

INTRO TO BOULDERING

Build fitness & confidence
Focus your mind
Social & fun

Run by United We Climb



No experience needed

Weekend sessions at 6pm
Oct to Dec 2021
at The Climbing Works
(booking details overleaf)

Qualified instructors
experienced in creating safe,
inclusive spaces for climbing.



Never tried bouldering?

Bouldering is climbing at low height above matting, without the need for ropes or harnesses.

Bouldering helps your body and mind feel stronger.

Whatever your age, ability, shape or size, you can try climbing.

These indoor sessions are run by United We Climb instructors Rachel and Jinalee in a welcoming, fun and respectful environment.

All equipment is provided.

Sessions take place at:

The Mini Works at The Climbing Works

Unit B, Centenary Works, Little London Road, Sheffield, S8 0UJ.

BOOK YOUR PLACE Adults £5, Children £2, some FREE places

Saturday 9th & Saturday 23rd October 6pm - 7.30pm

A safe space for women to learn how to support children to climb.

You can bring a maximum of 2 children (age 5-12).

Sunday 17th October & Saturday 27th November 6pm - 8pm



A safe space for women of colour to learn to climb.

Sunday 7th November & Saturday 4th December 6pm - 8pm

A safe space for LGBTQIA+ people who identify as a woman, are gender fluid or non-binary, to learn to climb.



To book, please call Ruth on 0114 399 1070 or email ruth.n@heeleydevtrust.com. Chat to Ruth if you'd like to join us for free.

 @unitedweclimb
 @HeeleyTrustCommunityHub

 unitedweclimb.com

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