



Course Information Sheet

2008/9

Course Title:	Climbing – Taster							
Course Description	When was the last time you did something for the first time? Try climbing in a warm, safe environment at Putteridge Recreation Centre 6 metre indoor featured climbing wall with a full range of multi-coloured holds. Ideal for beginners to learn the basic techniques involved with the enjoyment of climbing and traversing. Build your confidence, challenge yourself, develop new skills and overcome your fears with our qualified instructors.							
Learning goals	<p>By the end of this course you should be able to:</p> <ul style="list-style-type: none"> ▪ Understand the safety aspects required for climbing ▪ Develop new skills ▪ Learn basic climbing techniques ▪ Understand the use and application of ropes ▪ Learn the techniques of belaying • Build confidence 							
Is this course suitable for you?	This course is designed for the beginner, no experience necessary.							
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.							
What should you bring with you to the first session?	tbc							
Additional costs	<ul style="list-style-type: none"> • None 							
What next?	Subject Specific Courses:	General:						
	<ul style="list-style-type: none"> • By the end of the course it is hoped that you will have gained confidence and started a new hobby. 	Please see our brochure , visit our website (www.lutonacl.ac.uk) or call us for further details (01582 490033).						
	<p>Luton Adult Community Learning also provides free impartial workshops on learning and work opportunities, these include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">○ Job search</td> <td style="width: 50%;">○ Completing application forms</td> </tr> <tr> <td>○ Interview techniques</td> <td>○ Skills check</td> </tr> <tr> <td>○ CV writing</td> <td></td> </tr> </table> <p>If you require more in depth help and support, please contact us and we will arrange a meeting with either a manager, teacher or learner support adviser.</p>		○ Job search	○ Completing application forms	○ Interview techniques	○ Skills check	○ CV writing	
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Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following: Examination fees; Travel costs; Books & Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p><u>For further details contact us on 01582 490033.</u></p>							

