



CLIMBING THE WALLS

Prospectus for Schools



"Our **highly trained** and **experienced staff** can deliver programs providing young people with the **essential skills and knowledge** to become **safe climbers.**"

Welcome

Climbing the Walls offers a third generation climbing centre with fully qualified and experienced staff delivering memorable experiences alongside high quality nationally recognised climbing courses.

Designed to introduce the next generation of young people to the sport, Climbing the Walls aims to provide high impact thrilling sessions through the use of our Action Walls, Bouldering and 12.6m Top Rope Walls drawing young people in through **FUN, CHALLENGE** and **ACHIEVEMENT**.

Looking for a full program of study? We run nationally recognised climbing qualifications through the NICAS scheme. Our highly trained and experienced staff can deliver programs providing young people with the essential skills and knowledge to become safe climbers.

We offer a variety of different activities and programs. However, if we don't offer what you are looking for give us a call. Our teams have extensive experience in mainstream and special educational needs and can tailor make a program to suit, ensuring learners get maximum learning and enjoyment from their experience.

Want to come look around before booking?

For more information:

Call us on **01743 510238**

E-mail **deirdre.haycock@climbingthewalls.club**

Visit **www.climbingthewalls.club**

Alternatively call in at any time to have a look around and talk through our programs with our friendly, knowledgeable staff.





Benefits of climbing

- **Develops muscular endurance, coordination, balance and flexibility.**
- **Gives a sense of achievement developing self esteem and confidence.**
- **Develops confidence and trust in other people.**
- **Enhances concentration and focus.**
- **Develops team work and communication skills**



Qualifications we offer

NICAS

The National Indoor Climbing Award Schemes are UK wide schemes designed to promote climbing development and accredit individual achievement on artificial climbing structures.



It can be used as a starting point for people wishing to take up climbing and mountaineering. The schemes are open to all candidates aged 7 and upwards.

NICAS ranges from level 1 to level 5. Starting from the complete beginner to the fully competent climber ready for competitions. The course will motivate young people to participate in physical activity and will increase climbing and movement ability. The use of logbooks will help measure the development of the candidates.

The National Indoor Climbing Award Schemes will provide the structure and motivation for new climbers to develop their skills in order that they may gain the most out of their climbing as well as having their achievements recognised.



“Climbing is one of the sports listed in the **GCSE PE specification** under **Identifying and Solving problems** to overcome challenges.”



Climbing within the curriculum

Physical Education programmes of study:

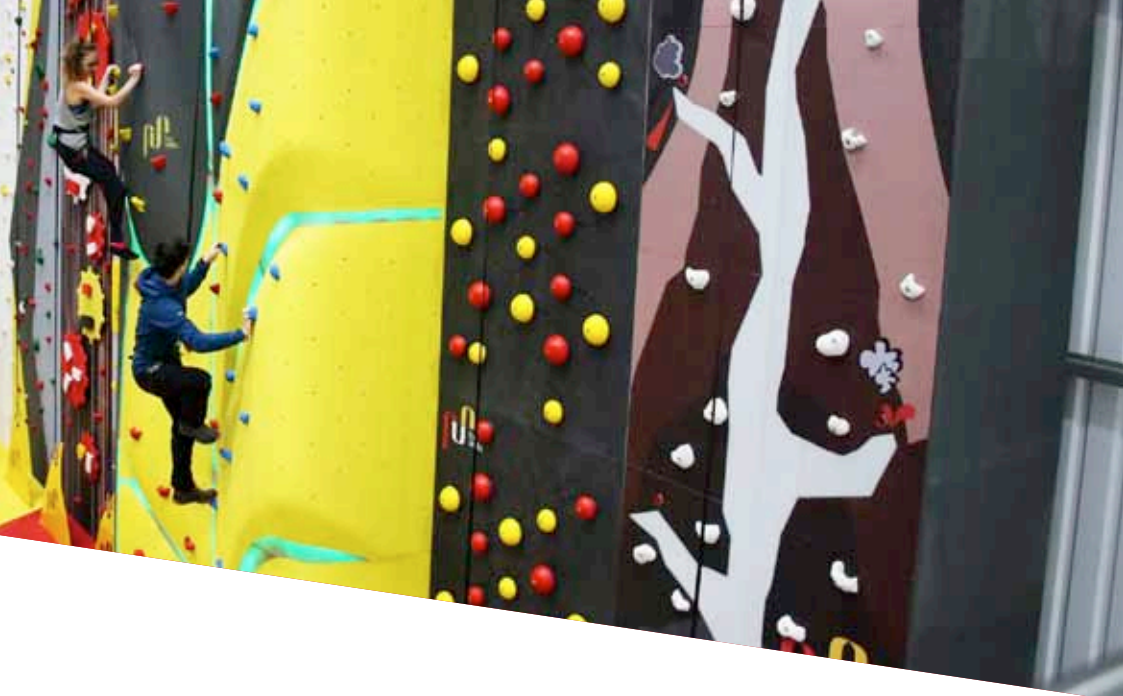
Key Stages 1 and 2

- Climbing helps develop basic movements, to include agility, balance and co-ordination and their application
- Co-ordinating sequences of movement
- Collaborating and competing with each other
- Develop flexibility, strength, technique, control and balance
- Taking part in outdoor adventurous challenges

