

# DATA SHEET 3 Indoor Adventure Climbing

**Action packed indoor activities at Sheffield's premier all weather indoor climbing facility. Why not book one of the fun adventures below for individuals or groups to try. All sessions are run by qualified instructors with all safety equipment and insurance cover provided, for your peace of mind.**

**Ratio & Cost** Maximum group ratio is 8 people to one instructor ages 7 upwards, prices vary on type of course, length and number of customers. Smaller ratios can be applied however the costs will be higher if a customer requested a 1:2 or 1:4 ratio.

## ADULT ADVENTURE COURSES

**Indoor Experience** A fun challenging indoor climbing course aimed at the total beginner or novice covering basic rope work and safety skills that are necessary to climb competently indoors, min two hrs. Plenty of fun enjoyable climbing for the family here.

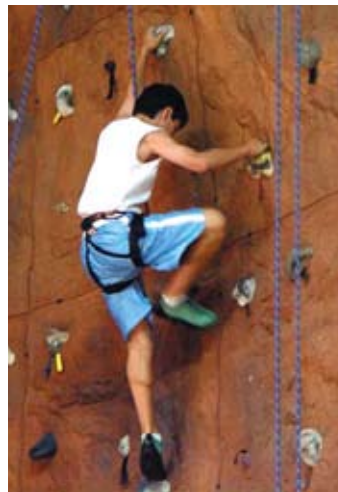
**Rock Introduction Course** The next stage up from the experience trip, where specific skills are learned and practised with coaching workshops and in-depth knowledge on our sport and safety issues covered. This is the course aimed at those who want to eventually climb on their own unsupervised indoors. Min two hrs and at least four visits are required to learn all the foundation skills.

**Advanced Rock Course** This course is for people who have climbed before and are proficient and safe who want to learn more advanced rope skills and further their knowledge of the rescue and teaching techniques needed to progress onto bigger challenges indoors. Min two hrs and two sessions are required here.

**Push Your Grade** A tailor made programme of tuition focussing on training and personal performance coaching needed to tackle higher grades of climbs indoors. A fun fitness course where the instructor will climb with you to demonstrate the all important skills for success. Min of two hrs and four sessions required to benefit.

**Master Class Tuition** An intense course aimed at people who are sound climbers already and require enhanced guidance and training techniques needed to push to the next grades indoors, either leading or bouldering related. All areas of skill acquisition and performance coaching will be covered with practical workshops with the instructor demonstrating and leading the course throughout. Min two hrs and several lessons may be needed here.

**Leading Clinics** A programme of leading sessions aimed at good wall climbers who seek that bit more adventure and coaching on effective leading skills indoors. A small ratio is needed here either 1:2 or 1:4 at the most. A fun, challenging course with great rewards at the end.



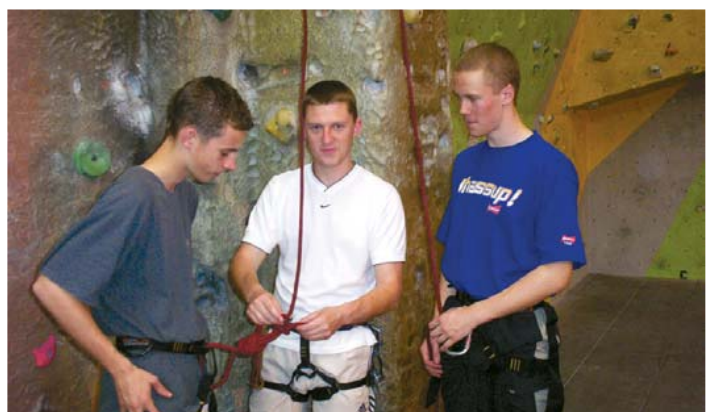
## CHILDRENS ADVENTURE ACTIVITIES

### Indoor Adventure Parties

An action packed adventure party at an all weather indoor climbing facility with DST Rock Instruction. A two hour challenging party with games and mini adventures on all the wall surfaces in the facility. A very new type of adventure party in Sheffield, that will satisfy ages 7-16 yrs. Onsite catering facilities and seating areas provided, your child will fully enjoy the experience with their friends.

**Group Indoor Experience** A fun challenging indoor climbing lesson aimed at the total beginners or novices covering basic rope work and safety skills that are necessary to climb competently indoors, min two hrs. Plenty of fun and enjoyable climbing for all ages here.

**Kids Holiday Rock Challenge** A fun climbing event with mini challenges and tasks that will test the team and individuals physical and mental abilities to the limit. Involving roped climbing, bouldering, traversing wall, the cellar, the furnace, the crag-x wall, the globe wall and the mighty troll wall. Teams need to select a team name a captain and fill out a challenge score sheet and then win the event for their certificates at the end.



### Professional Accreditations



Safety equipment & insurance cover provided

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