

CLIMBING PROGRAMME 2012





Adur Outdoor Activities Centre

Built in 1973 by WSCC as a facility for social, cultural and water-based activities for young people in Shoreham and the surrounding areas, the Adur Outdoor Activities Centre (AOAC) has something to offer everyone, from novice through to instructor in a diverse range of adventurous activities.

The climbing wall was completed in 2003 with a further development of a separate bouldering area in 2005. AOAC is therefore an ideal place for you to learn to climb or develop and practice your skills either by participating in one of our sessions/courses or through public access.

Climbing

The main wall is 10 meters high with over 80 graded climbs to cater for all abilities. We aim to provide a safe enjoyable environment for climbers of different abilities with a mix of routes from F3+ to F7c which are regularly changed by a team of experienced route setters. Climbing indoors is a great way to keep fit all year round and many treat it as their local gym.

Bouldering

We have a small dedicated bouldering room with high quality matting and a wide array of problems for climbers to get stuck into.

Using the centre

If you are already an experienced climber over 16 years old and are competent to:

- Put on a harness correctly
- Belay and lower safely
- Attach yourself to a rope safely

Then you can fill in a registration form and become a registered climber, this also allows you to bring a maximum of two novice climbers as guests. Registration is free, but compulsory.

Additional parental consent required for 16-18 year olds.

All climbers are subject to AOAC's terms and conditions of use.

PUBLIC ACCESS TO AOAC'S CLIMBING WALL

OPENING HOURS:			
MONDAY	12:00	-	22:00
TUESDAY	12:00	-	22:00
WEDNESDAY	10:00	-	22:00
THURSDAY	12:00	-	22:00
FRIDAY	12:00	-	22:00
SATURDAY	09:00	-	17:00
SUNDAY	09:00	-	17:00

*Please note that during the school term we run a junior climbing club from 4:30am- 8:00pm so this can be a busy period.

At busy times we reserve the right to limit climbing to two hours. (As stated in our terms and conditions.)

COSTS AND PRICES

	Member		Non-member	
	Off-peak	Peak	Off-peak	Peak
Adult (18+)	£5.25	£6.50	£6.80	£8.40
Junior (8-17)	£3.90	£4.95	£5.50	£6.30
Concession/Student	£3.90	£4.95	£5.50	£6.30
Off peak=Mon-Fri before 6pm Peak=After 6pm week days and all weekend				
Membership (per Annum)				
Adult (18+)	£22.00			
Junior (8-17)	£12.60			
Concession/Student	£12.60			
Couple (at same address)	£36.75			
Family (2 adults & 2 Juniors)	£57.75			
Extra Junior (in family)	£10.50			
Equipment Hire				
Climbing shoes	£2.25			
Harness	£2.00			
Belay Set	£1.50			
Chalk Bag	£1.75			

AOAC CLIMBING SESSIONS & COURSES

Try-it/Taster Sessions

These “have-a-go/try-it” sessions are designed to introduce you to the fun of indoor climbing without committing to a formal course. The session lasts 1½ hours during which time you will have the chance to tackle roped climbs and try bouldering (un-roped climbing over a matted area.)

Max ratio 1:8 Cost £13.00 (Adult) £9.50 (Junior 8-17)

Course Code	Dates	Junior	Adult
TRY 23	Sun 15th January	1:30-3pm	3:30-5pm
TRY 24	Sun 19th February	1:30-3pm	3:30-5pm
TRY 25	Sun 18th March – OPEN	1:30-3pm	
TRY 26	Sun 15th April	1:30-3pm	3:30-5pm
TRY 27	Sun 20th May	1:30-3pm	3:30-5pm
TRY 28	Sun 17th June – OPEN	1:30-3pm	
TRY 29	Sun 15th July	1:30-3pm	3:30-5pm
TRY 30	Sun 19th August	1:30-3pm	3:30-5pm
TRY 31	Sun 16th September – OPEN	1:30-3pm	
TRY 32	Sun 21st October	1:30-3pm	3:30-5pm
TRY 33	Sun 18th November	1:30-3pm	3:30-5pm
TRY 34	Sun 16th December - OPEN	1:30-3pm	

Please note that an adult must accompany junior climbers at all times however they do not have to participate. For family sessions a junior must be accompanied by a member of their family who must participate in the activity.

Bespoke Sessions in School Holidays

Bring the whole family and friends to the centre for a couple of hours of fun and thrills on the wall. You can bring up to 8 people aged 8 and over. An instructor will give you an action packed time to help burn off that holiday energy.

Max ratio 1:8 Cost £120

Group Climbing Sessions

We can cater for a wide range of abilities for your group or organisation and can adapt to suit many needs. An instructor will coach up to 8 people to ensure they receive all the help and tuition they need to succeed.

Max ratio 1:8 Cost £105

Times: Please arrange through reception

SKILL COURSES

This programme will take you from your first steps up the wall as a complete beginner to confident lead climbing. Each stage can be taken when you feel ready so that you progress at your own pace.

