

CLIMBING PRIVATE SESSIONS



We are Simon and Jo Sergeant, SPA qualified instructors who teach both indoor and outdoor climbing. We have both completed the BMC's FUNdamentals of Climbing 1 and 2 as well as BMC's Physical Training 1 courses.

Any session booked with one or both of us will be tailored to your specific requirements, should that be for complete beginners or for more experienced climbers wanting a tailored training plan.

Please do get in touch with us to book, or for any queries at Climb@JASTraining.co.uk or call on 07721 371 561.

Cost

1:1 Session cost £12 for members and £15 for non members per 30 minutes.

1:2 are also available £18 for members and £22.50 for non-members per 30 minutes.

This includes wall entry and equipment during the session.

www.sportspark.co.uk

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Gwydion Edwards is a CWA qualified Climbing Instructor. He started his climbing career at the Sportspark and since then has climbed at many centres across the UK. He progressed to outdoor climbing in the Peak District and has found himself travelling as far as the French Pyrenees and the Swiss Alps to find some spectacular outdoor climbing venues.

He now runs beginner and improver climbing courses and at the Sportspark, as well as providing one-to-one tuition for beginner and experienced climbers. I am here to help you get climbing, reach your climbing goals, get fit and motivated.

gwydionedwards@gmail.com or 07720844669

Cost

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Dominic Casey has over seven years climbing experience. While mostly having focused on Sport Climbing, he also has a lot of experience in the Trad, Multipitch, and Bouldering climbing disciplines. He has climbed at a multitude of outdoors crags and artificial walls across the U.K, and has been fortunate enough to spend time climbing in many places across Europe, Asia, and South America.

Having only become a certified climbing instructor in 2018, Dominic is keen to share his passion for the sport as he believes it can have a positive effect on people physically and mentally, both on and off the wall. Professionally he is determined to evolve as a climbing instructor, ever expanding his knowledge and understanding of the sport so he can provide the best and most comprehensive service he possibly can. By the end of February 2019, he will have completed the BMC's FUNDamental Coaching courses 1 & 2.

Dominic can tailor any session to your specific goals, whether you are a beginner needing to master the basic climbing skills, a competent climber who wants to improve their understanding of particular movement skills and techniques, or a climber who wants to receive coaching based around a personalised fitness and training plan.

He also speaks pretty good Spanish and Italian, so would also be happy to offer classes to any of those speakers who may struggle with instruction in English.

For any enquires, please e-mail dominic.m.kc@gmail.com or call 07835287519

Cost

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Samantha Martin discovered her strong love of climbing over 6 years ago and climbs regularly at the Sportspark as well as other UK climbing walls. She has been on several sports climbing trips in the UK as well as abroad and enjoys the challenges of lead climbing. She has a number of climbing related qualifications which enable her to teach climbing ,abseiling and lead climbing . She is really keen to promote the profile of women climbers and has a strong affinity with teenage and younger women climbers in particular. As one of the most experienced instructors at the Sportspark Samantha is able to rapidly analyse and assist those wishing to get started or improve their climbing. samdjmartin@icloud.com or 07979145213

Cost

1:1 Session cost £15 for members and £18 for non members per 30 minutes.

1:2 are also available £22.50 for members and £25 for non-members per 30 minutes

This includes wall entry and equipment during the session.

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