



## **Climbing Wall Course**

**With Steve Banks**

**Overview:** This exciting single day course aims to introduce you to the popular indoor climbing wall environment with a view to providing you with the experience to use these widespread facilities safely and independently.

Steve is keen to ensure you enjoy your development in safety and will work hard to ensure your day is enjoyable and stimulating whilst helping to build your confidence, skills and knowledge in this exciting environment. It will be a very practical course run in Steve's standard, personalised and learner centred manner. We hope to challenge you to think and problem solve so that you are empowered to climb independently as soon as possible.

If you want to add this course to other provision or wish to have more than one day on a wall then we will be pleased to arrange that for you. We will also be happy to provide tailored provision for you on a bespoke basis – please call or email to discuss.

**Cost:** As advertised on the website

**Venues:** **Keswick:** Meet at Keswick Climbing Wall for 9.15am.

**Kendal:** Meet at Kendal Climbing Wall for a 10am start.

**Ingleton:** Meet in Inglesport Café at 9am

We will aim to finish by 5pm at all venues. Call for a bespoke course and venue.

**Ratio:** 6:1 max

**Content:** This course is aimed at climbers of any ability including complete novices. After an initial assessment of individual needs and prior experience, we will try to help you to develop your mental, physical and technical skills as is appropriate for your needs. The emphasis will be on becoming a better climber not just on getting to the top. Whatever your climbing requirements our staff will do their best to ensure you have an exciting and rewarding experience.



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**[steve@stevebanksoutdoors.co.uk](mailto:steve@stevebanksoutdoors.co.uk)**

**07796 213817**



**Equipment:** You will need to bring the following:

- Personal clothing suitable for climbing i.e. close fitting, warm and stretchy.
- Rock shoes
- Packed lunch and drink (Most venues have food and drink for sale or a café)
- Any climbing gear you have except ropes

We can provide:

- Climbing harness
- Helmet
- Ropes
- All climbing hardware

If you are interested in this exciting course and you want to move your climbing forward, please call to enrol. If you have any questions or require further information Steve will be pleased to hear from you and happy to assist.

**Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled we strongly advise you to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by Steve Banks a full refund will be given.**



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