



OCTOBER HOLIDAY ACTIVITY PROGRAMME

18th-22nd October 2010
25th-29th October 2010

Book **NOW** at Reception
or call 0131 333 6333


Edinburgh Leisure

18 to 22 October 2010

ACTIVITY	AGE GROUP	Days available	TIMES	SESSION	BOOKABLE	COST
Scrambles soft play	0-9 yrs	Mon-Sun	09.30-17.30	60 or 90 mins	No	Between £1.00-£4.95
Marmottes	4-5yrs	Mon-Fri	11.00-12.30	90mins	Yes	£8.50 child
Climbing tower	4 yrs +	Mon-Fri	Available between 11.00-4.00	30mins	No	£5.50 child
Family Climb	4 yrs +	Mon-Fri	16.00-17.30	90mins	Yes	£27.50 per person
Pebbles	5-7 yrs	Mon-Fri	15.30-17.00	90mins	Yes	£8.50 child
Taster climbing session	8 yrs +	Mon-Fri	Various times	60mins	Yes	£20.00 child
Ascenders	8-12 yrs	Mon-Fri	14.30-16.30	120mins	Yes	£15.00 child
Ascenders NICAS Foundation Climber course Level 1	8-12 yrs	Course Mon-Fri	10.30-12.30	10hours Aim to achieve Level 1 of the NICAS scheme	Yes	£48 child includes £4.50 NICAS log book
Multi Activity days	8-14 yrs	Wed 20 & Fri 22	9.00-17.00	8 hours	Yes	£40 Child
Aerial Assault	Must be over 1.4 meters in height	Mon-Fri	11.00-13.30 14.00-16.00	30mins	Yes	£9.50 Adult £7.50 Child

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ACTIVITY DESCRIPTIONS

Marmottes

Marmottes sessions are open to kids aged 4 to 5 years. Each session consists of 1 hours climbing based activity in the arena, supervised by an EICA coach and a soft play assistant, followed by 30 minutes of soft play in Scrambles.

Pebbles

Pebbles sessions are open to kids aged from 5 to 7 years. Each session consists of 1 hour climbing based activity in the arena, supervised by an EICA coach and a soft play assistant, followed by 30 minutes of soft play in Scrambles.

Ascenders

The Ascenders is our daily camp for kids aged 8-12years where you will be shown the basic rope work and safety skills you'll need to tackle our climbing walls. During your session you'll also have the chance to try out some of our other activities such as abseiling or bouldering.

Ascenders NICAS Foundation Climber course

This is a week long course, where by you and your qualified instructor will work towards achieving Level one Foundation climber award of the National Indoor Climbing Achievement Scheme. The scheme is designed to introduce new and young climbers into a series of five levels of increasing technical skills and knowledge. Level 1 will cover awareness of safety rules and hazards, correct use of equipment, safe belaying under supervision and more. More details on the NICAS scheme can be found on <http://www.eica-ratho.com/content/nicas/2822/>. The course cost includes your NICAS log book and certificate. Great chance to learn the basics under supervision and have FUN!

Climbing Tower Session

30 min session on our Atrium wall. Participants must be aged 4 year and above. An excellent way to catch the climbing bug.



Taster Climbing Session

Taster courses are just that, a little taste of climbing in one hour. These one hour session will get you kitted out and on the wall with the support of our climbing instructors. You will try out the sticky shoes (essential for making light work of hard walls), be fitted with a helmet and literally shown the ropes. Taster courses are all about getting you moving on the wall, firstly from side to side and then once you are more comfortable heading up the wall!

Family Climb

Family Climb sessions are coached 90 minutes sessions for a maximum of 6 people. Participants must be aged 4 years and above. Your family will get an introduction to basic rope work and safety skills, you'll need to tackle our climbing walls and bouldering facilities. The group must include two adults over the age of 18 years.

Multi Activity Days

This session is aimed at young people aged 8 to 14 years old, who want to try indoor climbing, outdoor climbing, abseiling and the Aerial Assault. They will experience all these exciting challenges under the guidance of our qualified and experienced climbing instructors. These are extremely popular so we have scheduled 2 sessions this October break.

Aerial Assault

Our Aerial Assault course is the ultimate adrenaline rush, a truly unique experience where you, quite literally, let it all hang out, 100ft above the ground. The ride begins with a death-defying twisted zip slide and ends with a series of increasingly formidable obstacles. The Aerial Assault is a personal challenge not to be missed, but you must be over **1.4 meters** tall to enjoy the thrill!!!

Please note all details are correct at the time of print and are subject to change.

