



# INDOOR CLIMBING

Bede’s Indoor Climbing Academy offers students the chance to develop strength, agility, and problem-solving skills through rock climbing in a safe and controlled indoor environment. With expert instructors guiding them, students will learn climbing techniques, safety protocols, and how to conquer challenging routes. Whether for fun or competitive interest, this academy provides a supportive space for young climbers to grow and push their limits.

## OBJECTIVES

- To teach students the basic techniques of rock climbing, including proper hand and foot placements, body positioning, and climbing strategies
- To promote safety and awareness by educating students on climbing gear, safety protocols, and proper belaying techniques
- To develop students’ physical strength, flexibility, and endurance through regular climbing sessions and strength-building exercises
- To enhance problem-solving and mental focus by encouraging students to tackle various climbing routes and challenges that require concentration and strategy
- To foster teamwork and trust by offering opportunities for students to engage in partner-based climbing activities and support one another
- To build confidence and resilience by providing a supportive environment where students can set and achieve personal climbing goals
- To broaden vocabulary relating specifically to climbing.

## SUMMARY

CENTRES	Eastbourne and Dicker (6 - 17 years)	LEVELS	Beginners, Elementary, Intermediate and Advanced
VENUE	External venue	INSTRUCTION	One instructor per 10 students
HOURS	3 hours per week (2x 1½ hour sessions)	FEE	£275 per week
DAYS	Tuesday and Thursday	DATES	Eastbourne – Week 2: 06/07/2025   Week 4: 20/07/2025  Dicker – Week 3: 13/07/2025   Week 5: 27/07/2025

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.