Introduction Course

If you have decided that climbing is for you then a beginner's course is the perfect introduction. The course assumes no previous experience and will equip you with all the necessary skills needed to safely top rope and climb at the centre. A maximum ratio of 1:6 will ensure you receive excellent tuition in general climbing wall safety, essential knots, belaying your climbing partner and advice on equipment. This is a 4 hour practical course split over two days.

Max ratio 1:6 Cost £55.00

Minimum age 18 years. Attendance on both days is essential.

Course Code	Days	Dates	Time
INT 13	Sat & Sun	7th & 8th Jan	2-4pm
INT 14	Tues & Wed	17th & 18th Jan	7-9pm
INT 15	Sat & Sun	11th & 12th Feb	2-4pm
INT 16	Tues & Wed	21st & 22nd Feb	7-9pm
INT 17	Sat & Sun	10th & 11th Mar	2-4pm
INT 18	Tues & Wed	20th & 21st Mar	7-9pm
INT 19	Sat & Sun	7th & 8th Apr	2-4pm
INT 20	Tues & Wed	17th & 18th Apr	7-9pm
INT 21	Sat & Sun	12th & 13th May	2-4pm
INT 22	Tues & Wed	22nd & 23rd May	7-9pm
INT 23	Sat & Sun	9th & 10th June	2-4pm
INT 24	Tues & Wed	19th & 20th June	7-9pm
INT 25	Sat & Sun	7th & 8th July	2-4pm
INT 26	Tues & Wed	17th & 18th July	7-9pm
INT 27	Sat & Sun	11th & 12th Aug	2-4pm
INT 28	Tues & Wed	21st & 22nd Aug	7-9pm
INT 29	Sat & Sun	8th & 9th Sept	2-4pm
INT 30	Tues & Wed	18th & 19th Sept	7-9pm
INT 31	Sat & Sun	13th & 14th Oct	2-4pm
INT 32	Tues & Wed	23rd & 24th Oct	7-9pm
INT 33	Sat & Sun	10th & 11th Nov	2-4pm
INT 34	Tues & Wed	20th & 21st Nov	7-9pm
INT 35	Sat & Sun	8th & 9th Dec	2-4pm
INT 36	Tues & Wed	18th & 19th Dec	7-9pm

Rusty Refresh Sessions

Getting back into climbing and need a bit of a refresher? This one and a half hour session with an instructor will get you back on track to be an independent user of the wall with some expert coaching. Please note this session is NOT suitable for complete beginners.

Max ratio 1:4 Cost £25

Times: Wednesday 7:00pm-8:30pm.

Please call the centre to book a place on this course.

Technique and Movement

Climb harder with less effort and more style. This course focuses on the physical skills and techniques that will allow you to move more fluidly in the vertical world. Based on the bouldering and traverse sections of the wall, this fun and informative workshop aims to help you climb more efficiently by giving practical hints and advice.

Max ratio 1:6 Cost £25

COURSE CODE	DATES	TIMES
TEQ 03	Wed 8th February	7pm-9pm
TEQ 04	Wed 9th May	7pm-9pm
TEQ 05	Wed 5th September	7pm-9pm

Step up to Lead Climbing

Get on the sharp end of the rope. Once confident in your bottom roping skills the next step is to progress to lead climbing. The instructor ratio of 1:4 reflects the more advanced nature of the skills required. You will also receive advice on choice of equipment such as ropes and belay devices. This is a 4 hour course and once completed you will be able to have free run of the wall and all its climbs. You'll never look back.

Max ratio 1:4 Cost £60

Minimum climbing experience of 6months is essential.

COURSE CODE	DATES	TIMES
LEAD 07	Saturday 28th January	12pm-4pm
LEAD 08	Saturday 28th April	12pm-4pm
LEAD 09	Saturday 29th September	12pm-4pm

Introduction to Real Rock Climbing

Spend the day climbing outside. Suited to those who have some climbing experience indoor and want to try climbing outside on real rock.

All specialist equipment is provided.

MEET AT HARRISONS ROCKS, Near Tunbridge Wells.

Max ratio 1:6 Cost £75

COURSE CODE	DATES	TIMES
RR 01	Saturday 5th May	10am-4pm
RR 02	Saturday 30th June	10am-4pm
RR 03	Saturday 1st September	10am-4pm

Essential Rope Work for Real Rock

Learn essential rope work techniques to safely climb outside. Anchor selection and suitable knots will enable you to climb independently with friends. This course will focus on technical skills.

All specialist equipment is provided

MEET AT HARRISONS ROCKS, Near Tunbridge Wells.

Max ratio 1:6 Cost £75

COURSE CODE	DATES	TIMES
ROPE 01	Saturday 2nd June	10am-4pm
ROPE 02	Saturday 14th July	10am-4pm
ROPE 03	Saturday 4th August	10am-4pm

Personal Coaching

Benefit from the input of an experienced instructor with some individual tuition. These sessions are tailored to your own personal needs and aspirations. Topics that can be addressed are advanced technique and movement, flexibility, fear of falling and technical equipment use.

