



[Avid Indoor Climbing Ipswich](#)



Climbing will test the body and mind's endurance, strength, agility, and balance. Climbing will work every major muscle group in the body while increasing flexibility and circulation.

Conquer that fear of heights and/or falling by building confidence and self-esteem with climbing!

Challenge yourself and get that adrenaline rush and sense of achievement when you complete a route. Give it a go!

Their Saturday morning courses aim to provide a platform for young people to go along and climb for fun whilst being supervised by one of our qualified instructors.

Learning Credits

CU Learners will receive 1 hour of CU Learning for participation in a training session.

Further information

www.avidclimbing.co.uk