

Adult Indoor Climbing Course

Thursday 6th November to 4th December 2025

Times: 6pm – 7.30pm

Cost: £45 for 5 sessions. (Registration NICAS £10 optional)

The instructor led course is suitable for all levels of climbing experience and participants will have the opportunity to climb and continue to develop their skills and knowledge under the guidance of a qualified and experienced instructor. There will also be the opportunity to work through the National Indoor Climbing Awards Scheme (NICAS) Levels 1 and 2. Please Wear comfortable clothes and sensible footwear, bring a drink and snack if you want. Arthog Outreach will provide all the safety equipment required.

We are happy to answer any questions you may have: outreach@arthog.co.uk.

Participants Name: _____

Address: _____

Postcode: _____ Phone number: _____

Email: _____

Emergency contact

Name: _____ Relationship _____

Telephone contact number: _____

Please provide details of medical conditions, recent injuries or anything else you feel our instructors should be aware of.

I agree to photographs being used for promotional information if required Yes/No

I confirm that I have received and fully understand the details of the course, which the attendee will participate in. I agree to participation in any or all of the activities described and acknowledge that there is an inherent risk in these activities. I accept that in certain circumstances (e.g. weather) the plans may change.

Signed: _____ Date: _____

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