

WHAT'S ON AT

www.alter-rock.co.uk | 01332 367200 | questions@alter-rock.co.uk



ALTER ROCK

Indoor Climbing Gym & Activity Centre

	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday									JCC		Beginners			
				HH & PCC (school hols only)					BB					
Tuesday									JCC		Beginners			
				HH & PCC (school hols only)										
Wednesday					HEd				JCC		Beginners			
				HH & PCC (school hols only)										
Thursday					HEd				JCC		Beginners			
											UC			
											LD			
Friday												AC		
							Beginners		JCC		ANICAS			
								HH & PCC (school hols only)				BS		
Saturday	JCC	JCC	JCC											
		YCC					Beginners							
	JNICAS	Int					PCC (all year)							
Sunday									JCC					
							Beginners							
														PCC (all year)

£5 entry

£5 entry

Key to Activities

	Open for general climbing: 12-10pm weekdays, 9-6 Sat, 12-6 Sun
JCC	Junior climbing club: 7-14 years
YCC	Youth climbing club: 14-17 years
Int	Intermediate climbing club: Advanced group of the Junior climbing club
Beg	Beginners: a 3-hour learn to climb session for adults
HEd	Home Education group
PCC	Parent & Child Sessions: Adults help their kid(s) climb
HH	HH: Holiday Havoc multi-activity sessions in school holidays and half-terms.

UC	Umbrella club: For children with special needs
JNICAS	Junior NICAS - six week blocks check website for details.
ANICAS	Adult NICAS - six week blocks check website for details.
LD	Ladies Drop-in Session: Free advice and support for women from Anita, and a belay partner if you need one.
BS	Boulder Social: with Anita - no extra charge
AC	Adult Coaching: Instruction available for £6, just turn up
BB	Belay Buddy: Come on your own and we'll find a belay partner for you

Groups, parties and taster sessions can be arranged to suit your needs. Session times and details may change - please check website or with reception.