

SOUTH AFRICAN CLIMBING ACADEMY



Special Offer: Adult Beginner Course

This is a course that covers a wide range of the technical aspects of climbing. The hands-on approach will keep learners constantly active, and it is designed to lay a solid foundation in both safety and climbing skills. If the principles taught this course are adhered to, and continued with diligence, it will serve as an excellent start to your new healthy outdoor passion.

Course 2015 Schedule

Note: all lecture venues are close to Johannesburg
These take place on Tuesday and Thursday evenings.
All weekend activities are at outdoor venues within an easy day drive from Johannesburg, thus no overnights required.

Session 1

Tuesday: Lecture 6:30 pm

Thursday: Lecture 6:30pm

Saturday: 9am to 1pm

Session 2

Tuesday: Lecture 6:30 pm

Thursday: Lecture 6:30pm

Saturday: 9am to 1pm

Assessment:

Sunday 9am to 12pm

Pricing Structure:

Standard Cost: R1900.00

Special offer: First 10 entries only: R950.00

Deposit on to confirm your place R475.00

Second payment after first session R475.00

Banking Details: SA Climbing Academy

FNB Cresta 254905

A/C 62244046381

Price includes use of climbing gear for course duration, a comprehensive manual and venue entrance fees at selected crags. Expenses such as transport costs and refreshments are not included.

Terms and Conditions of Enrolment:

- Learners must arrange own transportation to lessons.
- The organisers reserve the right to make changes to the course and dates if necessary.
- No credit or refunds are issued for missed lessons.
- Learners agree to abide by all the SACA rules.
- All learners must complete the indemnity in full.

For more info contact Neil on 083 669 3028

Course Outline

This course comprises twice weekly sessions over 2 weeks (4 classroom-based theory sessions in total) as well as 3 practical outdoor sessions over 2 separate weekends. The final outdoor session includes the assessment. This format is repeated several times a year.

During classroom sessions, learners will be taught the basics of safety, mountaineering, knots, climbing movement, injury avoidance and many other techniques. Learning aids include a prescribed manual and video footage of top climbers as part of understanding technique.

Weekend sessions begin with a warm up, followed by belaying practice and applying technique to actual climbs.

This is followed by a recap, discussions, planning and goal-setting. At the end of the second outdoor session, learners will be assessed and if found competent, will receive a certificate.

The course equips complete beginners with the skills to participate safely in climbing activities. Learners are also introduced to existing climbing clubs, networks, and groups so they can find their place in the climbing community.

Personal Details

Name	
ID number	
Allergies or relevant medical info:	
Postal Address	
Email address	
Mobile number	

I agree to adhere with the terms and conditions stated here and confirm that the information on this form is correct.

Signed:

Date: