



INDOOR CLIMBING PROGRAMME 2010

OPENING HOURS:



<u>DAY</u>	<u>OPEN</u>		<u>CLOSE</u>
MONDAY	1200	-	2200
TUESDAY	1200	-	2200
WEDNESDAY	1000	-	2200
THURSDAY	1200	-	2200
FRIDAY	1200	-	2200
SATURDAY	0900	-	1700
SUNDAY	0900	-	1700

REGISTRATION & MEMBERSHIP

Climbers who wish to use the wall must register with the Centre and demonstrate their competency.

Climbers may also become members, which will save a minimum of £1 on each entry.



CLIMBING WALL CHARGES:

Entrance fee				
	Member		Non-member	
	Off-peak	Peak	Off-peak	Peak
Adult (18+)	£5.00	£6.20	£6.50	£8.00
Junior (8-17)	£3.70	£4.70	£5.20	£6.00
Concession/Student	£3.70	£4.70	£5.20	£6.00
Off peak=Mon-Fri before 6pm Peak=After 6pm weekdays and all weekend				
Membership (per Annum)				
Adult (18+)	£21.00			
Junior (8-17)	£12.00			
Concession/Student	£12.00			
Couple (at same address)	£35.00			
Family (2 adults & 2 Juniors)	£55.00			
Extra Junior (in family)	£10.00			
Equipment Hire				
Climbing Boots	£2.00			
Harness	£1.70			
Belay Device	£0.90			
Chalk Bag	£1.50			
Sales				
Chalk Balls	£2.50			
Registration is free for competent climbers				

Concession is: Students in full-time education, Seniors Citizens, UB40's & others in receipt of benefits (with proof), with an acceptable means of identification

All Individual "competent" climbers must register as a user before using the Climbing Walls.

N.B. The term "Competent" is explained in the Centre "Conditions of Use"

The Management reserves the right to change the prices without notice.

In the event of the Wall becoming very busy your session may be limited to 2 hours.

TASTER SESSIONS



One-off taster sessions for adults, juniors and families wishing to "have a go" at climbing.

Informal and fun, this is an ideal way to experience the first steps of climbing.

COST: £15.00 Adult / £10.00 Junior (8-17yrs)

CLASS SIZE: Max 9 participants

The current dates for taster sessions are below:

COURSE CODE	DATES	TIME
Adult		
TAS 01A	Sat 26th June	2pm-4pm
TAS 02A	Sat 23rd October	2pm-4pm
TAS 03A	Sun 19th December	2pm-4pm
Junior		
TAS 04J	Sun 28th March	2pm-4pm
TAS 05J	Sat 15th May	2pm-4pm
TAS 06J	Sat 24th July	2pm-4pm
TAS 07J	Sat 25th September	2pm-4pm
TAS 08J	Sat 20th November	2pm-4pm
Family		
TAS 09F	Sat 17th April	2pm-4pm
TAS 10F	Sat 21st August	2pm-4pm

CONDITIONS:

These sessions are split into Adult and Junior. Family days are also available.

This session is not sufficient training to enable any adult participant to register.

Please see Induction Courses to further your climbing experience.

An adult must accompany juniors at all times (even if the adult does not climb).



INDUCTION COURSES

For Novice Adult climbers wishing to learn the basics of indoor climbing.

The course covers the following main topic areas:

- *Harness fitting*
- *Knots*
- *Belay techniques*
- *Climbing etiquette / centre policies / safety procedures*

The courses are 2 x 2 hour sessions.

Sufficient time is allowed for climbers to practise with the Instructor present to ensure that they are confident with the techniques covered.

COST: £47.50. (Includes a free climb when you return to register within 14 days).

CLASS SIZE: Max 6 participants

The current dates for induction courses are below:

COURSE CODE	DATES		TIME
IND 01	Sat 27 th Feb	Sun 28 th Feb	2pm-4pm
IND 02	Sat 27 th Mar	Sun 28 th Mar	2pm-4pm
IND 03	Sat 10 th Apr	Sun 11 th Apr	2pm-4pm
IND 04	Sat 8 th May	Sun 9 th May	2pm-4pm
IND 05	Sat 5 th June	Sun 6 th June	2pm-4pm
IND 06	Sat 31 st July	Sun 1 st Aug	2pm-4pm
IND 07	Sat 28 th Aug	Sun 29 th Aug	2pm-4pm
IND 08	Sat 18 th Sept	Sun 19 th Sept	2pm-4pm
IND 09	Sat 30 th Oct	Sun 31 st Oct	2pm-4pm
IND 10	Sat 27 th Nov	Sun 28 th Nov	2pm-4pm
IND 11	Sat 11 th Dec	Sun 12 th Dec	2pm-4pm

CONDITIONS:

Participants must attend both sessions in order to return to register as an individual climber.

