ADRENALINE VAULT VOUTTH SQUADD

YOUTH SOUAD

INFORMATION PACK

ADRENA

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

AGE BOULDERING ABILITY

4 - 7 YEARS OLD

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.

GRADES 0 - 2

SESSIONS

BELMONT

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

TERM PRICE

ONE SESSION P/W

\$335

RECREATION SQUAD BOULDERING ABILITY AGE

8 & ABOVE

GRADES 0 - 2 **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.

TOP ROPE ABILITY

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

ADRENALINE SQUAD AGE BOULDERING ABILITY

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

COMP SQUAD - INVITE ONLYAGEBOULDERING ABILITYTOP ROPE AB

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





YOUTH SQUAD BENEFITS

FREE MEMBERSHIP FOR THE FULL TERM FOR KIDS

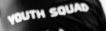
FREE HARNESS AND SHOE HIRE

10% OFF THE ADRENALINE VAULT PRO SHOP

30% OFF REGULAR MEMBERSHIP PRICE FOR PARENTS



HAVE AN ENQUIRY? FEEL FREE TO EMAIL US AT YOUTHSQUAD@ADRENALINEVAULT.COM.AU





ADRENALINE