

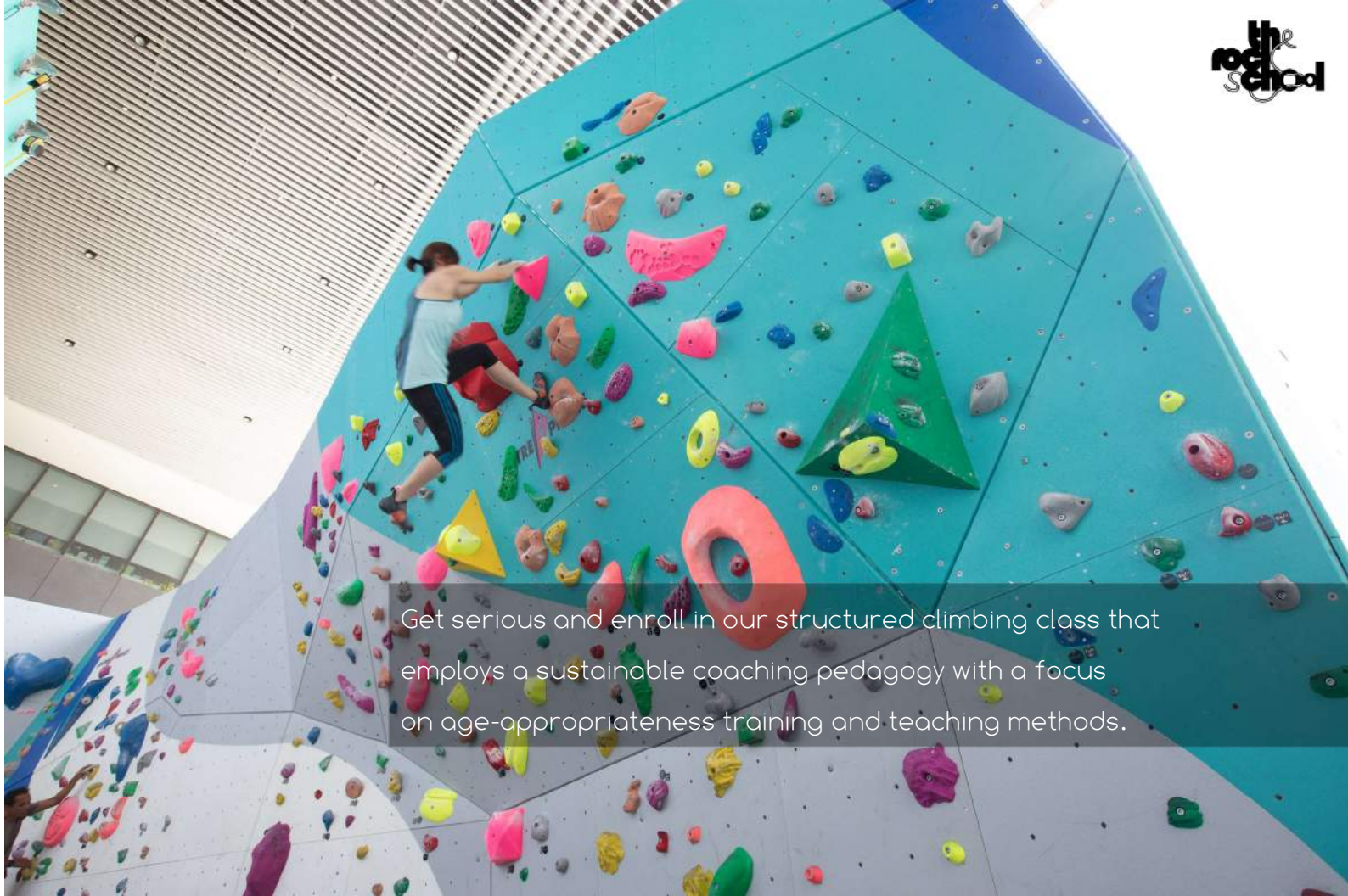


STEP UP! COACHING

DEVELOPMENTAL CLIMBING PROGRAMME

primary | secondary





Get serious and enroll in our structured climbing class that employs a sustainable coaching pedagogy with a focus on age-appropriateness training and teaching methods.

STEP UP! COACHING DEVELOPMENTAL CLIMBING PROGRAMME

PRIMARY 1 – SECONDARY 4/5

PROGRAMME SYLLABUS

Beginner Module 4 Lessons / Weeks	Foundational Module 4 Lessons / Weeks	Intermediate Module 8 Lessons / Weeks	Training Phase 8 Lessons / Weeks & Beyond
Preparatory Phase			

SKILLS DEVELOPMENT MODULES

SUPERVISED BELAY MODULE	LEAD CLIMB MODULE	ABSEIL EXPERIENCE MODULE	MULTI-PITCH EXPERIENCE MODULE	OVERSEAS ADVENTURE MODULE (PRACTICAL)
4 Sessions	4 Sessions	4 Sessions	4 Sessions	TBA
Pre-requisites: <ul style="list-style-type: none"> Minimum 11 y/o 	Pre-requisites: <ul style="list-style-type: none"> Minimum 9 y/o To pass pre-module verification 	Pre-requisites: <ul style="list-style-type: none"> Minimum 11 y/o 	Pre-requisites: <ul style="list-style-type: none"> Minimum 13 y/o To pass Lead & Abseil Modules 	Pre-requisites: <ul style="list-style-type: none"> Minimum 9 y/o

Skills Development Modules are organised on a pre-scheduled basis. Follow our social media platforms to receive notifications!

COMPETITIVE TRAINING

TRS Youth Climbing Team & TRS Developmental Climbing Team

Entry to both teams are on invitational basis only*

For more information and enquires, please email our head coach at ten@therockschool.sg

STEP UP! COACHING DEVELOPMENTAL CLIMBING PROGRAMME

is an in-depth guided programme aimed at bettering one's climbing skills through games and other activities. Step Up! is a structured class that would be led by trained coaches, with all necessary equipment provided.

The programme goes deeper into the technicalities of rock-climbing. For example, climbers will learn about the different types of handholds and optimal ways of holding them, as well as various climbing techniques and positions to go into when met with a difficult obstacle while scaling the wall among others.

CURRICULUM DESIGN

The programme teaches climbers to acquire:



Critical Thinking Skills



Problem Solving
Reasoning
Evaluating



Physical Strength Development



Muscular Flexibility
Balance
Agility



Psychomotor Skills



Coordination
Gross & Fine Motor



Affective Skills



Social Leadership
Communication



Confidence



Overcoming fear & challenges

PROGRAMME SYLLABUS

Beginner Module 4 Lessons / Weeks	Foundational Module 4 Lessons / Weeks	Intermediate Module 8 Lessons / Weeks	Training Phase 8 Lessons / Weeks & Beyond
Preparatory Phase			
1.5h	1.5h	1.5h	1.5h per session (Primary) 2h per session (Secondary)
\$200 / Pax	\$200 / Pax	\$388 / Pax	\$320 / Pax (Primary) \$360 / Pax (Secondary)

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4 Lessons	4 Lessons	4 Lessons	4 Lessons	TBA
\$200	\$200	\$200	\$200	TBA
Pre-requisites: • Minimum 11 y/o	Pre-requisites: • Minimum 9 y/o • To pass pre-module verification	Pre-requisites: • Minimum 11 y/o	Pre-requisites: • Minimum 13 y/o • To pass Lead & Abseil Modules	Pre-requisites: • Minimum 9 y/o

SOCIAL MEDIA PLATFORMS

Facebook: @therockschool.sg

Instagram: @therockschool

REGISTER

climb@therockschool.sg // +65 9635 3488 (WhatsApp)

OUTLETS

▲ Our Tampines Hub

▲ Bedok Community Centre

WEBSITE

www.therockschool.sg