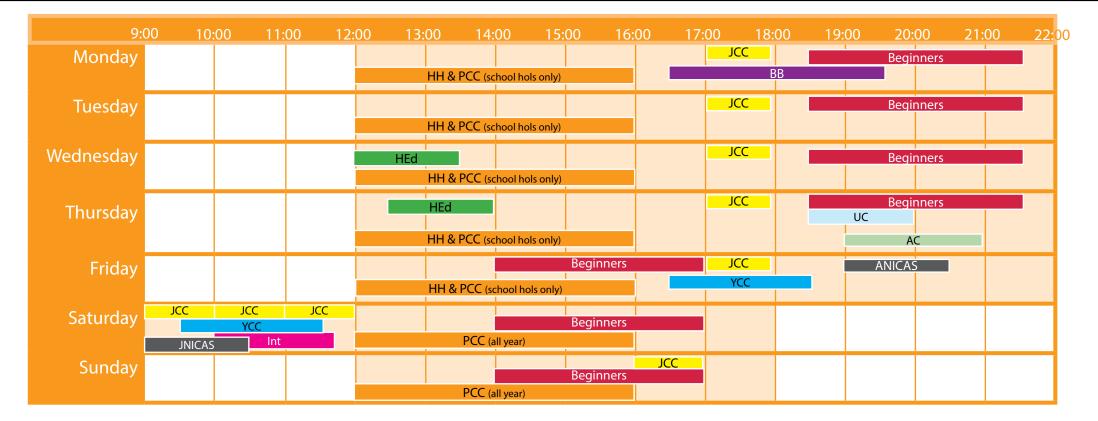


WHAT'S ON AT

www.alter-rock.co.uk | 01332 367200 | questions@alter-rock.co.uk



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 HH	Parent & Child Sessions: Adults help their kid(s) climb 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.