

THIS
GIRL
CAN

With



BMC

Lead climbing

Course:

Learn to Lead
18+ Ratio 1-4
£65 (-40%) £39
Date: 10.07.2015
Time: 10:00 - 14:00

Top roping

Course:

Top roping 4 week intro
Age: 16+ Ratio: 1-6
Start date: 20.07.2015
Time: 19:45 - 21:45
£59.40 (normal price £99)

Bouldering

Course:

Discover Bouldering
Age: 16+ Ratio: 1-6
Date: 23.07.2015
Time: 19:00 - 20:30
£18 (normal price £30)

Climbing outdoors

Outdoor top roping course

Location: Peak District
Dates: 25-26 July
2 days (ratio 1-4)
£60 (normal price £100)

Outdoor sports climbing course

Location: Portland
Dates: 29-30 July
2 days (ratio 1-4)
£60 (normal price £100)

WOMEN ONLY COURSES WITH 40% DISCOUNT

Get the adrenaline buzz of reaching the top... Keep fit without feeling like you're doing exercise... Socialise and build strong friendships. Tempted to give climbing a go? What's stopping you? Let's bust those myths girl!

TO BOOK GO TO
THE BMC WEBSITE



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With
LONDONSPORT

www.thebmc.co.uk/this-girl-can-climb-london

the
castle
climbing centre