

The background image shows an indoor climbing gym with several climbing walls. A person is seen climbing on the left wall. Other people are standing on the floor mats. A large blue geometric shape, resembling a stylized 'A' or a mountain peak, is overlaid on the image. The text 'STRONG HOLD' is written in white, bold, sans-serif capital letters across the center of the blue shape.

STRONG HOLD

SCHOOLS INFORMATION PACK

INTRODUCTION

As London's largest bouldering-only centre, Stronghold Climbing Centre is able to provide for children of all ages and abilities, allowing them to discover the joy of climbing through challenging and engaging sessions.

Climbing is an accessible sport that challenges you both mentally and physically, encourages teamwork, builds confidence and promotes a healthy lifestyle.

Bouldering does not require ropes and harnesses, instead participants climb short, but tricky, routes on brightly coloured holds over safety mats.

The sport is physically challenging, requiring balance, technique and strength, but also tests the brain's ability to solve problems.

We offer one-off fun taster sessions as well as structured weekly classes that develop children's climbing skills over the course of the term, covering both GCSE and NIBAS (National Indoor Bouldering Award Scheme) syllabus as required.

Our instructors are able to cater for children aged six to eighteen, adapting their sessions to suit the needs and ability of the group.



OUR STORY

Hilipsamreiustemquideruntur?Quiaconsequia
eossint que de dolupta et et eicatibus, nos veni
omniet eum alibusci et, erest aut faccatur arum
il modicaborum acia diae nam re nimpere
iuntus, atum dici cuscimus cus, ilit praeceari
dercid untiae eum fugita sed minullorio. Nam
quos ea consedi ommolorum quia vel mo
con prestia tibustis audisqui de nus, qui con
eos demque a voluptatis et eosam quiaspi
ciminve libust quam, omnis reperitame porio
explatessunt es susa sim repelis el millita
sperum facepudit adi il moditaq uatempo
ressinu lparchil mollupi tiuntinvero qui
to venis quas vende nam fuga. Bis estisci
taquates quiaspe que recea vendias dolorum
ulpa con providit aut porepudi dio mostias
consequ atemporestor aliquibus accumquias
volentOvit fugit, sant. Cea enisqui deruntur?
Liciliquid quibust fugitas essinum res aut
volorrovit, core doloribus, officia il inciam



