

School Groups

Four-week introduction to climbing

Here at Flash we are offering a four-session beginners climbing course. Over the course children will progress through different climbing techniques to help build their: balance, co-ordination, flexibility and strength alongside demonstrating personal improvement. We tailor our courses to specific age groups and can make modifications to suit your school's individual needs.

Week 1: Footwork and safe use of the centre

Children will be kitted out with shoes, introduced to bouldering and take part in a discussion on how to stay safe while in the centre. After a warm-up we will proceed to teach and develop the skills of footwork using a variety of different activities. This will be followed by a chance to explore the different routes in the centre and apply their newfound skills. We will finish up the session with a cool-down and plenary.

Week 2: Balance and body positioning

We start week two with a re-cap of footwork leading into a warm-up and the introduction of the importance of balance and body positioning. These skills will then be developed through a variety of different activities and applied to some skill specific routes we have set. We will finish up the session with a cool-down and plenary.

Week 3: Overhangs and dynos

Week three will begin once again with a re-cap of previous learning and followed by a warm-up. The main focus for this week is on the skills to climb overhung walls. Children will take part in activities to learn and apply techniques like flagging and dynamic movements. Under instructed supervision, children will then be given the freedom to explore different routes around the centre to practice their newly learned skills! We will finish up the session with a cool-down and plenary.

Week 4: Route reading and mindful climbing

After a re-cap of the previous weeks learning and a warm-up we will have a shared discussion on the correlation between success and the state of the mind. This will be followed by the basic skills needed to read a route before climbing it. Children will take part in a 'hanging' competition and then be taken around the centre to climb a variety of routes encompassing all the skills they have learned over the four-week course. Instructors will ask questions and develop techniques as appropriate. After a warm-down, children will be each be given certificate of completion and prizes will be awarded to the winners of the 'hanging' competition.

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Ratios

We work on a 1:8 ratio of instructors to children and charge by each instructor needed. We highly recommend a 1.5 hour lesson as it gives us that extra time to really zone in and develop the techniques required to be a successful climber.

Pricing

1.5 hour: £80 for upto 8 children, £150 for up to 16 children

1 hour: £60 for upto 8 children, £110 for up to 16 children

What's included

Shoe hire and instruction for the paid time.

Certificates given to each child.

A chalk bag and ball for the two winners of the 'hanging' competition.

If you have any questions or would like to book please get on contact:

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We hope to hear from you soon!!!