

# Stuff for Kids

All of our Kid's Clubs are 1hr 45 minutes long and cost £12.50, or £11.50 online with equipment hire included. All abilities are welcome.

## For 7-12 year olds:

**Rock Ratz** runs Tuesday evenings starting at 6pm and Saturdays and Sundays with sessions beginning at 10.30am and 12.30pm.

## For 12-17 year olds:

**Climbatize**, is our course for older kids, it runs on Monday, Tuesday and Thursday evenings starting at 6pm.

Throughout the school holidays we have lots more running during the day for kids of all ages and abilities.

Ask about the **NICAS** training—keep a log of your climbing activity to add structure to your development, and gain certificates after each level!

# Already a Climber?

All you need to do to become a member is demonstrate to an instructor that you are a safe and competent climber.

Membership is £10 for life, or £1.50 for the day.

## Member Prices:

Adults: £7.50

Students: £5.50 (except for peak times—Tuesday, Wednesday and Thursday after 3.30pm)

Juniors (14-17): £5.00, or £7.50 with full equipment hire.

## Equipment Prices:

Harness Hire: £2.50

Shoe Hire: £2.50

Belay Device: £1.00

Helmets are Free!

Details are correct at the time of printing January 2010. Please note prices are subject to change.

## **Glasgow Climbing Centre**

534 Paisley Road West  
Glasgow G51 1RN

Phone: 0141 427 9550

Fax: 0871 714 6657

E-mail:

reception@glasgowclimbingcentre.co.uk



Looking for a new challenge? You've found it! Climbing is great fun *and* great exercise, and the Glasgow Climbing Centre has something for everyone!



11am-10pm Monday to Friday  
10am-6pm Saturday and Sunday

# Adult Courses

We have a number of adult courses and can cater for all abilities.

## For beginners:

Our **Adult Introduction Course** is the perfect way to learn how to climb. It comprises of 2 x 3hr sessions including equipment hire, lifetime membership to the centre and 1 weeks free entry from the day you complete the course. Once completed you should be confident and competent to climb indoors.

## For experienced climbers:

Our **Introduction to Leading** consists of 2 x 1hr 45mins sessions. Please ask at reception what is required to learn how to lead climb.

## Looking to improve?

We run **Upgrade** and **Technique** courses at the centre. To find out more, look them up on our website, or ask at reception.. Prices for these courses vary.

# Group Tasters

**Group Taster Sessions** are ideal for Group Outings, Birthday Parties and Corporate Days.

Sessions last 1hr 45mins with all equipment hire included. We can take up to 36 participants in a session, and instructors work on a ratio of 1:6.

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# Other Services

We also run abseil events and install Traverse Walls, for more information please contact us.

Phone:

0141 427 9550

or E-mail:

[reception@glasgowclimbingcentre.co.uk](mailto:reception@glasgowclimbingcentre.co.uk)

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# Café

There is a café serving hot and cold food and drinks. The café is open weekday evenings and during the day on weekends. They also cater for parties, bookings are required.

# History

The Glasgow Climbing Centre opened its doors in 1994, and has since amassed over 40,000 members!

The centre has over 40 lines of top roping and leading, an expansive bouldering basement and a dedicated training room.

The building was originally a Presbyterian Church built from wood in 1875. The building you see today replaced the wooden church in 1897. Designed by Bruce and Hay the church was enlarged and built from stone.