Participants must return within 14 days of the course date to validate their training in order to register with the centre.

Participants must be 18yrs or over.

Additional dates maybe arranged subject to agreement.



TECHNIQUE COURSES

For Beginner, Improver and Intermediate Climbers who wish to improve their technical skills.

The courses are 1 x 2 hour sessions and run by our nationally qualified instructors

Course 1 (TEQ1): Beginner/Improver Workshop

For competent adults who wish to improve personal climbing skills. This course will cover: *personal climbing performance using basic techniques to improve balance, body positioning, footwork and to build confidence.*

Course 2 (TEQ2): Intermediate Technique Class

For those who have completed the TEQ1 course or have the relevant experience and who wish to enhance existing skills. Areas covered include: *accurate foot placements, body positioning, increasing reach and maximising rests. This course is quite intensive and a basic level of fitness will be required.*

COURSE CODE	DATES	TIMES
TEQ 1		
TEQ 1 01	Wednesday 24 th March	7pm-9pm
TEQ 1 02	Saturday 11 th September	2pm-4pm
TEQ 2		
TEQ 2 01	Tuesday 1 st June	7pm-9pm
TEQ 2 02	Saturday 13 th November	2pm-4pm

COST: £19.50

CLASS SIZE: Max 6 participants

Pre-requisites

Participants must be able to belay competently.

Participants must be 18yrs or over.



LEAD CLIMBING COURSES

For experienced Top-Rope adult climbers who require an introduction to Lead Climbing practice.

The courses are 2 x 2 hour sessions and run by our nationally qualified instructors.

The course covers the following main topic areas:

- *The use of quick draws*
- *Belay technique*
- *Fall Factor*
- *Gear Maintenance*

COST: £49.50 Adults

CLASS SIZE: Max 4 participants

Pre-requisites:

Participants must be aged 18 yrs or over

Participants must be Top-Rope climbing at grade F4c or above for at least 6 months.

Participants must be able to belay & tie-in competently.

Own harness is preferable (with gear loops on both sides).

COURSE CODE	DATES	TIMES
LEAD 01	Sat 22 nd & Sun 23 rd May	2pm-4pm
LEAD 02	Sat 14 th & Sun 15 th Aug	2pm-4pm
LEAD 03	Sat 2 nd & Sun 3 rd Oct	2pm-4pm

ROCKHOPPERS



The club aims at encouraging young people (8–17yrs) into the sport of climbing, through the **National Indoor Climbing Achievement Scheme**, and provides a good environment for social development.

Rockhoppers run every day after school at 4:30, and a later start time of 6pm on certain days and weekend mornings. They last 1 ½ hours. The time and day of sessions depend on the level of ability.

The scheme offers different levels for young people to **achieve** and become **accredited** when reaching set standards, while still providing a **fun** environment to climb.

How to get involved:

Visit the centre to enrol and discuss your starting level. Having enrolled on NICAS you will need to purchase a logbook, which will be available at our reception for a nominal fee. NICAS will be integrated in our normal Rockhopper club structure.

The five levels available are:

Foundation Climber
Independent Climber
Technical Climber
Lead Climber
Advanced Climber

In order to ensure the appropriate level of tuition the Rockhoppers will be grouped by the level of their ability.

Involvement in the scheme is optional, but students have to join an appropriate session for their level of ability.

NICAS can be used in conjunction with GCSE and D of E awards-please ask reception for more details



SUGGESTED INDOOR CLIMBING KIT:

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

Climbing shoes can be hired for £2 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 maybe increased to a maximum of 16 participants.

Additional climbing sessions/activities will be available for young people aged 8-17 years old during school holidays. Please see holiday programme brochure for more details.

Bespoke courses can be arranged to suit you and your needs, please contact the centre to find out more details (minimum number of participants will be required).

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