

CLIMBING COURSES AT THE ROXX

BEGINNERS COURSE






The Basics of Indoor Climbing

If you've climbed and belayed a few times, or you've tried one of our taster sessions and are keen to learn good basic techniques for climbing indoors, then this is the first step for you.

WHO IS THIS CLIMBING COURSE FOR ?

This Top Rope course is suitable for adults and children (minimum age of 12yrs).

ON COMPLETION A CLIMBER WILL BE ABLE TO:

-  Understand the difference between climbing on slabs, verticals and overhangs
-  Demonstrate all the basic hand hold techniques
-  Use good footwork to provide balance and momentum
-  Appreciate the importance of buddy checks and clear communication
-  Demonstrate good rope management skills.

The amount of time spent on each topic always depends on the needs of the individual or group.

Instructor:

Beginners Courses are run by one of our friendly, experienced instructors.

COURSE DETAILS:

- Cost:** \$95.00 - includes all equipment and instruction and a 5 session pass to use after the course
- Duration:** 2 sessions x 1.5 hrs
- Dates:** Ask at Reception or go to www.theroxx.co.nz for times of the next course
- Booking:** Ask at Reception or Tel 03-377 3000

Phone 03-377 3000 • Website: www.theroxx.co.nz
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the
roxx
climbing centre