

TRANSITION EXTREME

 **The Adrenaline Enterprise**

Course Title: 5 to 7 Fun Club

This course is designed for:

Anyone aged 5 to 7 looking at taking their first steps into climbing.

Aim:

The 5 to 7 Fun Club introduces basic movement and key skills to young climbers. With an emphasis on fun we will use games and activities designed to increase co-ordination, confidence and climbing ability are mixed into an introduction to basic climbing.

Course ratio: 1 – 4

Course Content:

The club looks at the fundamentals of movement, safety and key skills (tying on, belaying). As an introductory club the skills and techniques are kept at a basic level.

What you need:

Lots of enthusiasm; the Fun Clubs are a perfect introduction to climbing for children with no prior climbing experience.

What Transition Extreme can provide:

All technical equipment will be provided by Transition Extreme. This will include:

- Climbing helmet,
- Harness,

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- Belay plates and carabiners,
- Rock shoes.

All of the instructors at Transition Extreme have worked extensively with young children and ensure that the groups are kept fun and safe.

How do I book?

1. Contact reception to book you in for an available session.
2. Pay in full at the time of booking to confirm your place (no payment = no booking),
3. Complete participant forms in advance or when you arrive for the course,
4. If you are under 16; have a parent or guardian complete these forms and a parental consent form on your behalf.
5. Turn up, learn loads and most importantly; have fun!