

CLIMBING, BOULDERING & ABSEILING FACTS SHEET FOR SCHOOLS

CLIMBING, BOULDERING & ABSEILING | TERM PROGRAMS |

WHERE

**K7 Climbing & Bouldering School
ACT & QUEANBEYAN**
NSW Jindabyne, Thredbo, Nowra
& Pt Perpendicular, VIC
Grampians & Mt Arapiles

WHEN

SCHOOL HOLIDAYS - Daily or
3 day Climbing Course.

SUMMER HOLIDAYS: Snowy
Mountains Week Long Courses
in Learn to Lead Climb and
Bouldering Workshop

WEEKENDS: Every Saturday
and Sunday by appointment

SCHOOL TERM: TERMS I-IV
Tailored climbing & abseiling
sessions plus **purpose
bouldering clinics:** half day,
full day, 3 day course, elite
climbing program.

WHO

K7 Adventures Instructors are
proficient, passionate and right
into climbing and bouldering.
When we aren't instructing, we
are training and climbing for
fun mixing up the crags and
styles of climbing and
abseiling. Put our years of
climbing experience & wisdom
together - a couple of
centuries worth to learn from.



Climbing, Abseiling & Bouldering

K7 Adventures Climbing Team Lindsay, Pete, Matt,
Brian, Rob, Mike, Acacia

What we can do for you & your students.

K7 Climbers are active in their **first** passion -
climbing & bouldering. Come and learn to climb on
real rock and **make the transition from the gym**
to the unlimited outdoors of climbing and bouldering.
Climbing & bouldering is an international sport with
growing participation amongst young people.





PROGRAMS

SCHOOL HOLIDAYS

- Daily Climbing Clinics
- 3 day Climbing Course
- Bouldering Camp

WEEKENDS

- Half Day or Full Day or Two Day Course
- Your choice of location

TERM III & TERM IV

- School Climbing Programs Canberra & Snowy Mountain
- Learn to Lead Climb: Sports Day Activity over school term
- Half day, full day, 3 day programs also available.

SUMMER HOLIDAYS

- Transition Gym to Rock
- Learn to Climb Camp Snowy Mountains
- Learn to Lead Climb Course Nowra
- Advanced Climbers Clinics on demand.

As a **'fun' participation sport** with *excellent fitness outcomes*, climbing & bouldering will transform fun & fitness into a **lifelong passion** with multiple personal benefits. K7 adopts an *holistic & integrated approach* to ensure the academic, psychological and emotional development of young sports people. *We value team spirit* and a sense of community whilst progressing personal goals of climbers and their school groups.

Tailor Made - Climbing, Bouldering & Abseiling

K7 Climbing & Bouldering School will build tailor made packages to suit your school. Book with K7 and all teachers go free. It's that easy! Ask us about packages including accommodation for you camps.

Talk to us: Call Lindsay: 0409 001 336

e: lindsay@k7adventures.com

Book early for discounts. Prepay for your climbing clinics and camps for a 10% discount.

Tips for Climbers

Always use the 'buddy' safety system, learn the ropes first, climbing shoes work, carry a chalk bag, climb with a friend.

