

Climbing Wall

Supervised Climb Sessions • Beginners Sessions • Parties • Private Instruction
plus much more!



FROME LEISURE CENTRE

Princess Anne Road, Frome, Somerset BA11 2SA

(01373) 465446

www.avalonleisure.co.uk



Rock Climbing

Rock climbing is one of the greatest challenges of human strength, skill and endurance, as well as being one of the most rewarding sporting activities. Our fully trained instructors will ensure each session is packed with enough fun and entertainment that will make you want more!

Climbing Wall Opening Times

Saturdays **9.30am - 1.00pm**

School holidays - Contact a member of our Reception Team for further information.

Booking required

Supervised Climb

A quick 'have-a-go' session is designed to introduce you to the fun of indoor climbing without committing to a formal course. The session lasts one hour during which you will have the chance to tackle roped climbing and test your limits to see how high you can climb. Please contact a member of our Reception Team for further information.

Saturdays **9.30am - 10.30am**

£10.30 per person

Age 8 years +

Booking required

Family & Group Sessions

A one hour session for friends, family or whoever you want! These sessions can be tailored to meet your needs whether a team building challenge or simply a fun packed hour.

Up to 6 people **£45.30 per group per hour**
Age 8 years + **Booking required**

Climbing Party

An exciting and memorable birthday treat for your child and their friends. The emphasis during the climbing session is on fun, with lots of games and challenges to suit all abilities.

1 ½ hours Climbing + Games Deck 45 minutes
Up to 12 children **£103.00**
Age 8 years +

The price includes: Birthday child and 11 guests to attend the party. One and a half hours of supervised activities by a climbing instructor followed by an exclusive 45 minutes use of the Games Deck for food. Total party time of 2 hours 15 minutes. A table will be set up on the Games Deck for your children to enjoy their party food. (Please note that food is not provided).

Parents must agree to comply with Frome Leisure Centre 'Climbing Wall Terms and Conditions' and 'Conditions of Hire'.

Parties are available at weekends only. Availability is checked on booking.



Casual Climbing & Green Card

If you feel competent to take to the ropes alone, you can register as a green card holder allowing access to casual climbing when the wall is open. These sessions are not directly supervised by an instructor and climbers should be well aware of the risks involved. Green cards will only be issued to people aged 18 years and over, or for people under the age of 18 if accompanied by a responsible adult.

Our green card system allows competent climbers to register up to two guest climbers and use the climbing wall without direct supervision of an instructor. Please see our 'Terms and Conditions' for more information.

Green Card Registration	£3.20
Adults	£5.20 (One hour casual session)
Children	£3.20 (One hour casual session)

Private Sessions

Our instructors can teach you a variety of different skills with a low instructor to student ratio. The instructors can tailor each course to your needs by giving you the flexibility to decide what you want to do. Please note that in order to teach belay techniques and rope work at least two participants must be present.

Bespoke private sessions to suit your needs from beginner's sessions to one-to-one sessions.

• 1 person £15.30 • 2 people £25.30 • 3 people £30.30

Age 5 years + Climbing only

Age 10 years + Basic skills learning

Under 8s

Children under the age of eight require supervision at all times by a parent or guardian. We recommend that under eight year olds participate in the following activities with parents;

- Private instruction
- Casual climbing with a green card holder
- An adult may only supervise up to two under eights

Please contact a member of our Reception Team for further details.

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Avalon Leisure manage Frome Leisure Centre on behalf of Western Community Leisure in partnership with Mendip District Council.