**Welcome to Rock Stars Climbing Club Lessons**

**for ages 3 – 16 years**

**Monday 25th February – Sunday 7th April 2019 (6 weeks)**

**2019 Timetable**

**Monday**

10.00am – 12.00pm Parent & Toddler (2 – 5 Years)

5.30pm – 7.00pm Youth Squad (6 – 9 years)

7.00pm – 8.00pm NIBAS L3 (Starts 07/01/19 x 20 weeks)

8.00pm – 9.00pm Ladies Night

**Tuesday**

10.00am – 12.00pm Parent & Toddler (2 – 5 Years)

5.00pm – 5.45pm Baby Rock Stars (Age 3 – 6 Years)

6.00pm – 7.00pm Rock Stars Award Scheme (Age 7 – 11 Years)

7.00pm – 8.00pm Rock Juniors (12 – 16 Years)

7.00pm – 8.30pm NIBAS L4 (Starts 08/01/19 x 20 weeks)

8.00pm – 9.00pm Adult Improvers

**Wednesday**

10.00am – 12.00pm Parent & Toddler (2 – 5 Years)

5.00pm – 5.45pm Baby Rock Stars (Age 3 – 6 Years)

6.00pm – 7.00pm Rock Stars Award Scheme (Age 7 – 11 Years)

7.00pm – 8.00pm NIBAS L2 (Starts 09/01/19 x 12 weeks)

6.00pm – 8.00pm Youth Squad (10 – 17 Years)

8.00pm – 9.00pm Adult Improvers

**Thursday**

10.00am – 12.00pm Parent & Toddler (2 – 5 Years)

5.00pm – 5.45pm Baby Rock Stars (Age 3 – 6 Years)

6.00pm – 7.00pm Rock Stars Award Scheme (Age 7 – 11 Years)

7.00pm – 8.00 pm Rock Juniors (12 – 16 Years)

8.00pm – 9.00pm Adult Improvers

**Friday**

10.00am – 12.00pm Parent & Toddler (2 – 5 Years)

**Saturday Sunday**

10am–10.45am Baby Rock Stars (3 – 6 Years) 10am – 10.45am Baby Rock Stars (3 – 6 Years)

11am–12.30pm Rock Stars Award Scheme (7–11 Years) 11am – 12.30pm Rock Stars Award Scheme (7 – 11 Years)

1.00pm – 2.30pm NIBAS L1 (Starts 19/01/19 x 4 weeks) 1.00pm – 2.30pm Rock Juniors (Age 12 - 16 Years)

**Rock Stars Classes**

**Baby Rock Stars 3 – 6 Years**

The first step for young children to attend a structured climbing session to learn basic skills and techniques in climbing. Improves co-ordination, builds self-confidence and promotes socialisation from a young age. Includes shoe hire and chalk hire.

**Rock Stars 7 – 11 Years**

Recognizing young climber’s skills and achievements in bouldering through the unique Durham Climbing Centre Award Scheme. Children receive certificates and medals at each stage as they work through criteria with coaches. Includes shoe hire and chalk hire.

**Rock Juniors 12 – 16 Years**

Children work on advanced skills and techniques with older children of a similar age. Includes shoe hire and chalk hire.

**NIBAS** (National Indoor Boulder Award Scheme) Age 7+

Comprising of 5 Levels, (NIBAS) is a nationwide scheme designed to provide a structured progression for complete novices through to experienced indoor boulderers. The Scheme focuses on introducing new climbers to the skills associated with climbing on artificial climbing walls without the use of harnesses or ropes. Durham Climbing Centre offers adult sessions, children's sessions and mixed sessions. NIBAS is open to candidates aged 7 and upwards, therefore a unique course that is suitable for a family to complete together. Includes shoe hire and chalk hire.

**Youth Squad**

We hold youth squad selection days when talented junior climbers with an interest in competition climbing can receive training-specific coaching. Please note the Youth Squad is selected by invite only.

