

Course Title: Foundation club (8 to 13 and 14 to 17yrs)

This course is designed for:

This is an entry level club for those aged 8 to 13 or 14 to 17 years old (separate clubs for each age range). Prior climbing experience is not essential.

Aim:

Allowing for participants to book in and participate on a casual basis the Foundation club will focus on a fun climbing environment whilst introducing the fundamental aspects required for indoor climbing.

Course ratio: 1 - 6

Course Content:

The course content is delivered on a drop in basis. Basic skills will be continually covered week on week. The basics of tying-in, belaying and general good safety practice will be covered.

What you need:

As this group starts at a basic level all you need to bring along is yourself and your enthusiasm to find out what indoor climbing is all about whilst meeting new friends.

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.

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!