



## Parties

We are able to offer a range of Sports and Climbing parties each individually tailored to your child. Both activities take place in our sports hall. Just let us know the date, activity and duration of the party and we will do the rest. Unfortunately we have no venue for party food. Options available include:



Option	Party Activity	Duration	Total Cost	Maximum number of children
1.	Sports Party	1.0 Hour	£60	20
2.	Climbing Party	1.0 Hour	£50	8
3.	Sports & Climbing Party	1.0 Hour	£80	16
7.	Sports Party	1.5 Hour	£80	20
8.	Climbing Party	1.5 Hour	£70	8
9.	Sports & Climbing Party	1.5 Hour	£100	16



**Sports available:** Basketball, Netball, Uni-hoc, Football, Cricket, Short tennis, Badminton & Tag-rugby (non-contact).

**Climbing:** Children need to be a minimum of 6yrs old to use the climbing wall. Full body harnesses are used for this age range. **\*Please note: For legal reasons we adhere to a 1:8 tutor ratio in the climbing wall.**

## Climbing Courses

We are currently offering 1hour free taster sessions for children & adults from 6 – 75yrs. These sessions will give the individual an introduction to climbing with a qualified female instructor and all the appropriate equipment. It will also allow the more experienced climber to sample the facility. Enjoy a shared activity as a family or with your child. Build strength and co-ordination and climb to good health. Climbing improves communication, confidence, fitness, mental and physical flexibility. \*please note full body harnesses may have to worn by children depending on their size.

### Free 1 hour Taster Sessions:

**Dates:** Saturday 18<sup>th</sup> & 25<sup>th</sup> April

**Times:** 10am – 11am or 11am – 12pm

### Climb To New Heights 4 Week Courses

**Beginners:** (Maximum numbers 8)

Climbing skills, rope and kit awareness.

**Dates:** Tuesday 28<sup>th</sup> April, 5<sup>th</sup>, 12th & 19th May (7-9pm)

**Intermediate:** (Maximum numbers 8)

Leading bolted sports routes and rope skills

**Dates:** Tuesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> June (7-9pm)

**Family Fun:** (Maximum numbers 8. Four adults and four children)

Have great fun and build effective communication with your child at the same time! Learn a new skill together and share a new experience.

**Dates:** Saturday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> May.



**For all party & climbing costs & enquiries please ring: 0151 651 3095**  
**Booking is essential for all climbing sessions.**