

FIND YOUR TRIBE

Women's Coaching

Exactly what it says on the tin. This weekly coaching session is ideal if you're looking to improve your climbing, get some training advice, or you just want to build your confidence as a new female climber.

£10 (Normal entry fees apply)

Improver's Evenings

These sessions are aimed at those who want to learn more about movement and technique in a social environment. Take advantage of having one of our coaches on hand to help get the best out of your climbing. **£10** (Normal entry fees apply)

Over 50's Lunch Club

Our coach led over 50's club is an ideal opportunity to meet other climbers and learn the most efficient ways to climb and train as a veteran. Show the young'uns how its done and enjoy a free coffee on us afterwards. **Cost £10** (Includes entry fee)

Teen Social Climbing

Ditch the parents and hang out with your friends whilst getting top tips and advice on improving your climbing skills. These sessions are for climbers aged 14-18yrs. **Cost £10** (Includes Entry Fee)

YOGA

Kids Yoga £5

Get your little angels learning yoga poses and relaxation through popular children's stories

Flow Yoga £8

Flow yoga has its foundations in movement with an emphasis on a breath, body connection followed by relaxation and a little face massage.

Yin Yoga £8

The perfect antidote to a busy mind and a tired body which targets the body's connective tissue to help you get stronger and more flexible.

OPENING TIMES

MON-THURS: 10am-10pm

FRIDAY: 10am-9pm

SAT & SUN: 9am-8pm

BANK HOLIDAYS: 9am-8pm

The Sunday Session

3 hours of sweet tunes, 1/2 price pizza, and chilled out vibes. Our Sunday sessions provide an awesome opportunity to share beta, meet other climbers, and tick off projects in a social environment.

Orenda Coffee House

Serving outstanding coffee, fresh smoothies, pizzas and wholesome treats



We are a wholly owned subsidiary of IDID Adventure, an award-winning Charity supporting young people with additional needs to improve physical and mental health through specialist adventure programmes.



Connecting People and Communities through Climbing



www.corbyclimbing.co.uk

01536 605210





TIMETABLE SEPTEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Inductions 11am, 4pm, 6pm	Adult Inductions 11am, 4pm, 6pm	Adult Inductions 11am, 4pm	Adult Inductions 11am, 4pm, 8pm	Adult Inductions 11am, 4pm, 6pm	Boulder Bears 9.30-11.00am Kids Yoga 10-10.45am	Inclusive Climbing Club 10am-12pm
	Parent & Toddlers Climb 10-11am	Over 50's Lunch Club 12-1pm Boulder Bears 5-6.30pm	Flow Yoga 10-11am	Parent & Toddlers Climb 10-11am	Corby Climbing Academy 11am-1pm Flow Yoga 11am-12pm	
Paraclimbing Academy 7-8pm	Yin Yoga 7-8pm	Improver Coaching Evening 7-9pm	Corby Climbing Academy 5-7pm Women's Coaching 7-9pm	Teen Social Climb 7-9pm	Adult Inductions 12pm, 2pm, 4pm	The Sunday Session 4-7pm

Adult Inductions: These sessions are designed with over 18's beginners in mind. Let our coaches show you the basics of our sport in this introduction to bouldering. The price includes your entry fee so once you've completed the session you can just carry on climbing. Hire not included. **Cost: £10**

Parent & Tots Climbing (0-4yrs): Want to climb with your little one? This coach supervised session will allow you to share the experience of climbing with your toddler. Our staff will be on hand to help out so you can get some time on the wall too! **Cost: £8**

Paraclimbing Academy (14+): Do you have a disability and want to develop your climbing for a competitive pathway? Our academy helps prepare you for the British Paraclimbing Series and the GB Team Selection Days with former GB Paraclimbing Team Coach, Mark McGowan **Cost: £10**

Boulder Bears (5-7yrs): Can't keep your youngsters still? Our Boulder Bears club is perfect for those energetic kids to start learning the skills of rock climbing. These sessions are led by our qualified coaching team. It is a great way to get climbers ready to take on their NIBAS awards and to have fun! **Cost: £10**

Corby Climbing Academy (8-16yrs): Our youth academy supports young people to develop a wide range of skills including route reading, movement and technique. It is also a great opportunity to build your child's confidence and self-esteem. **Cost: £15**

Inclusive Climbing Club (13+yrs): Our Inclusive Climbing club is aimed at young people with additional sensory, learning, physical and emotional needs. Climbing is a fantastic way to increase self-worth, build trust, and improve confidence but often mainstream clubs and sessions can't offer support for those with additional needs. **Cost: £15**