CLIMBING IS LEARNING

CLIMBING & BOULDERING FOR ALL AGES & ABILITIES

GCSE Climbing
PE Sessions
Personal & Social Development
Reward Days

TAILORED TO SUIT YOUR BUDGET – CALL US TO DISCUSS YOUR SCHOOL’S NEEDS FOR A BESPOKE SESSION

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0845 363 1177

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ELMBRIDGE SCHOOLS INFORMATION PACK

The High Sports climbing wall in the Elmbridge Xcel Leisure Centre is a featured indoor climbing facility built in 2005.

High Sports at Elmbridge offers its guests the following facilities:

- 13 Rope Lines on 12m high walls with grades ranging from 4+ to 7c
- Traverse Routes ranging from V0+ to V3
- Rock Box Crazy Climbing
- A varied climbing surface ensuring that there really is something for everyone.
- Wheelchair accessible.

Climbing provides an amazing sporting activity that is rewarding at all levels.

It can include, but does not require inter-participant competition. Climbing is not dependent on hand-eye co-ordination. It teaches and develops balance, flexibility and agility. Climbing encourages teamwork, participation, and support. Climbing includes problem-solving and Personal & Social development.

Staff hold NGB awards from the Association of Mountaineering Instructors & Mountain Training and have a wealth of experience of working with clients of all ages, abilities and backgrounds. The wall is a full member of the Association of British Climbing Walls.
**Instructed Group – School Discounted rate**

Ages 4-6 at a 1:4 ratio  
Ages 7+ at a 1:8 ratio  

90mins £101.00 per instructor  
60mins £78.00 per instructor

**Self Instructed Entry** – Instructors must hold valid NGB Qualifications + suitable insurance

- Self Instructed entry – Whole Centre, all day. Child £6.70/head Adult £7.75  
- Pre-pay Self Instructed Entry.  
  Term Times only, valid Sept 15 – July 16, no refund for unused.

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**Full Day or ½ Day Activity**

3 hrs Climbing/Rock Box  
3 hrs Team Building  
09:00-12:00 13:00-16:00  
Up to 24 participants  

£840.00 / £480.00

Our Half and Full Day sessions have one aim in mind, lots of climbing and even more fun!  
These sessions are suitable for all abilities and we will tailor the session to suit the climbers using the main wall and the Rock Box. Great for an end of term treat.
Climbing for GCSE

We appreciate the challenges administering a non-mainstream GCSE, however Climbing provides a fantastic sporting activity! We can deliver GCSE syllabi within intensive full-day courses, or over longer periods. Please get in touch for a bespoke package for your GCSE students.

Learn to Climb - Key Stage 2 & 3 (ages 7-13)

10 -12 week block.
1 x 90min session per week
1:8 instructor:participant
£78.00/instructor/session

Aim
• Introduce 7-13yr olds to the fundamentals of climbing safety and movement skills.

Goals
• Demonstrate risk awareness within the indoor climbing environment, and behave in an appropriate manner in this environment.
• Learn to put on a harness, tie in with a rethreaded Fig 8 + stopper, attach a belay device to harness and rope, demonstrate that they can belay a climber up, catch a fall, and lower a climber to the floor.
• Learn about the fundamentals of climbing movement – agility, balance, co-ordination – and apply these to increasingly challenging routes throughout the course.

Learn to Climb - Key Stage 4 (age 14+)

10-12 week block.
1 x 90min session per week
1:8 instructor:participant
£78.00/instructor/session

Aim
• Introduce 14+ yr olds to the fundamentals of independent climbing and movement skills.
• Deliver the skills required for participants to climb independently of an instructor following the course.
• Meet requirements for GCSE PE – Climbing if wanted.

Goals
• Demonstrate risk awareness within the indoor climbing environment, and behave in an appropriate manner in this environment.
• Pass a “safety test”. All participants should demonstrate they can put on a harness, tie in with a rethreaded Fig 8 + stopper, attach a belay device to harness and rope, demonstrate that they can belay a climber up, catch a fall, and lower a climber to the floor.
• Learn about the fundamentals of climbing movement – agility, balance, co-ordination – and apply these to increasingly challenging routes throughout the course.
• Teach participants the structure for a visit to a climbing wall - including risk assessment and hazard awareness, warming up, selecting suitable challenges on routes and cooling down.
Climbing Coaching - Key Stage 2, 3 & 4 (ages 7+)

Participants need to have completed a Learn to Climb course, show a desire to improve as climbers, and be prepared to participate fully in physical exercise.

10-12 week block
1 (2) x 120 min session per week
1:8 instructor:participant
£100.00/instructor/session

Aim
• Improve the climbing ability and fitness of participants.
• Introduce participants to safe and structured training for climbing performance.
• Introduce participants to competition climbing.

Goals
• Develop a sound understanding of the principles of climbing movement.
• Develop an understanding of centre of mass, weight transfer and movement using a range of foot- and hand-holds, and on a range of angles.
• Understand the requirements for good pre-training warm up and cool down.
• Participate in physical training for climbing to improve strength, flexibility and for injury prevention.
• Analyse own and other’s performance.
• Goal set a suitable short-, medium- and long-term climbing goal and work towards achieving it.
• Participate in a climbing competition at the culmination of the course.
Learn to Lead Climb - Key Stage 4 (age 14+)

Participants must have completed a Learn to Climb course or have passed a Safety Test demonstrating a sound ability to belay and be aged 14+

3-6 week block.
1 x 120min session per week
1:4 instructor:participant
£120.00/instructor/session

Aim
• To introduce participants to indoor lead climbing.
• Inspire participants to lead climb, further their climbing abilities, and access more climbing.

Goals
• Demonstrate an understanding of the risks of lead climbing in an indoor environment, and the increased responsibility of a lead belayer.
• Learn to clip in a safe and suitable fashion.
• Learn to belay a leader, including paying out, taking in, catching a fall, and dynamic belaying.
• Participate in clip-drop practice.
• Work a lead route.
• Select suitable routes to lead.
Inclusive Climbing

There are many perceived barriers to adventurous activities; however we have never turned a participant away because they can't do anything. Among the staff we have a wealth of experience and passion for delivering climbing to everyone.

We are able to work with participants who use chairs, have visual, hearing or cognitive impairments, or have additional learning needs. By the very nature of client’s needs, we often need to know a bit about the participants before we can devise a bespoke package, however we are confident that we can deliver something for everyone.

Please feel free to contact us to discuss a bespoke package, or if you have any queries about accessible climbing.

You know your pupils best! If there is anything we need to know to deliver a better experience to your pupils, or if you have particular requirements regarding session content, duration, and instruction, we would be very happy to discuss this with you.

You are welcome to visit the wall, to see the facility and discuss sessions with the Centre Manager, or we can arrange a time to visit you at your school.

You can contact the Elmbridge Wall by phone or e-mail, or just call in to see us at the Elmbridge Xcel Leisure Centre.

We look forward to seeing you and your pupils soon!
HIGH SPORTS ELMBRIDGE

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