**Welcome to the Autumn Term of Rock Stars Climbing Club Lessons**

**for ages 2 – 16 years**

**Timetable Monday 3rd September – 19th October (7 weeks)**

**Monday**

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

3.30pm – 4.30pm After-School Drop-in (Age 7-15 years)

4.30pm – 5.30pm NIBAS Level 1 (Junior 7 – 15 years)

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

7.00pm – 8.00pm NIBAS (Adult 16+)

8.00pm – 9.00pm Ladies Night

**Tuesday**

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

3.30pm – 5.00pm After-School Drop-in (Age 7-15 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)

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)

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

7.00pm – 8.00pm NIBAS

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 10am – 10.45am Baby Rock Stars

(Age 3 – 6 Years) (Age 3 – 6 Years)

11am – 12.30pm Rock Stars Award Scheme 11am – 12.30pm Rock Stars Award Scheme

(Age 7 – 11 Years) (Age 7 – 11 Years)

1.00pm – 2.30pm Rock Juniors

(Age 12 - 16 Years)

**Autumn Half Term Rock Stars Lessons**

**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.

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.

Payment is due in full for each half term at time of booking to secure your child’s place, with the exception of after school recreational and school holiday recreation sessions which are pay per visit. No refunds will be given for missed sessions. Children may be able to swap to a different day subject to availability.

Existing 10 session passes may be used as part payment towards lessons. The rest of the term can be paid in addition.

Children may come to additional recreational sessions during school holidays and on weekends subject to availability.

**Autumn Half Term Costs (7 weeks)**

3 – 6 Years £35 (£5 per session)

7 – 11 Years £70.00 (£10 per session)

12- 16 Years (£10 per session)

Youth Squad (6 weeks) £90 (£15 per session) / Selection Day £15

NIBAS Course fee applies

**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.

**After-School Drop-in See timetable**

Drop-in session for mixed ages. A Climbing Coach will be on duty during this session – please note children under 16 should still be supervised by parents all times. Normal member / non-member entry fee + shoe hire applies.

**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.

**Autumn Events for Children**

**Youth Squad Selection Day**

Saturday 8th September 1pm – 4pm £15

Come along to meet the coaches and find out more about climbing competitively. Pre-booking essential.

**Fancy Dress Halloween Party (3 – 14 years)**

Sunday 28th October 3pm – 5pm

£12 per child (includes shoe hire)

**Autumn Climbing Camp – Climbing and Teambuilding** (5 – 14 years)

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

Monday 22nd– Friday 26thOctober

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

**Half Term Children’s Sessions 22nd– 26th October**

Monday, Tuesday, Wednesday, Thursday, Friday

3 – 6 years 12.30pm – 1.15pm £5.00 / 7 – 11 years 1.30pm – 2.30pm £10.00 / 12 – 16 years 2.30pm – 3.30pm £10.00

**Christmas Climbing Camp**

Climbing and Teambuilding (5 – 14 years)

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

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

**Rock Stars Christmas Jumper Party**

Saturday 15th December 1pm – 3pm

£12 per child (includes shoe hire)