




Indoor Rock Climbing

CYC partners with Paramount Adventures Centre to bring you an indoor climbing gym second to none. With 850 sq mtrs of wall space and over 11mtrs of vertical height, Paramount providing a huge variety of climbs suitable for both the beginner and advanced climber. Challenge yourself by tackling the pole, overhangs, barrels, angled walls, flake & crack climbs. For the more experienced climbers there is a dedicated bouldering area; a simulated rock tower with a high level of difficulty; graded climbs with new routes set regularly & lead climbing available.

 TIME FRAME	Generally conducted over a 3 hour period, however other time frames can be negotiated depending on your requirements.
 NUMBER OF PARTICIPANTS	No Limit
 KEY OUTCOMES	Self confidence, coping mechanisms, resilience
 SUITABLE AGES	Grades 7-12

WORKS WELL AS PART OF A **SELF AWARENESS PROGRAM**

THE CHANGE YOU WANT TO SEE
IN THE WORLD LIES WITHIN...