**Booking & Payments**

Sessions often run at maximum capacity. There may be a waiting list you can join for your child’s preferred day / time. Places are reserved on a first come first served basis and will not be reserved from previous half term. Casual attendance on lessons is now possible if your child is unable to attend every week, subject to availability. If lessons are full, casual attendance will not be permitted. Pre-booking is essential to avoid disappointment.

For regular attendance, payment is due in full for each half term at time of booking to secure your child’s place. No refunds will be given for missed sessions. Children may be able to swap to a different day subject to availability.

Children may join at any stage during the term and pay the fee for one initial taster session. Children who would like to come back will then be required to pay for the rest of the half term in order to reserve their place. It is also possible to attend on a casual basis and pay per session (see costs below) providing there are spaces available.

**Half Term Costs (6 weeks)**

**Sign Up for 6 weeks**

3 – 6 Years £30 (£5 per session)

7 – 11 Years £60.00 (£10 per session)

12- 16 Years £60.00 (£10 per session)

Youth Squad (6 weeks) £90.00 (£15 per session)

**Casual Attendance on Rock Stars weekly lessons (weekdays & weekends)**

If your child is unable to attend every week, it is now possible to attend lessons on a casual basis (pre-booking required)

Non-regular attendance costs per session -

3 – 6 years £7.00

7 – 11 years £12.00

12 – 16 years £12.00

**School Holiday Sessions**

May be booked as additional pay per visit sessions

3 – 6 years £7.00

7 – 11 years £12.00

12 – 16 years £12.00

**Drop in sessions**

Entry fee + Shoe hire

Non-member £9.00 + £2.00 shoe hire

Member £7.50 + £2.00 shoe hire

Under 7 Non-member £5.00 + £1.50 shoe hire

Under 7 Member £3.50 + £1.50 shoe hire

**Drop in sessions – pay per visit**

**Parent & Toddler (2 – 5 Years) See timetable**

Introduce young children to the climbing wall at a quiet time under parental supervision. Pay per visit – no booking required. £5 per session includes shoe hire & free drink.

**Drop in session** - drop in anytime during our opening hours and allow children to climb under parental supervision. Please note children's areas will be busier during children's lesson times. Normal member / non-member entry fee + shoe hire applies.

**School Holiday Drop-in Sessions**

Additional sessions running during school holidays. Pre-booking essential. See website for days and times. Normal member / non-member entry fee + shoe hire applies.

**Events for Children**

**Half Term Children’s Sessions 18th – 22ndFebruary**

Parent & Toddler Drop –in (2-5 years)

**Monday – Friday 10.00am – 12.00pm**

£5.00 includes free drink & shoe hire

**Rock Stars Children’s Lessons 3 – 16 Years**

**Pre-Booking essential**

**Tuesday, Wednesday, Thursday**

3 – 6 years 12.30pm – 1.15pm £7.00

7 – 11 years 1.30pm – 2.30pm £12.00

12 – 16 years 2.30pm – 3.30pm £12.00

**Drop in sessions** – Bring children to climb under parental supervision – anytime

**Parent Safety Lesson** – FREE Session from 11am – 12pm Tuesday, Wednesday & Thursday

Learn safety rules and how to safely supervise children if bringing for drop in sessions.

**Tuesday, Wednesday, Thursday - Pre-Booking essential**

**Easter Egg Hunt Children’s Party (3 – 14 years)**

**A fun afternoon of Easter themed games and climbing activities!**

Saturday 13th April 1.00pm – 3.00pm

£12 per child (includes shoe hire)

Pre-Booking essential

**Easter Climbing Camp – Climbing, Bushcraft and Teambuilding (5 – 14 years)**

**Monday 8th– Friday 12thApril**

A full day of indoor and outdoor activities. Includes breakfast club and afternoon tea.

8.30am – 5.30pm (extended day 8am – 6pm available)

£35 per day / £165 per week + 10% sibling discount