

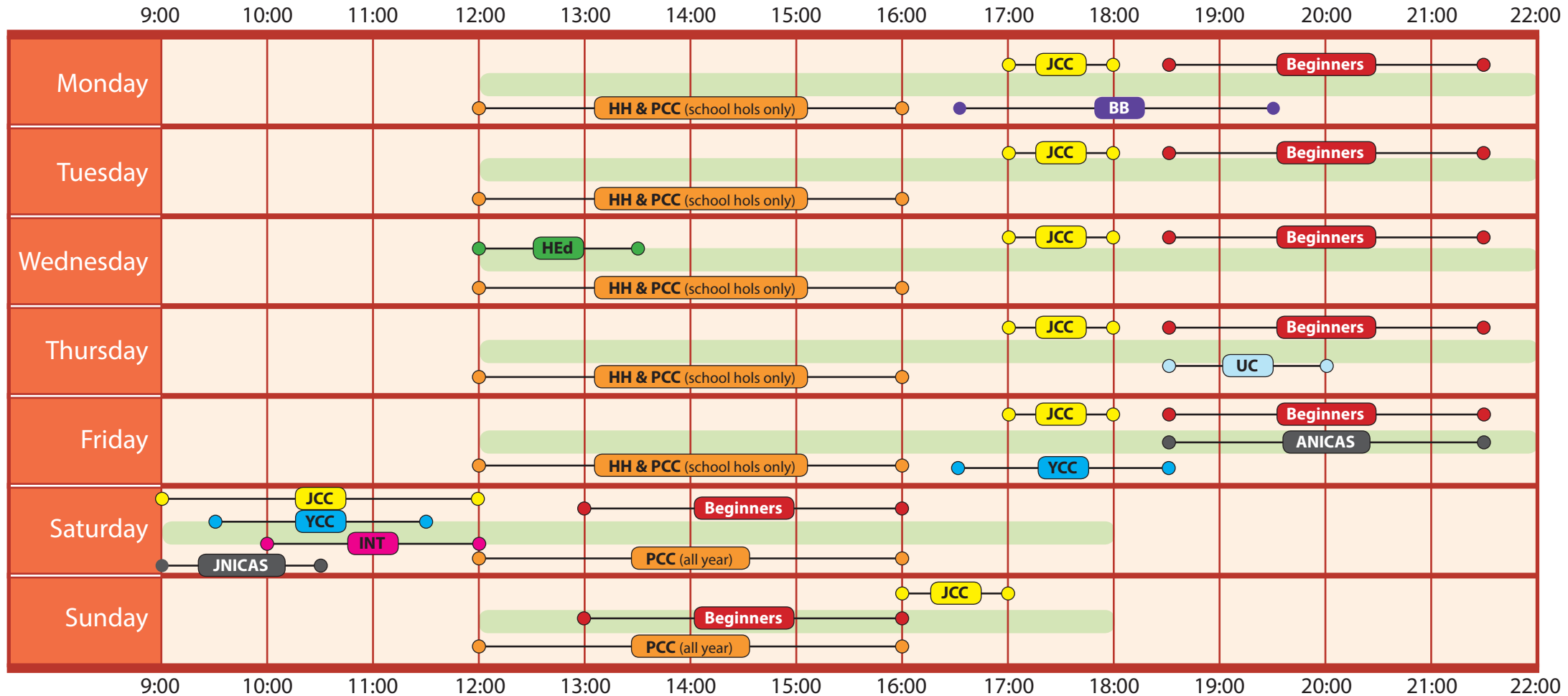
WHAT'S ON AT

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



ALTER ROCK

Indoor Climbing Gym & Activity Centre



	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.
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.

JUNIOR CLIMBING CLUB

Activity: Instructed Climbing

Parents not required

Price: £7 per child | £24 monthly direct debit

Age of Child: 7 to 14 years

BEGINNERS INDOOR CLIMBING COURSE

Activity: Instructed Climbing

This 3 hour course will give you the skills to climb safely indoors.

Price: £30 - Buy online and save 15% or 2 for £50

Includes:

Life time membership • 3 hours with full instruction
• Hire equipment

15% discount on first gear purchase

FREE tea or coffee during session.

Age: 16 years & above

(minimum of 2 climbers needed for course to run).

PARENT AND CHILD CLIMBING

Activity: Supervised Climbing

Every Saturday and Sunday

Every Monday to Friday during Derbyshire school holidays

Parents don't climb, Parents wear a harness, Parents tend rope for children, Parents are supervised by Alter Rock Staff

Max 2 children per adult

Price: £10 per child | Adult FREE

Age of Child: Any

HOME EDUCATION CLIMBING

Activity: Instructed Climbing with NICAS certification.

Price: £10 per person

Prices are negotiable depending on how many are attending and if its a regular booking.

Includes: Entry • Hire equipment • Instruction

Age: 7 years and above

YOUTH CLIMBING CLUB

Activity: Instructed Climbing

Parents not required

Price: £12 per child
£40 monthly direct debit

Age of Child: 14 to 17 years

ADULT NICAS

(National Indoor Climbing Award Scheme)

Activity: Instructed Climbing

This 6 week course will give you the confidence and skills to climb safely indoors.

Price: £120 (6 x £20 payments) | Buy online and save £30

Includes:

Life time membership • 6 sessions with full instruction
• Hire equipment • NICAS log book

15% discount on first gear purchase • FREE tea or coffee at each session

FREE ENTRY to climb at Alter Rock anytime during course duration

Age: 18 years and above

JUNIOR NICAS

(National Indoor Climbing Award Scheme)

Activity: Instructed Climbing

6 week course covering Level 1 NICAS. **Price:** £70

Includes:

Life time membership • 6 sessions with full instruction
• Hire equipment • NICAS log book

• 15% discount on first gear purchase • FREE ENTRY to climb at Alter Rock anytime during course duration

Age: 7 to 17 years

HOLIDAY HAVOC

Activities: Instructed climbing, Caving, Air Walk, Abseil, Bouldering

Parents not required

Price: £20 per child
(£15 with Special Offer)
www.alter-rock.co.uk/special-offers/

Age of Child: 7 years or older

GROUPS & SCHOOLS INDOOR CLIMBING

Activity: Instructed Climbing

Price per person:

1 hour £10 | 1.5 hours £12.50

2 hours £15 | Days Activity 10am - 3pm £25

Prices are negotiable depending on how many attending and if its a regular booking.

Age: 7 years and above