

Course Title: 5 to 7 Improvers Club

This course is designed for:

Anyone aged 5-7 looking at improving their climbing having already begun to grasp technical aspects of tying in and belaying whilst able to ascend the smaller climbing walls confidently.

Aim:

This introduces more advanced body positioning and movement to young climbers. Games and equipment will be used focusing on making technique coaching fun

Course ratio: 1 – 4

Course Content:

The club develops the fundamentals of movement, safety and key skills (tying on, belaying). As an improver club participants will have a chance to enhance their climbing movement and expand on their technical skills whilst ensuring 'fun' is still the main attribute.

What you need:

Lots of enthusiasm and a desire to improve your climbing ability and learn.

What Transition Extreme can provide:

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

- Climbing helmet,

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- Harness,
- 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!