

INDOOR ROCK CLIMBING

TEAM ROCK



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(Ages 13-17 years)

A term program designed to give young climbers a chance to learn and develop a range of rockclimbing and bouldering skills and techniques.

A great place to meet friends, get fit and learn everything you need know about climbing with our experienced, friendly ROCK Instructors, including:

- * Climbing & Bouldering Techniques
- * Equipment & Safety Instruction
- * Stretching, Flexibility & Strength Training

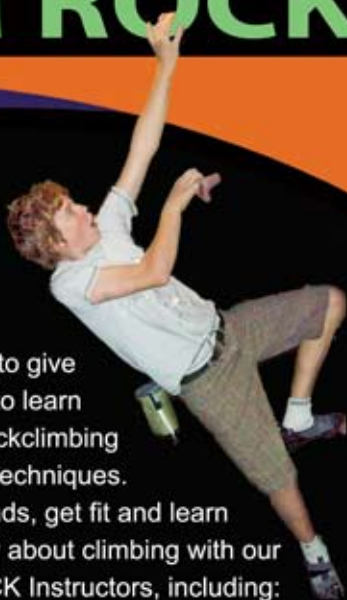
TERM PACKAGE ONLY \$175

Includes ALL Indoor Sessions (3 Sessions run each week, come to as many as you like!) AND the Outdoor Trip.

OR PAY PER SESSION

Indoor Session \$15. Outdoor Trip \$50

*Costs include harness hire



SESSION TIMES

MON 4:30-6:00pm

WED 4:30-6:00pm

SAT 10:00 - 11:30am

Ph: (03) 5221 3101

The ROCK Adventure Centre
Rear 403 Pakington St
Newtown, Geelong VIC

www.rockadventures.com.au