

## March

Date	Time	Age	Course	Cost
Sat 3 Mar	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 4 Mar	11.30am-1.00pm	10yrs+	NICAS course 3rd session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 4 Mar	1.30pm-2.30pm and 2.30pm-3.30pm	8yrs+	Come and try	£10
Tue 6 Mar	6.00pm -9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 10 Mar	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 11 Mar	11.30am-1.00pm	10yrs+	NICAS course 4th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 11 Mar	1.30pm-4.00pm	16yrs+	Learn to climb part 1	£45 for 5 hours tuition over two sessions
Tue 13 Mar	6.00pm -9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 17 Mar	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sat 17 Mar	4.00pm-5.00pm	16yrs+	Adult Come and try	£10
Sun 18 Mar	11.30am-1.00pm	10yrs+	NICAS course 5th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 18 Mar	1.30pm-4.00pm	16yrs+	Learn to climb part 2	£45 for 5 hours tuition over two sessions
Tue 20 Mar	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 24 Mar	2.00pm-3.00pm 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 25 Mar	11.30am-1.00pm	10yrs+	NICAS course 6th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 25 Mar	1.30pm-2.30pm and 2.30pm-3.30pm	8yrs+	Come and try	£10
Mon 26 Mar	6.00pm-7.00pm	16yrs+	Adult Come and try	£10
Tue 27 Mar	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 31 Mar	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10



follow us on facebook

# the PEAK

## Climbing wall courses

**NOW AVAILABLE!**  
Adult only  
come and try  
sessions.

### Come and try climbing

**£10 for 60 mins**

Age 8+

- try indoor climbing at The PEAK's climbing wall
- hands on tuition and supervision by our qualified members of staff
- no need to bring any equipment – everything is provided
- bookings must be made in advance at The PEAK

### Learn to climb

**£45 for two 2.5 hours sessions**

Age 16+

- learn how to climb competently and safely at an indoor centre
- grasp the basics of climbing movement and technique
- learn how to fit a harness, tie in and safe belay technique
- no need to bring any equipment – everything is provided
- bookings must be made in advance at The PEAK

### NICAS Development Class

**£65 for 6 x 1.5 hour sessions**

Age 10-16

- learn how to climb and belay safely in these six weekly sessions
- (the sessions are non transferable)
- the course covers NICAS Level 1 & 2
- a great first step into the sport of climbing

The PEAK Stirling Sports Village  
Forthside Way, STIRLING FK8 1QZ

# the PEAK

## Climbing wall timetable

Saturday 3 December 2011 –  
Saturday 31 March 2012

### Climbers night

**Standard entry prices apply**

£7.50 Adults aged 18+, £4.50 junior

6pm – 9pm Ideal for any competent climber

- no need to book – simply turn up
- must be registered at The PEAK as a competent climber
- meet other climbers and find a climbing partner
- brush up on your technique by speaking to one of our instructors

### Competent climbers

• you can book to use the wall anytime during opening times (subject to availability)

• register as a competent climber at The PEAK before you climb

• you can sign in up to 2 novice climbers/juniors once registered

### Learn to lead climb indoors

This course is available on request – please contact the Climbing Development Officer at Active Stirling.

### Do you want to book an instructor privately?

- skill development
- technique workshops
- team building
- we can also run outdoor crag sessions

We charge £25 per hour, per instructor and wall entry fees of £7.50 for adult participants and £4.50 per child participant. Instructors work on a 1.6 ratio as a maximum. Contact our bookings coordinator to arrange private sessions.

[brophyj@activestirling.org.uk](mailto:brophyj@activestirling.org.uk)

includes  
**NEW NICAS\***  
courses

\*National Indoor  
Climbing Award  
Scheme

ActiveStirling

01786 273555  
[the-peak-stirling.org.uk](http://the-peak-stirling.org.uk)

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## December

Date	Time	Age	Course	Cost
Sat 3 Dec	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 4 Dec	12.00pm-1.00pm and 1.00pm-2.00pm	8yrs+	Come and try	£10
Tue 6 Dec	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 10 Dec	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 11 Dec	12.00pm-1.00pm and 1.00pm-2.00pm	8yrs+	Come and try	£10
Sun 11 Dec	2.30pm-5.00pm	16yrs+	Learn to climb part 1	£45 for 5 hours tuition over two sessions
Tue 13 Dec	6.00pm -9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 17 Dec	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 18 Dec	12.00pm-1.00pm and 1.00pm-2.00pm	8yrs+	Come and try	£10
Sun 18 Dec	2.30pm-5.00pm	16yrs+	Learn to climb part 2	£45 for 5 hours tuition over two sessions
Tue 20 Dec	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Tue 27 Dec	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult

## Climbing wall membership

### Price Structure

Adult	£25 per month (18-59)
Joint	£20 per person per month
Bolt On	£15 per month (existing gym/swim or gym/swim classes members)
Concession	£15 per month (students, over 60's, income support)
Junior	£10 per month (17 or younger) – <b>Must be linked to adult Climbing wall member if under 16</b>

Members must be a registered climber. Registration can be completed at the same time as setting up membership. Membership fees will be debited once a month from your bank account, currently there are no set up fees for this. To cancel membership, one months notice should be given in writing.