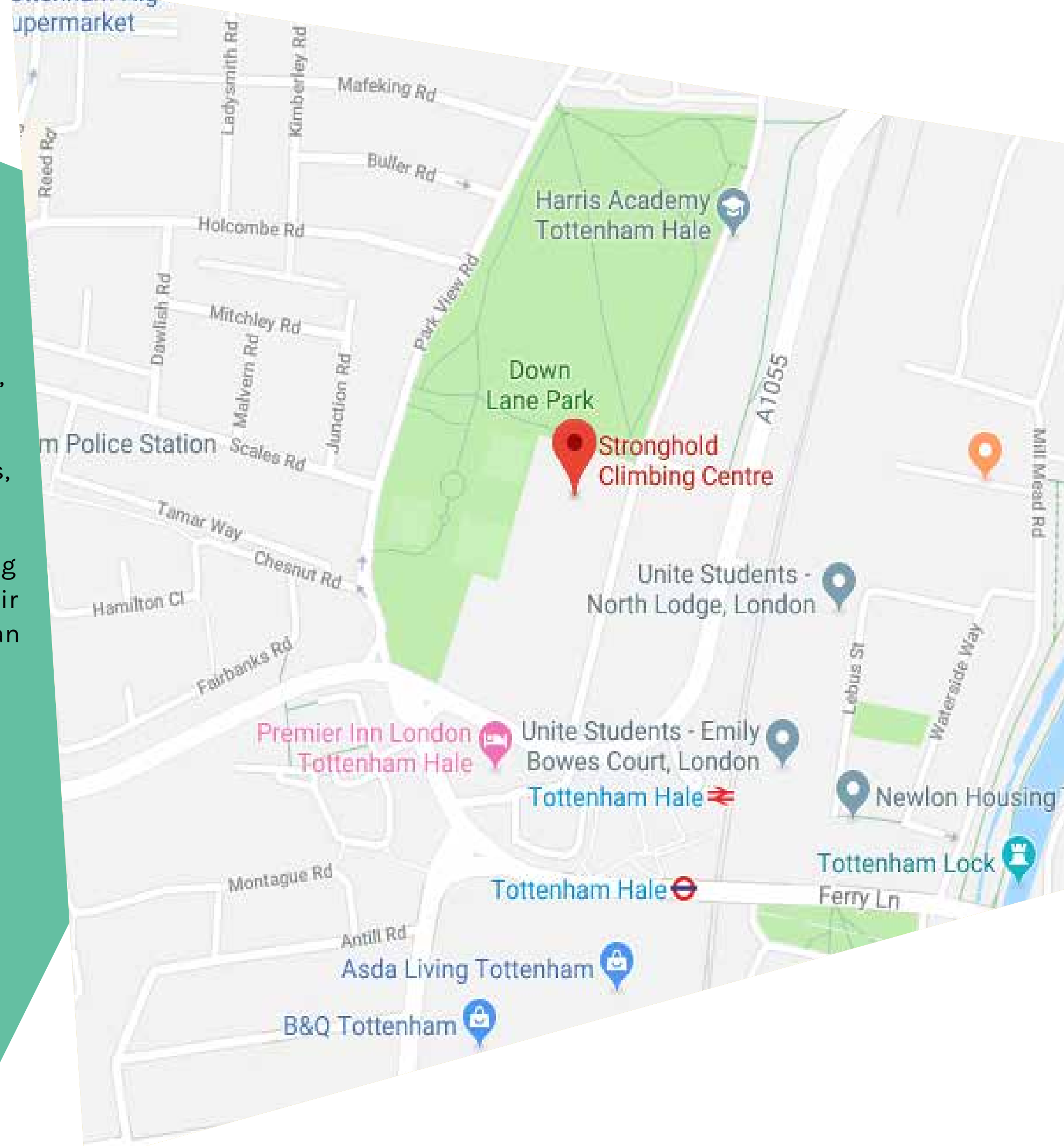
OUR SITE

Our Tottenham Hale site is situated just a three-minute walk from Tottenham Hale train, tube and bus stations.

We have on-site parking suitable for mini-buses, and secure bike racks.

Our centre offers accessible parking and facilities, and is based across one level.

Alongside the climbing, we have a cafe and seating area. Visiting schools are welcome to bring their own food to eat in the cafe area, and lunches can be provided if required.



OUR STAFF

Our team of qualified instructors sit at the very heart of everything that we do as they help us to create a social, inclusive environment. Our dedicated team members continually make us proud by providing the best service along with a positive, friendly can-do attitude.

From youth groups to adult fitness programmes, our committed team are on hand seven days a week to support the community and encourage the Stronghold lifestyle.

Our staff are passionate about climbing and use their knowledge and experience to inspire the next generation of climbers.



WHAT WE OFFER

PRIMARY SCHOOLS

- NIBAS (National Indoor Bouldering Award Schemes) starting September 2019
- Weekly courses with Certificates of Achievement based around fun climbing games to teach skills and build confidence
- One-off fun taster sessions
- Dedicated children's climbing area and Mini Circuit
- Minimum age of six
- Shoe hire included

SECONDARY SCHOOLS

- GCSE programme following exam board syllabus
- NIBAS (National Indoor Bouldering Award Schemes) starting September 2019
- Weekly courses developing skills, techniques and confidence
- One-off fun taster sessions
- Shoe hire included

GCSE PROGRAMME

Our GCSE programme will not just meet the requirements of your chosen exam board, but also give your students the confidence and drive to carry on climbing once their exams are finished.

Our programme includes:

- Rope work - tying in, belaying with different devices, knots (figure of eight, clove hitch),
- Fitting a harness and helmet
- Climbing techniques such as weight transfer,, body positioning, and footwork
- Developing fluid and controlled movement
- Progression from slabs to overhangs
- Climbing language and communication
- Tactics such as route-reading and strategic problem solving
- General knowledge of climbing as a sport



NIBAS PROGRAMME

- Our schemes, which are the National Indoor Climbing Award Schemes (NICAS) are an introduction to climbing and provide a gateway to learning more about the sport.
- The key aim is to provide a safe introduction to climbing for young people aged 7 years and up on artificial climbing structures (e.g indoor climbing walls). Those who are keen to progress through to the higher levels also start to look wider and learn more about the history, ethics and styles of both indoor and outdoor climbing.
- The nationally-recognised scheme also helps to standardise the teaching and coaching of young people in an engaging manner.
- All involved, the climber, parent and coach, can easily monitor and record skill development and progression through the sport.



PRIMARY ONE-OFF TASTER

Our one-off taster sessions are the perfect end of term treat or addition to the curriculum.

These classes are usually one hour long and include fun climbing games and challenges.

- Recommend duration - 1 hr
- Maximum number of participants - 30
- Price per pupil - £10
- Shoe hire included

