

KIDS GROUPS

EXTRACURRICULAR
LEARNING PACKAGES

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EXTRACURRICULAR LEARNING @ BLOC10 BOULDERING

At Bloc10 Boulderering, we have diligently developed a comprehensive climbing training program for children aged 3-6 years and 7-16 years. Our program is divided into two groups: Wild Climbers and NICAS.

Wild Climbers

NICAS Wild Climbers is an ideal climbing skills program for kids aged 3 to 6 years. Our fun and game-oriented approach ensures that young climbers are safely introduced to the indoor climbing environment. The program focuses on developing their awareness of climbing movements, boosting confidence, and creating a foundation for further climbing activities.

Our program is inclusive and accessible, aligning with the 3 key learning areas of the Early Years Foundation Stage (EYFS). We welcome all participants, including climbers with additional needs, ensuring everyone has the opportunity to enjoy and benefit from climbing.

NICAS

NICAS climbing sessions cater to kids aged 7 to 16 years. These sessions cover all aspects of climbing, such as footwork, static and dynamic movement, balance, flow, and technical skills.

Our pre-planned sessions also teach climbing etiquette and safety. During these lessons students attain NIC Boulderering, a nationally recognised qualification. NIC Boulderering promotes good practice and offers pathways for young climbers to advance into competition, coaching, outdoor climbing, or independent social climbing with friends and family.

Integrating Climbing into the School Curriculum

At Bloc10 Boulderering, we understand the importance of integrating physical activities into the school curriculum. Our climbing programs can be tailored to fit the specific needs of schools or class groups attending our sessions, making it an ideal addition to extracurricular activities.

Tailored Programs

We offer customisable programs that can be adapted to meet the educational goals and requirements of different school groups. Our sessions are designed to help students practice essential life skills in a fun and dynamic way. Key skills developed during our climbing sessions include:

- Listening: Paying attention to instructions and climbing commands.
- Problem Solving: Figuring out the best routes and strategies to climb.
- Communication: Interacting with peers and instructors effectively.
- Creativity: Finding unique ways to overcome climbing challenges.
- Body Awareness: Understanding and controlling body movements.
- Determination: Persisting through challenging climbs and improving resilience.

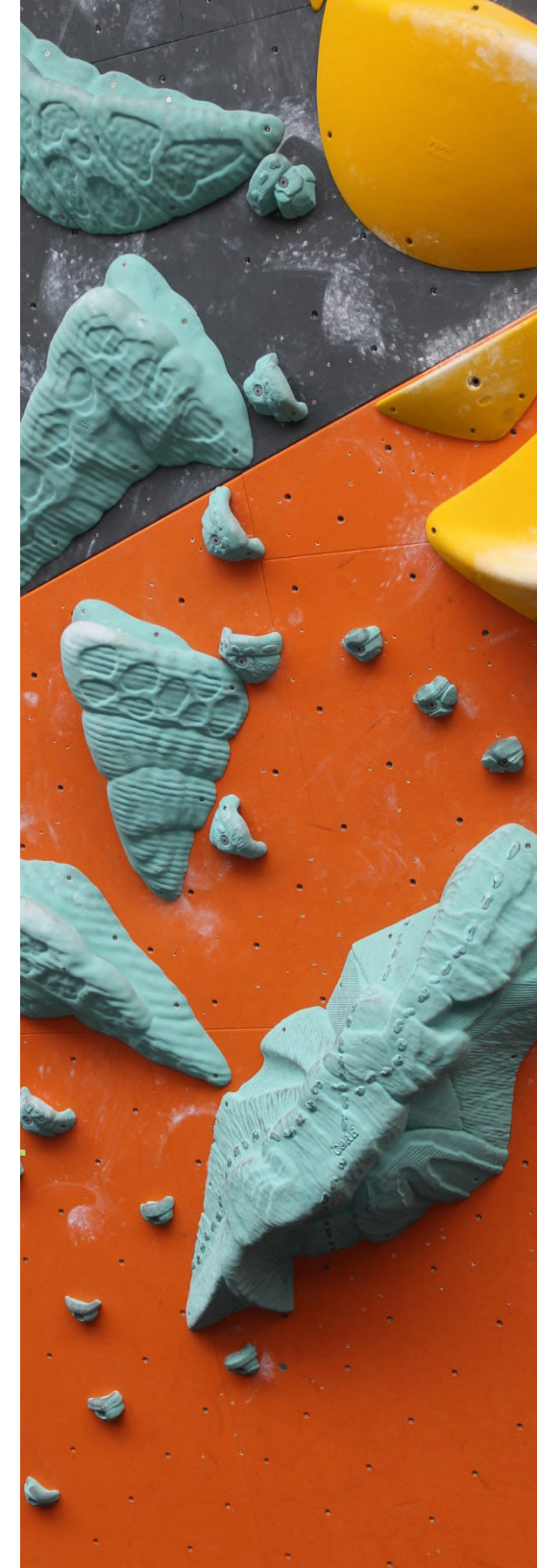
Engaging Lesson Plans

Our lesson plans incorporate a variety of activities to engage young people, such as:

- Art: Creative projects related to climbing themes.
- Games: Fun activities that reinforce climbing skills and teamwork.
- Sport: Physical exercises to enhance climbing abilities.
- Writing: Reflective exercises to capture the climbing experience and learnings.

Collaboration with Schools

We are excited to collaborate with local schools and welcome them as part of their extracurricular activities. We are on the Dundee City Council Procurement list and can provide educators with our risk assessment and insurance documents.



EXTRACURRICULAR LEARNING @ Bloc10 Bouldering

School Bouldering Packages

Suggested age group 9-12 (we can do groups for as young as 7 and up to 16 years). All packages are bookable in groups of 10 children, with a minimum booking for 6 children. We can do sessions on a 1to1 basis however these will be charged at £30 per session.

NICAS LEVEL 1 PACKAGE 10 weeks:

We offer the NICAS Level 1 Package for £120 per child for 10 weeks of tuition. After the 10 weeks children will receive a Level 1 NICAS qualification. Flexible scheduling is available to accommodate school terms (we have a suggested booking schedule below).

NICAS LEVEL 1 & 2 PACKAGE 20 weeks:

We also offer the NICAS Level 1 & 2 Package for groups of 10 children over a 20-week period. After 20 weeks, children achieve Level 2 climbing qualification. Sessions are scheduled based on school's requirements, with a cost of £230 per child.

We would suggest the following scheduling to fit into the school terms:

Term Jan - Apr - Level 1

Term Jan- Apr & Apr - June - Level 1 & 2

Options for progression

NICAS LEVEL 3 PACKAGE 20 weeks:

We currently offer up to NICAS Level 3 accreditation at our center, which can be completed in 20 weeks for £230 per child in groups of 10.

Pathway into Sport outside the school curriculum.

This program is not limited to school groups; we also work with individuals and their carers on a private basis. Weekend classes are available throughout the year, including school holidays, as part of a membership. The child membership with NICAS is offered at a discounted cost and includes NICAS tuition, shoe hire, and unlimited gym access for the month. Our aim is to make sport and climbing accessible to children in multiple deprivation areas.

Children can complete all of NICAS levels at the weekends using this membership. It is our aim to eventually build a Bloc10 Bouldering Youth Squad which would compete at National and International events, with the view to becoming professional climbers.

In that case we would work with children and carers on an individual basis to establish the best pathway for them.

