

TRANSITION EXTREME

 **The Adrenaline Enterprise**

Course Title: 8 to 13yrs NICAS Levels 2 & 3 club
14 to 17yrs NICAS Levels 2 & 3 club

This course is designed for:

Young climbers (8-17) looking to progress beyond basic movement skills gained through the NICAS level 1 groups.

Aim:

As the basics of NICAS level 1 will already have been achieved; this group is designed to progress young novice climbers through NICAS levels 2 and 3.

Course ratio: 1-6

Course Content:

The course covers climbers operating at Level 2 or 3 of the NICAS (National Indoor Climbing Achievement Scheme) award scheme. This is nationally recognised award and a perfect way of developing safe, confident young climbers. Level 2 and 3 progress beyond the basic foundation of Level 1 and emphasises progression through graded climbing, more advanced movement skills.

What you need:

All participants will be required to register for the NICAS scheme (available from reception) at the time of booking. As this group starts at level 1 there is no requirement for previous climbing experience. For more information on the NICAS scheme visit www.nicas.co.uk.

TRANSITION EXTREME

 **The Adrenaline Enterprise**

What Transition Extreme can provide:

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

- Climbing helmet,
- Harness,
- Belay plates and carabiners,
- Rock shoes.

How do I book?

This is a block booking club and typically operates for four week blocks. Transition Extreme does not offer any discounts or rate reductions for sessions that a participant does not attend for any reason. Please ensure you can commit to the full block before booking as no refund will be offered once the booking has commenced.

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!