Max ratio 1:2 Cost £25 per hour per person

Times: by arrangement only

Please contact the centre to book a course or for more information.

You can also find more information on our website:

www.aoac.org.uk

YOUNG CLIMBERS

The National Indoor Climbing Achievement Scheme (NICAS) is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering. It is open to all candidates aged 8 and upwards.



The scheme is designed to introduce young climbers to indoor climbing and accredit their achievements in a series of five levels of increasing technical skill and responsibility.

1. Foundation Climber- an entry level aimed at complete novices
2. Top rope Climber- a top roping level aimed at best practice
3. Technical Climber- focuses on technique and movement skills
4. Lead Climber- skills required to lead climb
5. Advanced Climber- improving performance

The scheme is administered by the Association of British Climbing Walls (ABC) and is supported by the National Mountaineering Councils. Candidates purchase a log book and must log experience to complete each level.

Log book and registration fee £4.50 for part 1 £7.50 for part 2.

RockHoppers

Our established junior climbing club is open to those who have completed the foundation climber course. Here they can progress through the other 4 levels of the NICAS scheme.

Max ratio 1:8 Cost

Times: selected times during the week & weekends

Foundation Climber

This six week course is aimed at those who want a place in our junior climbing club RockHoppers. They will follow level 1 of the National Indoor Climbing Achievement Scheme. Climbers will be taught the basics which will then allow them to progress to the junior club if they wish.

Max ratio 1:8 Cost £51

Times: Selected times during the week & weekends

Holiday Courses/Sessions

Throughout the holidays we run 5 day climbing courses for 8-17 year olds. Over the 5 days participants will follow the NICAS award scheme at an appropriate level. They will be coached in climbing skills as well as taking part in games. The fifth day will be off-site to either a local rock outcrop or larger climbing wall.

We also run additional **“Taster”** sessions during the week and at weekends. Please see our holiday brochure for date's and further information or alternatively speak to a receptionist.

AOAC is more than a climbing wall. We provide a range of water and landbased activities as an outdoor activities centre. We have something for everyone so if you prefer splashing about to hanging around then check out our website or pick up one of our brochures from reception for more information.



Birthday Parties

An exciting and memorable treat for your child and their friends. The emphasis during the session is on fun which also means keeping your children busy and involved throughout the session.

You can bring your birthday tea and eat it in our fully fitted kitchen/dining room. Children should wear non-restrictive clothing and sensible footwear Minimum age is 8 years.

**Max ration 1:8 Cost £120 per group of 8 for 2 hours
N.B. use of kitchen & social area is at an extra charge (£16 per hour)**

Times: To suit (subject to availability)



SCHOOLS AND COLLEGES

Indoor Group Climbing Sessions

We cater for groups of many different abilities, including those with special needs. A single instructor will coach a maximum of 8 climbers to ensure they receive all the tuition they need to achieve. Some groups may wish to register for the National Indoor Climbing Achievement Scheme (see page 6 for more details.)

Maximum group size is 32 (4x8)

Max ratio 1:8

Times: please arrange through reception

Cost £105 per group of 8 for 2 hours

Programmes

We can run and facilitate longer programmes or courses for your group to support the following:

- GCSE PE
- National Indoor Climbing Achievement Scheme
- College courses –e.g. Outdoor Education, Public Services, National Diploma in Sport
- After school clubs
- Local youth groups
- The Duke to Edinburgh's Award

Please contact reception for more details.



Classroom Sessions

We can offer classroom sessions to students at the centre on topics such as:

- Risk management
- Leadership and coaching skills
- The legal responsibilities of instructors
- Expedition skills

Ration 1:30

Cost: £45 per hour

Assembly Presentations

We offer FREE assembly presentations on the “Challenge of Adventure” to all schools in the Adur District. This stimulating interactive presentation lasts 10-15 mins and is adaptable to all ages.

Please contact reception for further details.

Outdoor Climbing

This session is only suitable for ages 10 and upwards. We will provide all the necessary equipment for a days climbing on real rock. This day is run with a high instructor to student ratio of 2:8 to ensure that all students are given the tuition needed to succeed in this more demanding form of climbing. Experience is not essential but students often achieve more if they have visited a climbing wall before.

Please see Group Brochure for more details.

Times: By arrangement only
(April –Sept)

Please note this activity is weather dependent.



SUGGESTED INDOOR CLIMBING KIT:

- Loose Clothing: T-Shirt/sweatshirt
- Trainers or Climbing shoes (no open toed shoes)
- Tracksuit bottoms etc.

Climbing shoes can be hired for £2.25 a pair

All sessions are delivered by appropriately qualified instructors/coaches

HOW TO BOOK:

Please contact the centre (see details below) to check availability for the chosen course and to reserve a place.

You then have 7 days to send in the booking form and payment to secure your place. (Booking forms can be downloaded from the website or picked up from reception).

Please refer to terms and conditions on the booking form for more information.

Subject to demand some courses may be increased to a maximum of 16 participants.

Adur Outdoor Activities Centre

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