Please note that the junior club sessions for 8-16 yrs at The PEAK are run by Stirling Spiders Climbing Club. If you would like to get involved please e-mail [stirlingspiders@hotmail.co.uk](mailto:stirlingspiders@hotmail.co.uk). Stirling Spiders Climbing club sessions will continue to take place each Saturday between 10.30am and 1.30pm. The wall can be closed from time to time for maintenance. To find out these times please check on the web site. <http://www.the-peak-stirling.org.uk/facilities/climbing-wall/Climbing> Development officer: [nellistp@activestirling.org.uk](mailto:nellistp@activestirling.org.uk)

## January

Date	Time	Age	Course	Cost
Tue 3 Jan	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Fri 6 Jan	8.00pm-7.00pm	16yrs+	Come and try	£10
Sat 7 Jan	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 8 Jan	11.30am-1.00pm	10yrs+	NICAS course 1st session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 8 Jan	1.00pm-2.00pm	8yrs+	Come and try	£10
Tue 10 Jan	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 14 Jan	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 15 Jan	11.30am-1.00pm	10yrs+	NICAS course 2nd session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 15 Jan	1.00pm-2.00pm	8yrs+	Come and try	£10
Mon 16 Jan	6.00pm-8.30pm	16yrs+	Learn to climb part 1	£45 for 5 hours tuition over two sessions
Tue 17 Jan	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Fri 20 Jan	6.00pm-8.30pm	16yrs+	Learn to climb part 2	£45 for 5 hours tuition over two sessions
Sat 21 Jan	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sat 21 Jan	4.00pm-5.00pm	16yrs+	Adult Come and try	£10
Sun 22 Jan	11.30am-1.00pm	10yrs+	NICAS course 3rd session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 22 Jan	1.00pm-2.00pm	8yrs+	Come and try	£10
Tue 24 Jan	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 28 Jan	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 29 Jan	11.30am-1.00pm	10yrs+	NICAS course 4th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 29 Jan	1.30pm-2.30pm and 2.30pm-3.30pm	8yrs+	Come and try	£10
Mon 30 Jan	6.00pm-7.00pm	16yrs+	Adult Come and try	£10
Tue 31 Jan	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult

## February

Date	Time	Age	Course	Cost
Sat 4 Feb	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 5 Feb	11.30am-1.00pm	10yrs+	NICAS course 5th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 5 Feb	1.30pm-4.00pm	16yrs+	Learn to climb part 1	£45 for 5 hours tuition over two sessions
Tue 7 Feb	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 11 Feb	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 12 Feb	11.30am-1.00pm	10yrs+	NICAS course 6th session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 12 Feb	1.30pm-4.00pm	16yrs+	Learn to climb part 2	£45 for 5 hours tuition over two sessions
Tue 14 Feb	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Sat 18 Feb	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sat 18 Feb	4.00pm-5.00pm	16yrs+	Adult Come and try	£10
Sun 19 Feb	11.30am-1.00pm	10yrs+	NICAS course 1st session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 19 Feb	1.30pm-2.30pm and 2.30pm-3.30pm	8yrs+	Come and try	£10
Mon 20 Feb	6.00pm -8.30pm	16yrs+	Learn to climb part 1	£45 for 5 hours tuition over two sessions
Tue 21 Feb	6.00pm-9.00pm		Climbers night	£4.50 Junior, £7.50 Adult
Fri 24 Feb	6.00pm-8.30pm	16yrs+	Learn to climb part 2	£45 for 5 hours tuition over two sessions
Sat 25 Feb	2.00pm-3.00pm and 3.00pm-4.00pm	8yrs+	Come and try	£10
Sun 26 Feb	11.30am-1.00pm	10yrs+	NICAS course 2nd session	£65 for 6 consecutive 1.5 hr sessions (9 hrs total)
Sun 26 Feb	1.30pm-2.30pm and 2.30pm-3.30pm	8yrs+	Come and try	£10
Mon 27 Feb	6.00pm-7.00pm	16yrs+	Adult Come and try	£10
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