

# UPRISING YOUTH ACADEMY

## BUILDING BLOCS CLIMBING PROGRAMME

### PEBBLES

Explore the sport of movement & bouldering

Age: 7 - 8

Time/Day: Monday or Thursday 4:00pm - 5:00pm  
or Saturday 9:15am-10:15am

Term cost: Youth membership (\$36/Fortnight)

### ROCKS

Expand and develop bouldering skills & knowledge

Age: 9 - 11

Time/Day: Monday or Thursday 4:00pm - 5:00pm  
Saturday 10:30am-11:30am

Term cost: Youth membership (\$36/Fortnight)

### ROCKS +

With recommendation from an Uprising coach

Age: 11 - 12

Time/Day: Monday or Thursday 5:00pm - 6:00pm

Term cost: Youth membership (\$36/Fortnight)

### BOULDERS

Social climbing club with an Uprising coach

Age: 13+

Time/Day: Thursday 4:30pm - 5:30pm

Term cost: General entry

Challenge yourself, have fun, & make new friends



# UPRISING YOUTH ACADEMY

## COMPETITION PROGRAMME

### METEORS

**Demonstrates strong bouldering ability**

**Age: 8 - 10 or CNZ U11**

**Time/Day: Tuesday 4:00pm - 5:00pm**

**Term cost: Youth membership (\$36/Fortnight)**

### COMETS

**Interest in comp climbing: NIBS**

**Age: 11 + or CNZ U13**

**Time/Day: Tuesday 5:00pm - 6:00pm**

**Term cost: Youth membership (\$36/Fortnight)**

### ASTEROIDS

**Development Team, Competing at NIBS & Nationals**

**Age: 12+ or CNZ U15/U17**

**Time/Day: Thursday 5:00pm - 6:15pm**

**Term cost: Youth membership (\$36/Fortnight)**

### UPRISING CLIMBING TEAM

**Competition Team**

**Age: 15+**

**Monthly Workshop**

**Term cost: 6-month Scholarship**

Challenge yourself, have fun, & make new friends

