



Introduction Session

1 x 2 hour session × £35

This session is a one-off introduction to climbing and using equipment at the centre.

Can be booked at a time to suit you!

Introduction Workshops

3 x 2 hour sessions × £80
Comprehensive introduction to climbing at the centre. Consolidation of basic skills, improvement of technique.

7.30 - 9.30 pm

Tues 20th, 27th April, 4th May
Thurs 29th April, 6th, 13th May
Tues 11th, 18th, 25th May
Thurs 20th, 27th May, 3rd June
Tues 1st, 8th, 15th June
Thurs 10th, 17th, 24th June
Tues 22nd, 29th, 6th July
Thurs 1st, 8th, 15th July
Tues 13th, 20th, 27th July
Thurs 22nd, 29th July, 5th Aug
Tues 3rd, 10th, 17th Aug
Thurs 12th, 19th, 26th Aug

Limited places × Booking essential
Ask staff for details × Gift vouchers available
Tel.: 0115 9245388
info@nottingham-climbing.co.uk



Improver Session

1 x 2 hour session × £35

If you have mastered the basics and now wish to improve your performance, this is the course for you. It covers the full range of climbing techniques including the use of different types of holds, planning move sequences, conserving your strength and belaying techniques; All tailored to personal requirements and include entrance, equipment hire and tuition. This course can also be run at most times during our opening hours.

Outdoor Days

During this Peak District course we will look at the skills and knowledge necessary to climb single pitch routes. Topics included are placing protection, tying to anchors, guide books, care for the environment and choosing equipment that suites you best. The course is aimed at people who have experienced rock climbing and are looking to gain more skills to become more independent. It is also very suited to those who have climbed on indoor walls and wish to climb outside or as a step to joining a club.

Please call for more details.

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