



The biggest and best indoor climbing around, no experience required or expected.



Yet another opportunity to wear a helmet/or not!

**Tentative Program**

09:20 Leave Weston Turville  
 10:20 Meet up in Big Rock Reception  
 10:30 1.5 hr climbing taster session  
 12:00 Lunch and Return

<b>Date</b>	<b>9th February 2017</b>
<b>Transport</b>	Car-pooling recommended.
<b>Venue</b>	Big Rock Climbing Centre Mandeville Drive, Kingston, Milton Keynes, MK10 0AG <a href="http://www.bigrockclimbing.com">www.bigrockclimbing.com</a>
<b>Price</b>	<b>£17:50</b> ; to cover climbing taster session only; Cheque to "Weston Turville U3A (Travel)" – before ASAP.
<b>Parking</b>	Plenty
<b>Access-ibility</b>	Not tested
<b>Dress Code</b>	Climbing is much easier if you are wearing loose fitting comfortable clothing that allows freedom of movement. Jeans, combat trousers or tracksuit bottoms combined with a short sleeved t-shirt or vest are ideal. It is also a good idea to bring a jumper for wearing when resting.  Avoid wearing jewellery around your arms or hands.  All equipment and helmets provided.
<b>Notes</b>	<ul style="list-style-type: none"> <li>No previous climbing experience is required.</li> <li>All sessions are fully supervised by our qualified instructors.</li> </ul>
<b>Contact</b>	Adrian or Trevor <a href="mailto:extreme@WTU3A.org.uk">extreme@WTU3A.org.uk</a> Tel 0777 150 6055
<b>Refreshment</b>	Available on site
	<b>Maximum 24 climbers (in groups of 6)</b> Spectators welcome.