need a waiver or release from to climb?

Yes, everyone who climbs at the gym needs a signed liability waiver. Climbers under the age of 18 must have theirs signed by a parent or guardian. Your waiver will be entered in our system, so you don't need a new one each time.

What is belaying?

Belaying is the process of managing the climber's safety rope. As the climber ascends, the belayer takes up slack in the rope. This is done with a friction device so that when the climber falls the belayer can stop the rope and catch the fall. The belayer also lowers the climber from the top of the wall. Everyone needs a belayer to climb on a rope.

How do I learn how to belay?

The best way is to take our Climbing 101 course, Intro to Belaying. You'll get plenty of practice and we'll make sure your belaying skills are rock solid. Sorry, we cannot allow instruction, lessons or coaching at TRC by non-staffers or clientele. Our belay class is only for climbers at least 14 years old. If you have younger climbers, have a look at our Junior Programs where we teach belaying at a younger age to qualified kids.

Do you teach other classes?

We offer courses for all levels, abilities and ages. We also offer training on specific topics and private instruction based on individual needs. Call us today to book your rent-a-belay. We'll get you, your friends, or your whole family climbing right away, the right way!

I learned how to belay but don't have anyone to climb with.

We host a great Meetup group designed to welcome newcomers to the sport. You'll meet other beginners in a casual atmosphere and get climbing fast. Everybody always has a great time and it's a great opportunity to meet other climbers who have similar schedules. Many of our best climbers started through Meetup. The best part is your first visit is free! You just have to rent your gear. Give us a call and we'll tell you how.

Do I need a strong upper body to climb?

Not at all! Rock climbing well requires many things. Upper body strength certainly helps, but is by no means a requirement. Far more important are strong legs, flexibility and technique. Not having a strong upper body will not prevent you from climbing well and you will begin to see improvements right away. On your first visit, our instructors will pick walls perfect for you. You'll definitely make it to the top, have fun, and be challenged as much or as little as you would like.

Is climbing a good workout?

Climbing is one of the best workouts around! You will build strength and flexibility while burning calories. You are only pulling and pushing your own body weight, making strength gains natural and healthy. And it's easy to stay motivated because it's so much fun!

How old do I need to be to climb?

You can be (almost) any age to climb! It's more a matter of size and temperament than age when it comes to younger kids. Kids as small as 4 can usually fit into a harness. Our instructors are great and have the patience to help kids and adults get over their fear of heights.

What should I wear?

Comfortable clothing that does not inhibit movement. Remember, your clothes need to fit under a snug harness. Tights, sweats, long shorts, T-shirts, tank tops and sports bras all work great. Jewelry and watches should be avoided as rings and watches can take a real beating.

I don't own my own climbing gear, do you supply it?

We rent gear on a daily basis. Some classes and programs include gear rentals. If you want to get your own gear please visit our Rock Shop and let our experienced climbing staff help set you up!