

ADRENALINE VAULT

# YOUTH SQUAD



# INFORMATION PACK

# YOUTH SQUAD OVERVIEW

Students are taught within their allocated squad, however progression between squads is based upon their individual performance and desires. Each squad is given a themed lesson plan for each session, ensuring consistency, progression and skill development. Our experienced climbing coaches will guide student learning, track progress and ensure students are having fun.

To maintain the highest quality of coaching, students enrol in fixed, weekly timeslots each term through our registration portal. The sessions are capped, and once a session has been filled it will no longer be available for registration. Students are expected to attend all sessions they are registered in. Refunds, credit notes or 'make-up' lessons in other sessions will not be available.

## OUR SQUADS

JUNIOR

RECREATION

ADRENALINE

COMP





# JUNIOR SQUAD

## AGE

4 - 7 YEARS OLD

## BOULDERING ABILITY

GRADES 0 - 2

## TOP ROPE ABILITY

UP TO GRADE 17

A fun, social and engaging curriculum allowing your child to build strength, fitness and climbing techniques in a safe environment. The learning is focused on foundational skills in climbing and is the perfect starting place for students desiring climbing success, or a great form of activity for students looking for ways to have fun and socialise outside of school.

## SESSIONS

### BELMONT

WEDNESDAY 4PM - 5:30PM  
SATURDAY 8AM - 9:30AM  
SUNDAY 8AM - 9:30AM

## TERM PRICE

### ONE SESSION P/W

\$335

### TWO SESSIONS P/W

\$445



# RECREATION SQUAD

## AGE

8 & ABOVE

## BOULDERING ABILITY

GRADES 0 - 2

## TOP ROPE ABILITY

UP TO GRADE 17

This program is designed for recreational climbers who are more interested in the social and fun aspects of climbing than competition. Participants will enjoy a relaxed atmosphere where they can explore bouldering, top-rope, and lead climbing at their own pace. The focus is on fostering a love for climbing and building confidence.

## SESSIONS

### BELMONT

MONDAY 4PM - 5:30PM  
TUESDAY 4PM - 5:30PM  
WEDNESDAY 4PM - 5:30PM  
THURSDAY 4PM - 5:30PM  
SATURDAY 8AM - 9:30AM  
SUNDAY 9:30AM - 11:00AM

### COCKBURN

MONDAY 4PM - 5:30PM  
THURSDAY 4PM - 5:30PM

## TERM PRICE

### ONE SESSION P/W

\$335

### TWO SESSIONS P/W

\$445



# ADRENALINE SQUAD

## AGE

8 & ABOVE

## BOULDERING ABILITY

GRADES 3 & ABOVE

## TOP ROPE ABILITY

GRADE 18 & ABOVE

A curriculum for the competitive recreational climber. Students are pushed to build knowledge, strength and skills in bouldering, top-rope and lead climbing. They will train regularly in all factions of climbing with a focus on progressive techniques and skills that will encourage them to compete in local climbing competitions if desired.

## SESSIONS

### BELMONT

MONDAY 5:30PM - 7PM (BOULDERING)  
TUESDAY 5:30PM - 7PM (BOULDERING)  
WEDNESDAY 5:30PM - 7PM (BOULDERING)  
WEDNESDAY 5:30PM - 7PM (LEAD/TOP ROPE)  
THURSDAY 5:30PM - 7PM (LEAD/TOP ROPE)  
FRIDAY 4PM - 5:30PM (LEAD ROPE)  
FRIDAY 5:30PM - 7PM (BOULDERING)  
SATURDAY 9:30AM - 11:00AM (BOULDERING)

## TERM PRICE

### ONE SESSION P/W

\$355

### TWO SESSIONS P/W

\$475





# COMP SQUAD – INVITE ONLY

## AGE

8 & ABOVE

## BOULDERING ABILITY

GRADES 5 & ABOVE

## TOP ROPE ABILITY

GRADE 21 & ABOVE

Catered for the serious climbers. The highest performing students from Adrenaline Squad are invited to train in our Comp Squad. These climbers show outstanding dedication to their training, committing to a minimum of two sessions a week. Coaches will focus on advanced climbing techniques, skill and strength to encourage peak performance.

## TERM PRICE

### TWO SESSIONS P/W

\$485

### THREE SESSIONS P/W

\$575



# YOUTH SQUAD **BENEFITS**

FREE MEMBERSHIP FOR THE FULL TERM FOR KIDS

FREE HARNESS AND SHOE HIRE

10% OFF THE ADRENALINE VAULT PRO SHOP

30% OFF REGULAR MEMBERSHIP PRICE FOR PARENTS



SCAN THE  
QR CODE TO  
**ENROL NOW**

HAVE AN ENQUIRY? FEEL FREE TO EMAIL US AT  
[YOUTHSQUAD@ADRENALINEVAULT.COM.AU](mailto:YOUTHSQUAD@ADRENALINEVAULT.COM.AU)

