



Indoor Rock
Climbing



Let's Go Climbing!



Have a Go
Sessions
Only
£5.50



Alton
Crawley
Elmbridge
Midhurst
Rotherham
Redhill





Anyone can climb

Climbing is a sport for everyone regardless of your experience or fitness. Fun and exciting it provides a mental challenge as well as toning the body and building strength. Within our friendly and relaxed environment getting started is simple.

Have A Go £5.50

No need to book for these sessions, fifteen minutes on the auto belay routes will give you a taste of indoor climbing. Ideal for after school or as a weekend treat. Suitable for age 4 upwards and, of course, adults too.

ROCKSTART™ £17.50

These one and a half hour sessions, with an instructor, are ideal if you are considering taking up the sport. Plenty of climbing and the chance to talk with your instructor about how to progress. Family Tasters are also available.

Beginner Course £55

The ideal way to move to a level where you can climb at any High Sports Centre without an instructor. The Beginner Course will teach all the basic skills associated with indoor climbing. You will also meet up with other climbers just starting out.

Junior Clubs £42.50 per five week term

For the chance to learn new skills, build confidence and have amazing fun our junior clubs are unbeatable. All clubs are available for term bookings or one off visits. They run after school, early evening during the week and at weekends.

[Pebbles](#) 4-7 years [Junior Rock Club](#) 7-11 years [1215 Rock Club](#) 12-15 years

Junior Tasters £10.50

One packed hour of climbing with an instructor. Perfect for juniors wanting to try out the sport or for a one off treat!

Birthday Parties From £75

Our party sessions provide fantastic birthday fun for ages 7 and up. These one and a half hour sessions are packed with climbing and finish up with our unique party games, parents are welcome to stay and watch.

How to contact us: 0845 363 1177
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www.high-sports.co.uk