

First Steps Course

- Fun and safe climbing course for beginners
- Total of 8 hours of instruction
- All safety equipment provided
- Tuition on Climbing Equipment, Knots, Belaying and Basic Climbing Techniques
- Climbing on different surfaces up to 11 meters
- Bouldering in the dedicated boulder room

The course is instructed by our own in-house trained staff. Our First Steps course is designed for the complete beginner who wishes to learn the basics of climbing in a safe, structured environment. You do not need to have climbed before, but if you are a complete novice we recommend you try our **'Taster Course'** prior to booking this one. Topics covered in the course are: Use of equipment, Knots for Climbers, Belaying Skills and Basic Climbing Techniques. At the end of the course we can offer a days climbing outdoors at a local crag. For further detail please see the **Outdoor Climbing** fact sheet

All equipment will be provided by The Warehouse. For clothing, don't worry about fashion – just wear something you feel comfortable in that does not restrict your movement. The course is designed for over 16's.

For under 16's we run various Climbing Clubs please see our **Rock Ratz** or **Academy** fact sheet.

Duration 4 x 2 hours run over 4 weeks

Price £60 per person.

The courses start the first week of each month and run for 4 consecutive weeks. We run The First steps on Sunday, Monday and Tuesday nights 7pm – 9pm. Please call to check availability and to make a booking.

We can run the courses at any time for private groups of 4 or more, please call for further details.

All bookings must be made in advance

Call us on 01452 302351 to book!