

# Rock Climbing and Abseiling

 TIME FRAME	Generally conducted over a 3 hour period, however other time frames can be negotiated depending on your requirements.
 NUMBER OF PARTICIPANTS	20-25
 KEY OUTCOMES	Self confidence, coping mechanisms, resilience
 SUITABLE AGES	Grades 7-12

WORKS WELL AS PART OF A **ADVENTURE PROGRAM**

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

