

# WHAT'S ON AT

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# ALTER ROCK

Indoor Climbing Gym & Activity Centre

	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday					HH & PCC (school hols only)					JCC	Beginners			
					HH & PCC (school hols only)					BB				
Tuesday					HH & PCC (school hols only)					JCC	Beginners			
Wednesday					HEd					JCC	Beginners			
					HH & PCC (school hols only)									
Thursday					HEd					JCC	Beginners		UC	
					HH & PCC (school hols only)							AC		
Friday						Beginners				JCC		ANICAS		
					HH & PCC (school hols only)					YCC				
Saturday	JCC	JCC	JCC											
		YCC												
	JNICAS		Int		PCC (all year)									
Sunday									JCC					
					PCC (all year)									

## Key to Activities

	Open for general climbing: 12-10pm weekdays, 9-6 Sat, 12-6 Sun
JCC	Junior climbing club: 7-14 years
YCC	Youth climbing club: 14-17 years
Int	Intermediate climbing club: Advanced group of the Junior climbing club
Beg	Beginners: a 3-hour learn to climb session for adults
HEd	Home Education group

PCC	Parent & Child Sessions: Adults help their kid(s) climb
HH	HH: Holiday Havoc multi-activity sessions in school holidays and half-terms.
UC	Umbrella club: For children with special needs
JNICAS	Junior NICAS - six week blocks check website for details.
ANICAS	Adult NICAS - six week blocks check website for details.
AC	Adult Coaching: Instruction available for £6, just turn up
BB	Belay Buddy: Come on your own and we'll find a belay partner for you

Groups, parties and taster sessions can be arranged to suit your needs. Session times and details may change - please check website or with reception.