

Courses

- **Taster Course** - gives an insight into Climbing
- **First Steps Course** - For the complete beginner, learn the basics of climbing
- **Lead Course** - Learn to lead climb competently or just want expert tuition
- **Adult Belay Course** - Learn to belay safely without leaving the ground. Bring your children climbing
- **Climbing Wall Award Training & Assessment - MLTB**
Indoor climbing wall award

All our courses are designed to offer tuition at a steady pace in a safe comfortable environment. All courses are instructed by our own in-house trained staff.

Taster Course - Designed to give an insight into climbing, Maximum 4 people per session ensuring good client instructor ratio.

Duration 1.5 hours

Price 1 person - £20 2 people - £35 3 people - £45 4 people - £50

First Steps - For the complete beginner who wishes to learn the basics in a safe structured environment. Topics include Knots, Belaying Skills and basic climbing techniques

Duration 4 x 2 hour sessions over four weeks. **Price** £60 per person

Lead Course - For climbers who want to learn lead competently or those who want expert tuition. Topics include Lead belay techniques, Falling safely Sport climbing equipment and double role technique.

Duration 4 x 2 hour sessions over four weeks. **Price** £75 per person

Adult Belay Course - Designed to teach parents to supervise and belay their children safely on top ropes in an indoor climbing environment. Topics include all safety equipment, climbing rules and belay techniques. You must bring a child with you.

Duration 2 x 1.5 hour sessions over 2 weeks. **Price** £40 per person

Climbing Wall Award Training - Essential for anyone supervising climbing activities on an indoor climbing wall or artificial climbing surface. CWA Assessments available.

Duration 2 days **Price** £120 per person

Call us on 01452 302351 to book!