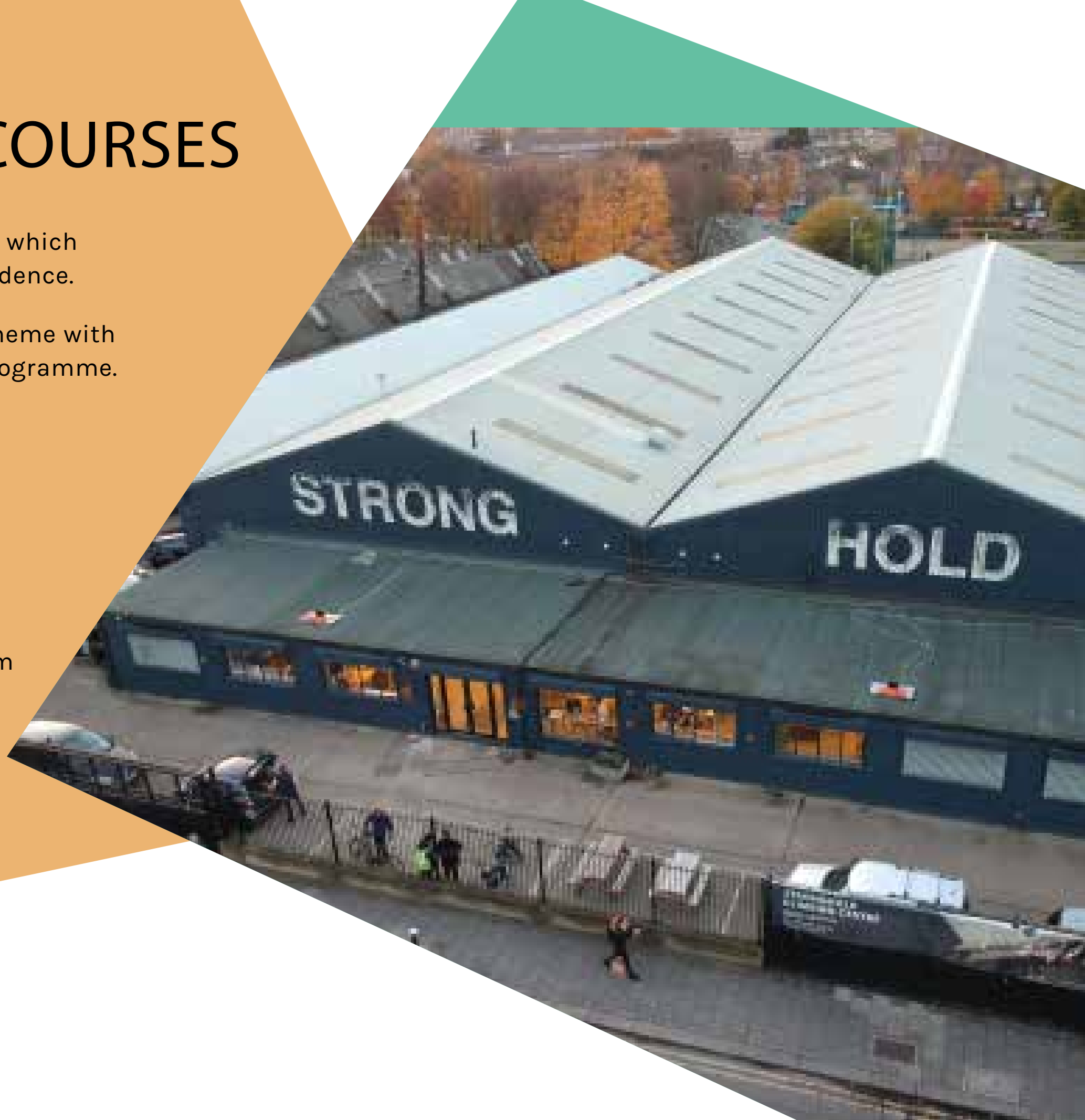


PRIMARY WEEKLY COURSES

Our weekly courses follow a structured plan which develop children's climbing skills and confidence.

We are able to offer our own progressive scheme with certificates of achievement, or the NIBAS programme.

- Recommended duration - six weeks
- One hour sessions
- Maximum number of participants - 30
- Price per pupil - £8
- Dedicated instructors throughout the term
- Certificates of Achievement
- Shoe hire included



SECONDARY ONE-OFF TASTER

Our one-off taster sessions are the perfect end of term treat or addition to the curriculum.

These classes are usually one hour long and include fun climbing games and challenges.

- Recommended duration - 1 hr
- Maximum number of participants - 30
- Price per pupil - £10
- Team building games can be incorporated
- Shoe hire included



SECONDARY WEEKLY SESSIONS

Our weekly courses follow a structured plan which develop young people's climbing skills and confidence.

We are able to offer our own progressive scheme or the NIBAS programme.

- Recommended duration - six weeks
- 1.5 hour sessions
- Maximum number of participants - 30
- Price per pupil - £10
- Dedicated instructors throughout the term
- Shoe hire included



STAFF SESSIONS

Climbing is not just for the children! We also offer sessions for teachers and staff!

These sessions are usually one hour long and make a great team building day, or fun way to celebrate the end of term.

- One-hour long
- Maximum number of participants - 30
- Price per person - £10
- Team building games can be incorporated
- Sessions before 12pm Monday-Friday will enjoy exclusive use of the centre
- Evening sessions can include beer and/or pizza



HOW TO BOOK

If you would like to book a one-off taster or weekly session, or have any questions please contact our bookings team:

Email: bookings@thestrongholduk.com

Phone: 020 8350 2453

In person: Stronghold Climbing Centre, 18 Ashley Road, Tottenham, N17 9LJ





**STRONG
HOLD**

CONTACT INFORMATION

Clare Freeman
Bookings Manager
Phone: 020 8350 2453
E-Mail: bookings@thestrongholduk.com

Ryan Reyes
Centre Manager
Phone: 020 8350 2453
E-Mail: ryan@thestrongholduk.com

18 Ashley Road, Tottenham Hale, London. N17 9LJ