## Rock Climbing Clubs 2025



Since 2021, we've been teaching young people how to become independent climbers. From **knot tying** to **belaying**, **bouldering to lead climbing** we progress through the essential skills both Indoor and Out, developing self confidence to fitness in a long-term hobby.

Novices: Wednesday - 17:00-19:00, Silsden Primary

Friday - 17:00-19:00, Silsden Primary Saturday - 9:30-12:30, Climbing Hub/Ilkley Saturday - 11:30-13:30 or 13:45-15:45, Ermysted's Sunday - 9:30-11:30 or 11:45-13:45, Ermysted's

Advanced: Saturday - 9:30-12:30, Ilkley/Climbing

Ages: 11-16 (Silsden) 8-12 (Ermysted's) 8-17 (The Climbing Hub)

## "THE CLIMBING SESSIONS NOT ONLY HELP WITH PHYSICAL DEVELOPMENT BUT ALSO ARE BRILLIANT FOR BUILDING CONFIDENCE."



Book online or contact us via email



WWW.MYEXPEDITIONROCKS.COM

INFO@MYEXPEDITIONROCKS.COM

## HOLIDAY ROCK CLIMBING



Our holiday climbing sessions are an ideal way for kids to get out and enjoy the great outdoors during the holidays. With activities including climbing, abseiling and weaselling, it is an actionpacked day.

Just a packed lunch and old clothes for climbing, scrambling, crawling and squirming amongst the rocks and we'll provide the rest.

## £55.00, or £102.50 for siblings (7-16 years old)

The Climbing Hub, Bradford: 18th, 19th or 20th February The Big Depot, Leeds: 17th February, 10:00am-4.00pm

Times: 10:00am-4.00pm Childcare Vouchers accepted for The Climbing Hub

