

SCHOOL BROCHURE



ADDRESS:

**THE NEST CLIMBING,
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TEL: 02039903449**

ABOUT THE NEST:

Bring Climbing to Your School at The Nest!

The Nest is a first-class indoor climbing facility, perfect for one-off school events or regular PE sessions. With a variety of wall angles and 100+ climbs of all difficulties, we provide an exciting and modern approach to physical education.

Our friendly, fully qualified instructors have extensive experience working with children of all ages and backgrounds. Whether students are trying climbing for the first time or looking to develop their skills, our expert coaching ensures a safe, fun, and rewarding experience.

As one of the UK's fastest-growing sports, climbing is gaining momentum, especially following its success in the Olympics. We'd love to partner with your school to inspire the next generation of climbers—building confidence, teamwork, and problem-solving skills along the way!

Get in touch today to bring climbing to your students!

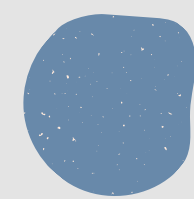


BENEFITS OF CLIMBING

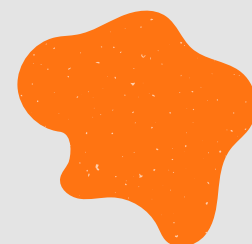
- **Encourages Problem Solving:** Successfully completing climbs, especially challenging ones, boosts a child's confidence and sense of achievement.
- **Builds Confidence and Self Esteem:** Successfully completing climbs, especially challenging ones, boosts a child's confidence and sense of achievement whilst providing a sense of accomplishment.
- **Enhances Focus and Concentration:** Climbing requires kids to focus on their movements, plan their route, and maintain concentration throughout the climb.
- **Develops Spatial Awareness:** Climbing helps kids develop a better understanding of spatial relationships as they navigate three-dimensional spaces.
- **Balance and Co-Ordination:** Kids develop better balance and coordination as they learn to navigate holds and manage their body weight.
- **Inclusive Alternative to Traditional Team Sports:** Individuals of all ages and abilities can take part in indoor climbing and experience its many benefits as a sport. Our instructors have experience working with kids with a range of needs, including students from alternative provisions schools, and individuals with disabilities.



WHAT WE OFFER:



One-off taster sessions



National Indoor Climbing Award Scheme (NICAS)



Bespoke multi sessions



Instructing the instructors



ONE-OFF TASTER SESSIONS

SESSION DURATION: 1 HR
GROUP SIZE: UP TO 18

Our experienced instructors will provide an hour of climbing fun with sessions focused around teaching climbing safety and technique through group activities and high energy games.

To get the most out of your students climbing experience, we run sessions with a ratio of 1:6 instructors to students. As such we can offer 1 hr sessions for up to 18 children at any one time, with the option to run up to 4 back-to-back sessions in a single day.

All equipment (climbing shoes and chalk) is provided.

PRICING*

To ensure session quality and safety we require a minimum instructor to climber ratio of 1:6. For up to 6 climbers, the fee is £90 and then each additional instructor costs £65.

For example:

| No. of climbers | No. of instructors | Total cost | Cost per child (approx.) |
|-----------------|--------------------|------------|--------------------------|
| Up to 6 | 1 | £90.00 | £15.00 |
| Up to 12 | 2 | £155.00 | £12.90 |
| Up to 18 | 3 | £220.00 | £12.20 |

*This is the standard rate for a single session, we are able to offer discounts if you book multiple sessions on the same day. Please contact us to find out more.

Please note all prices are excluding VAT





SESSION DURATION: 1 HR (X12)

GROUP SIZE: UP TO 18

AGE: 7+

If you’re looking for a progressive, goal orientated activity to modernise your school's PE offering then the National Indoor Climbing Award Scheme (NICAS) could be what you’re looking for. The scheme recognises young people’s achievements in indoor climbing, with a set course curriculum and logbooks to record progress.



NICAS has five progressive levels of award for complete novice to expert climbers. The scheme aims to:

- Develop climbing movement skills and improve levels of ability
- Develop risk assessment and risk management skills in the sport
- Teach teamwork, and ability to communicate with, and trust other climbers
- Provide a structure for development, motivation and improved performance
- Develop an understanding of the sport, its history and ethics

PRICING

Groups must commit to a minimum of one term of climbing (circa 12 sessions), with the opportunity to move up to the next level of the scheme at the end of each term depending on appropriate logbook sign off.

Indicative pricing for a school term below:

| No. of NICAS candidates | No. of sessions | Total per climber (per session) | Group total (per term) |
|-------------------------|-----------------|---------------------------------|------------------------|
| 6 | 12 | £169 (£14.10) | £1,014.00 |
| 12 | 12 | £149.50 (£12.45) | £1,794.00 |
| 18 | 12 | £195 (£10.85) | £2,340.00 |

Please note all prices are excluding VAT

BESPOKE COURSES

If you're looking to organise climbing as a regular school activity, or want to book in multiple sessions but would be unable to commit to the NICAS syllabus then The Nest can organise a package of sessions to suit your needs.

We'll be able to tailor the sessions around you're desired learning outcomes, with multi session discounts available.

For more information please call us on 02039903449 or send an email to enquiries@thenestclimbing.co.uk.

INSTRUCTING THE INSTRUCTORS

We offer one-off instructed sessions for teachers to allow them to bring back and supervise groups of children in the future without the need for one of our instructors to be present.

The sessions are 45 minutes long and we can cater for up to 6 teachers at a time. A Nest instructor will go through a risk assessment and tour of the centre. We will then introduce the teachers to the sport of bouldering, with a focus on safely working with groups of children within the centre.

The teachers will then be signed off at the end of the session to supervise young climbers in the centre (at a 1:3 ratio 5-6yrs, 1:4 ratio 7-9yrs, 1:6 ratio 10+yrs).

Initial session price per teacher: £20 (shoes and chalk included)

Future sessions (after sign-off): free for teachers, £5 per child



TESTIMONIALS

“

Our Year 5 children loved their introduction to climbing session with The Nest. The staff were fantastic with the children making sure they were safe, sensible and supportive while they climbed.

Each child came away loving their morning and super excited to try climbing again. The session was a good mix between games, skill development and having some free time to try out their new climbing skills. I will definitely be organising climbing sessions for my school here again! Thank you so much!

”

Pinkwell Primary School

“

Our experience of the entire function at The Nest was very accommodating.

The easy routes enable people that aren't very confident, to still attempt and complete routes, finishing off with a smile.

All the staff working at The Nest are really friendly, welcoming and approachable. They really treated all the staff members and students very respectfully, which I sincerely would like thank The Nest for.

”

Hewens College

FAQs

What is bouldering?: Bouldering is climbing without a rope. Our walls range in height from 2.5m to 4m with safety matting underneath to cushion a fall. Bouldering is the most popular form of climbing in the UK as it's the most accessible, with no technical knots to learn. The only equipment you need to get going is a pair of climbing shoes (which we provide). All our climbs are graded by difficulty so there is something for everyone to enjoy.

Session availability: Monday-Friday 9am-3pm (earliest and latest start times).

Getting to us: We are about a 5 minute walk from Hayes and Harlington station. Alternatively there is parking onsite and a number of bus routes that stop close to the centre.

Our instructors: All of our staff are friendly, fully-qualified instructors, who hold up to date DBS certificates and first aid training.

Waviers: All parents / guardians are required to sign a participation waiver for their child. This is be done via an online link, or a paper print out, which we will provide when booking.

Booking: Please call us on 02039903449 or by email enquiries@thenestclimbing.co.uk

Risk Assessment, Health & Safety, and Covid policies are available on request.