



LET YOUR STUDENTS REACH NEW HEIGHTS AT OLDHAM'S WORLD CLASS CLIMBING CENTRE!

- SUMMIT UP CLIMBING OPENING SUMMER 2021

THE EXPERIENCE:

CLIP 'N CLIMB:

Clip 'n Climb is the action packed climbing activity that anyone can enjoy. With one of the largest and highest facilities in the UK and 35 exciting challenges to try it's an experience your students won't forget! Children can get a taste of rock climbing in a fun, safe environment. You don't need any previous climbing experience and no specific climbing equipment is required.

VALO CLIMB:

ValoClimb is the world's first interactive game platform for climbing walls. This active play technology combines great physical exercise and gaming experience.

TRADITIONAL CLIMBING:

Summit Up Climbing also offers roped climbing and bouldering. Rope climbing - children can learn all the skills required to be able to climb safely with ropes. Bouldering - With no harnesses, knots or belaying to worry about, bouldering is an easy way to try traditional climbing.

Reasons to bring your group:

- A one off session as a reward for student behaviour or attendance
- Stress releasing session prior to or post exams
- End of year school trip
- An extra curricular activity or to support your PE curriculum during term time.

TOKYO OLYMPIC GAMES

There is not a better time to introduce your students to Climbing. For the very first time in the Tokyo 2021 Olympic Games, Speed Climbing is now featured as an Olympic Sport.



Climbing offers **physical, mental and social benefits** for children and young people. These benefits can match the necessary key stage learning requirements for children and young people.

INCREASE STRENGTH, ENDURANCE & FLEXIBILITY

- Climbing is a total body workout as the motion of climbing works every part of the body.
- Climbing will strengthen a child's arm, leg and core, developing strong supple muscles.

TEACH HAND, FEET & EYE COORDINATION

- In order to successfully complete their climb, children have to look, plan and coordinate their hands and feet to a chosen spot.
- These enhanced coordination skills developed through climbing can be transferred to many aspects of life and learning. In the simplest terms knowing colours, shapes and left/right.

BUILD CONFIDENCE & SELF ESTEEM

- Climbing offers children a chance to go outside their comfort zone and by overcoming any fear, step by step on the climbing wall, this can significantly boost their self esteem.
- Building belief in themselves can improve a child's confidence in their own ability to handle other problems in life.

INCREASE PROBLEM SOLVING, PLANNING & DECISION MAKING ABILITIES

- There is always more than one way to conquer a mountain. This is the same with our climbing walls. Children need to plan and decide their next moves at every stage.
- Over time a child will be able to problem solve and visualise a route on the wall prior to starting.

STRESS RELIEF

- A fast paced life and constant pressures to achieve can be a lot of stress on little shoulders.
- Rock climbing requires children to be fully focused and concentrate on the immediate task. This mindfulness, by living in the present moment, can reenergise children and they can leave being able to face their situations with a clear head.

DEVELOPING COMMUNICATION & LISTENING SKILLS

- In rock climbing children are competing against themselves, however excellent communication skills are required especially in rope climbing between the climber and the belayer.

WE KNOW THAT ALL SCHOOLS AND GROUPS ARE DIFFERENT - WE CAN TAILOR-MAKE YOUR VISIT TO SUIT YOUR NEEDS.

TEACHERS TEAM BUILDING

Team building activities for staff are extremely important when aiming to boost team morale, improve communication, and enhance productivity. At Summit Up Climbing we have designed a collection of fun and inclusive team building activities for you to enjoy. Our on site cafe, South Ridge can provide much needed refreshments and we have private meeting rooms available too.

Why let the kids have all the fun!?

CONTACT US TO DISCUSS YOUR REQUIREMENTS:

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