

# CLIMBING COURSES AT THE ROXX

# PERSONAL COACHING






## Private sessions with a Professional Instructor

One hour sessions with maximum flexibility to meet the specifications of individual climbers. Can be one-on-one or with a friend.

### WHO IS THIS CLIMBING COURSE FOR ?

For people who wish to learn to climb, or improve their climbing but don't have the time to join our standard courses.

### WHAT SORT OF COACHING CAN BE COVERED?

-  Getting started
-  Learning advanced techniques
-  Bouldering, top rope or lead climbing
-  Personal training plans
-  Competition climbing

The content of these sessions is hugely individual and can be developed with the assistance of your instructor.

**Instructor:****Sefton Priestley**

Former NZ Sport Climbing Champion and Runner up in the Oceania Championships. New Zealand Representative at the World Champs in Spain 2007. Graduate of the SIT High Performance Sport Academy. Head Coach of the Flying Geckos Climbing Club. Senior Roxx Routesetter.

### COURSE DETAILS:

- Cost:** \$45.00 1 person / \$65.00 2 people
- Duration:** As required
- Dates:** Ask at Reception or go to [www.theroxx.co.nz](http://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](http://www.theroxx.co.nz)  
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the  
**roxx**  
climbing centre