

LEARN TO CLIMB

nicas
WILD
CLIMBERS

OUR CLASSES RUN THROUGHOUT THE WEEK AND ALL YEAR LONG, ON A TERMLY BASIS. BOOK ON TO OUR NEXT COURSE THROUGH OUR WEBSITE AND START YOUR CLIMBING JOURNEY TODAY. ENJOY THE HEALTH BENEFITS, BOTH PHYSICALLY AND MENTALLY, AS CLIMBING IS ALL ABOUT PERSONAL DEVELOPMENT.

WILD CLIMBERS

NICAS WILD CLIMBERS COURSE OFFERS CLIMBING SKILLS FOR ALL, FROM AGE 3 AND UPWARDS. IT'S A FUN, GAME ORIENTATED PROGRAMME WHICH AIMS TO INTRODUCE CLIMBERS SAFELY TO THE INDOOR CLIMBING ENVIRONMENT, DEVELOPING THEIR AWARENESS OF CLIMBING MOVEMENTS, IMPROVING CONFIDENCE AND CREATING A GRASSROOTS PATHWAY INTO ADDITIONAL CLIMBING ACTIVITIES. WILD CLIMBERS IS A PROGRAMME THAT IS DESIGNED TO BE INCLUSIVE AND ACCESSIBLE FOR ALL.

NICAS LEVEL 1 - NEW CLIMBER

AN ENTRY LEVEL COURSE AIMED AT NOVICES THAT RECOGNISES THEIR ABILITY TO CLIMB SAFELY UNDER SUPERVISION. THEY WILL LEARN CLIMBING KNOTS, BELAYING, HARNESSSES, CLIMBING SAFETY AND THE BASIC PRINCIPLES OF CLIMBING MOVEMENT.

NICAS LEVEL 2 - FOUNDATION CLIMBER

AIMED AT PROMOTING GOOD PRACTICE IN CLIMBING AND BOULDERING UNSUPERVISED ON AN ARTIFICIAL WALL. CLIMBERS PRACTICE THEIR LEVEL 1 SKILLS AND LEARN NEW CLIMBING TECHNIQUES TO PROGRESS. THEY WORK TOWARDS INDEPENDENCE WITH SUPPORTIVE COACHING.

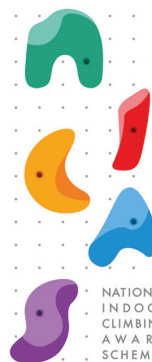
NICAS LEVEL 3 - TECHNICAL CLIMBER

A MORE ADVANCED TOP-ROPING AND BOULDERING AWARD THAT FOCUSSES ON DEVELOPING TECHNIQUE AND MOVEMENT SKILLS. THIS IS AIMED AT ENSURING A CANDIDATE POSSESSES THEIR KNOWLEDGE AND SKILL TO CLIMB AND BELAY SAFELY AT ANY CLIMBING FACILITY (WHETHER OR NOT UNDER SUPERVISION OR WITH BACK-UP) AND OPERATE IN A RESPONSIBLE MANNER. ACHIEVEMENT AT THIS LEVEL IS BROADLY EQUIVALENT TO A PASS AT GCSE.

NICAS LEVEL 4 - LEAD CLIMBER

CONCENTRATING ON THE SKILLS REQUIRED TO LEAD CLIMB PROFICIENTLY. AIMED AT DEVELOPING A SELF-MOTIVATED CLIMBER WHO HAS A WIDE RANGE OF SKILLS AND HAS REACHED A HIGH LEVEL OF COMPETENCE, WITH A DESIRE TO PROGRESS BY IDENTIFYING AND SETTING GOALS.

At Lower Grange Farm we believe that adventure is for everyone. Our team of experienced instructors take pride in the sessions and coaching we offer. We have undertaken training and put in adjustments and measures to ensure that all that come for an adventure at our centre are able to participate.



NATIONAL
INDOOR
CLIMBING
AWARD
SCHEMES

LowerGrangeFarm.co.uk   
Bookings@LowerGrangeFarm.co.uk

Kent Scouts Activity Centre, Lower Grange Farm,
Grange Lane, Sandling, Maidstone, Kent ME14 3DA
01622 397070



LOWER GRANGE FARM

ABOUT THE CENTRE

Our purpose-built indoor climbing centre provides a safe environment to build self-esteem and confidence while experiencing a new sport for fun, personal development, socialising or when working towards GCSE and/or NICAS awards. Climbers of all abilities find our hands-on approach to climbing both structured and rewarding.

Lower Grange Farm: Climbing Centre boasts 25 walls including lead walls, auto-belays, over-hangs, slabs, abseil walls, disabled access and a bouldering area. Regular route resets keep our walls fresh and challenging for those who climb with us.

All our regular courses are bookable through our website: lowergrangefarm.co.uk
For climbing sessions for groups, private courses, parties and other climbing centre questions
Call: **01622 397070**
Email: Bookings@lowergrangefarm.co.uk

LOWER GRANGE FARM CLIMBING CENTRE



GCSE PE ROCK CLIMBING

GCSE Intensive Course

Our experienced instructors lead a class through an intensive two-and-a-half days of Rock Climbing 101. Quality footage for assessment. Excellent progress with all abilities.

NICAS Course

The National Indoor Climbing Award Scheme is the recommended course for GCSE Rock Climbing students to follow. Book private weekly sessions or individual students can book on to our public sessions.

CLIMBING SESSIONS

Under 18's Climbing Sessions - BOOK ONLINE OR PAY AT THE DOOR

5 - 17 year olds Saturdays 16:00-17:30 £12 Kit Hire included

Open Climbing Sessions - BOOK ONLINE OR PAY AT THE DOOR

5 + year olds Tuesdays 19:00-22:00 £12
(under 18s must be supervised by competent climber)

Enrichment and Private Sessions

3+ year olds Individuals or Groups GCSE Filming Lessons

Birthday Parties

5+ year olds Includes party room and cake Private use



LEARNING FOR ADULTS

Climbing for Beginners Course - £60

For adults looking to learn to climb with coaching

Learn to Lead Course - £60

For top-rope climbers looking to learn lead climb with coaching

Belay Induction Course - £20/person

30 min tuition on how to belay during Tuesday's open climb

Climbing Wall Instructor

Become a qualified instructor. Talk to our staff for details.

