

TRANSITION EXTREME

 **The Adrenaline Enterprise**

Course Title: 8 to 13 years Improvers Club
14 to 17 years Improvers Club

This course is designed for:

Those aged between 8 to 13 and 14 to 17 (separate clubs for age ranges) looking to develop into confident, independent climbers by progressing their climbing and technical skills.

Aim:

The skills that each participant brings to the club (ability to belay and tie in without assistance required) each session will play a large part in how they progress further. This is with a view of establishing the participants as confident, safe and experienced indoor climbers.

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. Movement skills and climbing coaching will be given.

What you need:

As this group starts at beyond a basic level, some prior knowledge and experience needs to have been gained, either through courses at Transition Extreme or elsewhere. Advice can be sought from the instructors on the best group for each individual.

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?

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!