



ABINGDON

SPORTS &
LEISURE

CLIMBING COURSES

Junior Climbing Course (Beginners and Improvers)

Our popular junior sessions are group based activities, designed to give an introduction into the world of climbing. Whilst focusing on enjoyment, your instructor will teach climbing techniques and basic safety skills required to progress in this sport. Ages 5-14 years.

Places must be booked in advance.
Visit our website for full course date listings.

Course fee:
£65 for six-weeks

OPEN CLIMBING SESSIONS NOW AVAILABLE

Every Monday 7pm-9pm (Minimum age: 5 years)

Adults: £8 Juniors: £5 Belaying only: Free

Come along to our open climbing sessions! The sessions are supervised but not instructed.

Climbers must be able to demonstrate safe technique. An experienced Climber may take responsibility for two novice climbers. Full information outlining how these sessions operate can be found on our website.

All climbing equipment is available for hire

BOOK NOW

Tel: 01235 849 062

Email: ase.info@abingdon.org.uk

Find us: Abingdon School Sports Centre, Faringdon Road, Abingdon OX14 1BQ

Activities are run by Abingdon School Enterprises Limited on behalf of Abingdon School. Company No.04442429



SQUASH COURSES

Junior Squash Course (Beginners and Improvers)

Great if you are just starting to play squash or looking to improve. Boost flexibility and sprint speed, improve hand-eye coordination, develop the strength and power of muscles, and help with concentration and mental strength on this fully instructed course.

Ages 6-15 years.

Course fee:
£40 for six-weeks

Adult Squash Course

Great if you are just starting to play squash, or getting back into the game after a long break. Perhaps you have not played since you were at school and would like to play again and meet some new people, this fully instructed course is for you.

Ages 16+ years.

Course fee:
£50 for six-weeks

Please visit our website for full course date listings:
www.sportsandleisure.abingdon.org.uk/courses