Physical Education programmes of study:

Key stages 3 and 4

- Climbing helps develop confidence and interest to get involved in exercise
- Promotes strategic thinking in tackling a climbing “problem”
- Develops their technique and improves their performance in other sports areas
- Encourages pupils to work in a team, developing trust and skills to solve problems while taking part in outdoor adventurous activities



GCSE PE

Climbing is one of the sports listed in the GCSE PE specification under Identifying and Solving problems to overcome challenges of an adventurous nature.

Our GCSE PE course is based around the NICAS qualification with additions / modifications made to ensure full coverage of the specification being followed. As bouldering has now been accepted into the specifications we can also modify the NIBAS qualification if bouldering is the specialism your students would like to follow.

Duke of Edinburgh

Indoor Climbing and Bouldering both fulfil all the requirements of a physical activity for the Duke of Edinburgh Award Scheme. We run regular sessions using the NICAS (National Indoor Climbing Achievement Scheme) so that people can progress up the different levels. Certificates are awarded for achievement at each level.

What we offer

Whether you are interested in a single session or an extended program to be run week after week, we have something to suit your requirements.

ACTION WALL SESSION

A fantastic high impact thrilling session designed to challenge and inspire. In use are auto belay devices which take up the slack as the climber moves. With moving parts, odd shapes, speed climbs, and lots more young people are guaranteed to be entertained.

*These sessions last 1hr 20mins with 1hr spent on the walls.
Maximum group size 8 per instructor.*

ONE-OFF CLIMBING SESSIONS

An adventurous experience which can be used as a one off activity to help promote teamwork, confidence and communication within groups. Young people will be introduced to equipment, belaying and climbing calls. They will set their own challenges and support one another to achieve.

*These sessions last for 1hr.
Maximum group size 6 per instructor.*

“Structured around the NICAS, young people will learn all of the skills needed to become safe climbers.”



NICAS CLIMBING SESSIONS

Delivered as a block of sessions.

Structured around NICAS young people will learn all of the skills needed to become safe climbers. Young people will receive a NICAS logbook and a nationally recognised certificate for each level they achieve.

To achieve Level 1 six hours of instruction are recommended. Level 2 requires an additional eight hours of instruction and climbing practice.

ONE-OFF BOULDERING SESSIONS

Working on balance, co-ordination, strength and flexibility bouldering gives pupils the opportunity to gain additional skills and knowledge and develop an interest in climbing. Pupils set their own challenges and work together to solve problems.

These sessions last for an hour.

Maximum group size 6 per instructor.





Safety

Safety is our number 1 priority. All our instructors are fully qualified in accordance with national guidelines, holding a minimum of CWA (Climbing Wall Award) or SPA (Single Pitch Award) qualifications and holding relevant first aid qualifications.

Climbing the Walls is also a full member of ABC (the Association of British Climbing Walls), the representative body for UK climbing centre managers and owners. ABC members are committed to operating and managing their climbing walls to current ABC guidelines which are endorsed by the British Mountaineering Council and the Entertainment National Interest Group of the Health and Safety Executive.

As part of our package to schools and groups full risk assessments will be provided prior to your visit.



Pricing

Activity	Description	Prices
Action Walls Session	1 hour on our interactive challenge walls with instructor clipping / unclipping	£10 per student (Equipment provided)
Bouldering	Unlimited time (can have instructor)	£6 per student
Tall Wall Climbing	Roped session with instructor. Ratio per instructor 1:6.	£8 per student per hour (Free equipment hire)

We can offer bespoke packages to schools. Please give us a ring to discuss your requirements and we can tailor a package for you.

Opening times

Climbing the Walls is open 7 days a week throughout the year.

Weekdays 10am - 10pm

Weekends 10am - 8pm

Additional facilities on site

Mickey's Rock and Boulder café on site offers full catering options with plenty of seating overlooking the climbing areas. Our café offers a great selection of hot and cold drinks, pastries and snacks available throughout the day. We can also organise and provide catering for groups.

Changing areas with showers, toilets and lockers are available.



**CLIMBING
THE WALLS**

Climbing The Walls,
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Battlefield Road,
Shrewsbury, SY1 4AN

For more information:

Call us on **01743 510238**

Email deirdre.haycock@climbingthewalls.club

Visit www.climbingthewalls.club