

Climbing Course for Beginners



This course is aimed at those who are new to the sport, have been away for a while or just want to brush up on the basics. It is the first step to becoming a competent climber, capable of tackling many routes indoors and outdoors, and opening up a whole new dimension in the outdoors. No previous experience is necessary, and all equipment is provided in the cost of the course.

Previous Experience + Age:

No previous experience is necessary for this course. Minimum age of 14 to take part.

Course Content:

Correct fitting of a harness.
Tying into the harness using a figure of eight knot.
Climbing etiquette and general climbing wall procedures.
Correct use of a belay device for climbing and lowering.
Climbing calls, communication with your partner.
Basic movement technique.
Equipment selection.

Duration:

3 Weeks of either Monday or Wednesday evenings, 7.30pm – 9.30pm. Various dates available.

Location:

The Pinnacle Climbing Centre, Main Road, Far Cotton, Northampton

With the use of The Pinnacle Climbing Centre, a dedicated climbing wall during the course. The centre has a variety of wall types and professionally set routes, in a comfortable location with approx 55 rope lines.

Instruction:

All instruction will be provided by The Pinnacle Climbing Centre.
The course instructor will hold a minimum of SPA (Single Pitch Award), and will be happy to answer any questions you may have about the sport. Maximum instructor to client ratio of 1:6.

Equipment and Clothing:

All equipment will be provided by The Pinnacle Climbing Centre.
Participants should wear comfortable clothes that allow for good freedom of movement (i.e. not jeans), and a pair of clean socks. Long hair should be tied back.

Cost:

The cost of the course will be £75.00

Your place on the course will only be guaranteed if we have received a completed and signed booking form along with full payment.

Booking:

Please contact us on climbing@thepinnaclecentre.co.uk or phone: 01604 875996 and we will send you a registration form.

Terms and Conditions:

The Pinnacle Climbing Centre reserves the right to cancel the course if participant numbers are below 4 for each course. In the case that The Pinnacle Climbing Centre cancels a course for any reason, a full refund or course exchange will be offered. Places will be issued on a first come first served basis. The word of the instructor is final, and we reserve the right to eliminate anyone from a session or the course without refund if they pose a threat to staff or other participants. We will accept a name change for the course (so long as a new booking form is received), however no cancellations will be accepted within 4 weeks of the start date. Any known medical condition that could affect your participation on this course must be notified on the registration form. We are happy to help people with disabilities; however the nature of this sport can make it difficult in some cases. If you have any queries, please do contact us, and we will be only too pleased to help.