

CLIMBING COURSES AT THE ROXX

TOP ROPE TASTER SESSIONS






An Introduction To Climbing for Complete Beginners

These fun sessions are a great opportunity to 'give it a go' and are ideal for people who have never been climbing before. Have a one hour session with an instructor and then you are free to climb for the rest of the evening.

WHO IS THIS CLIMBING SESSION FOR ?

This fun experience is suitable for adults and children (minimum age of 12yrs).

ON COMPLETION A CLIMBER WILL BE ABLE TO:

-  Put on a climbing harness and lock off all the straps
-  Safely use a GriGri Top Rope belay device
-  Tie a figure of eight knot and use a twistlock karabiner
-  Understand the importance of clear communication with a climbing partner
-  Recognise the different types of climbing holds and the route grading system

The amount of time spent on each topic will depend on the needs of the individual or group.

Instructor:

Taster sessions are run by one of our friendly, experienced evening staff.

COURSE DETAILS:

- Cost:** \$15.00 - includes all equipment and instruction
Duration: 1 hour
Dates: Most evenings 6pm - 7pm
Booking: Ask at Reception or Tel 03-377 3000

Phone 03-377 3000 • Website: www.theroxx.co.nz
Cnr Waltham Road & Byron Street, Christchurch, New Zealand.

the
roxx
climbing centre