2017
From July
Welcome to XC

Opening Times:
XC is open 9am-10pm 7 days a week.
Please call or check the website for the specific opening times for each activity.

Disclaimer Forms/Parental Consent Forms
Please note Disclaimer Forms and Parental Consent Forms must be completed for every participant taking part in an XC activity.

.Disclaimer Forms/Parental Consent Forms can be completed online before your first visit. Under 18’s must have a form completed by a parent or legal guardian.

For full terms and conditions please see the disclaimer/consent forms online.

Photography
Please note that a photography permission slip must be completed and proof of ID provided before any photography or filming can take place.

Within the terms and conditions of each activity customers are informed that XC reserve the right to use photography and filming for training and promotional purposes.

Please inform a member of staff if you do not want yourself and/or your family photographed/filmed.

Membership Notices:
• XC Junior memberships are valid for up to 17 year olds or students aged 18 -19 years and in full time education (NUS card required).
• With a Membership you can receive 15% off Cotswold, 15% off Absolute Rock (on selected items, in store only with a valid membership card) and 10% off Snow & Rock (on selected items, in store only with a valid membership card).
• A joining fee of £20 will be applicable on adult, joint and family DD memberships.

Admissions

<table>
<thead>
<tr>
<th>Membership</th>
<th>Adult</th>
<th>Junior</th>
<th>Family*</th>
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<tbody>
<tr>
<td>NICAS Non-Member</td>
<td>£13.70</td>
<td>£15.70</td>
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<tr>
<td>NICAS Member</td>
<td>£11.20</td>
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<tr>
<td>Adult Non-Member</td>
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<tr>
<td>Junior Member</td>
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Caving per session

| Adult Member | £10 | £11 |
| Adult Non-Member | £12.50 | £11 |
| Junior Member | £9 | £11 |
| Junior Non-Member | £11 |

Equipment hire (Subject to availability)

| Complete climbing kit | £6.50 |
| Climbing shoes | £3 |
| Climbing harness | £3 |
| Belt | £3 |
| Skateboard | £10.50 |
| Scooter | £10.50 |

NICAS

| Adult | £13.70 |
| Junior | £11.20 |
| Family* | £13.50 |

Climbing taster sessions

| Adult Member | £10 | £11 |
| Junior Non-Member | £9 | £11 |
| Adult | £10 |

High Ropes circuit

| Adult Member | £10 | £11 |
| Junior Member | £9 | £11 |
| Junior Non-Member | £11 |

XC membership 1 year (New pay as you go customers)

| Adult | £60 | £70 |
| Junior | £24 | £30 |
| Family* | £95 | £105 |
| Replacement card | £6.50 |

Casual skatepark sessions

| Monday – Friday Term Time 10am-4pm |
| Non-Member | £5.80 | £6.30 |
| Member | £5.60 | £6.10 |
| Monday – Friday 8.30pm-10pm |
| Non-Member | £5.60 | £6.10 |
| Member | £5.60 | £6.10 |
| Last Sunday of the month over 18’s |
| Non-Member | £5.60 | £6.10 |
| Member | £5.60 | £6.10 |
| School Holiday All You Can Ride |
| Monday-Friday |
| Member | £29 | £32 |
| Non-Member | £32 | £35 |
| 3 hour session |
| Adult Member | £6.60 | £7.00 |
| Adult Non-Member | £9.10 | £9.50 |
| Junior Member | £6.60 | £7.00 |
| Junior Non-Member | £8.50 | £8.90 |
| Additional Session |
| (for each 3 hour session over the original 3 hours at full price) | £2.90 |
| All Day Skate |
| Adult Member | £12.60 | £13.10 |
| Adult Non-Member | £15.10 | £15.60 |
| Junior Member | £12.60 | £13.10 |
| Junior Non-Member | £14.60 | £15.10 |
| Mini Shredders (4 – 7 year olds) |
| (Saturdays and Sundays 9am – 10am) |
| Member | £3.70 | £4.00 |
| Non-member | £5.70 | £6.00 |
| Climbing |
| *Rope check 14-17 years old includes a climb after - £20 |
| Rope check 18 years + Free |
| Monday – Friday 10am-4pm |
| Adult Member | £5.90 | £6.10 |
| Adult Non-Member | £8.40 | £8.60 |
| Junior Member | £4.90 | £5.10 |
| Junior Non-Member | £6.90 | £7.10 |
| Bouldering Member | £4.10 | £4.30 |
| Bouldering Non-Member | £6.60 | £6.80 |
| Adult Member belaying a junior Free | £3.10 | £3.30 |
| Adult Non-Member belaying a junior | £2.50 | £2.70 |
| Monday-Friday 4pm-8.30pm and all day |
| Saturday and Sunday |
| Adult Member | £8 | £9 |
| Adult Non-Member | £10.50 | £11.50 |
| Junior Member | £5.90 | £6.10 |
| Junior Non-Member | £7.90 | £8.10 |
| Bouldering Member | £4.60 | £4.80 |
| Bouldering Non-Member | £7.10 | £7.30 |

Any non ‘rope competent’ juniors need to be under ‘rope competent’ adult supervision.

| Everyday 8.30pm - close |
| Member | £3.40 | £3.70 |
| Non-Member | £5.90 | £6.20 |

| Non-Member | £5.70 | £6.00 |

* Rope check (45 mins) must be booked and paid for in advance.
Skatepark

With a 5-8ft pool and 5-9ft bowl as well as other features such as ramps, rails and obstacles this skate park will eXcite and challenge even the most experienced of riders.

Skate Holiday Camp
A three day instructor lead holiday camp with lunch and drinks included
Member: £70 Non-Member: £76

Scooter Camp
A two day instructor lead holiday camp with lunch and drinks included
Member: £50 Non-Member: £44

Skatepark Notices
- The minimum age for casual sessions in the Skatepark is 8 years. Children aged 4 – 7 may attend the 9am - 10am sessions whereby every child must be accompanied by a parent with a 1:2 ratio. One parent to two children.
- Customers must remove session wristbands at the end of the allotted time.
- If customers need to leave the building during a session then they will only be allowed to re-enter their session if they show a valid session wristband.
- 26” wheels and single speed (no gears) bikes are allowed in the Skatepark – gears are prohibited.
- Under 18’s must have a parent/legal guardian 18 years+ attend the first visit to XC so they can sign the Parental Consent Form onsite or fill in the disclaimer form on-line.
- No food to be eaten in the skatepark and no food from outside can be consumed in the XC cafe area.

XC Private Lessons
1:1 and 1:2 lesson for either skateboarding, scooting and BMX are available at XC. All lessons are bookable through XC reception and are tutored by experienced instructors.

Skateboarding, Scooting & BMX
1:1
Junior & Adult - £30
1:2
Junior & Adult - £45

For more information call 01442 507100

Or visit www.thexc.co.uk
Climbing is great fun and provides both a physical and mental challenge for children, adults and groups. Climbing not only builds confidence, teamwork and leadership skills but it will quickly begin to develop arm, back, finger and core strength and will develop muscular strength, endurance and flexibility.

With over 880m² of climbing and bouldering, the XC climbing area is made up of 4 very distinct climbing areas using a combination of Lightwave, Cristalithe and Mozaik climbing systems.

Climbing & Bouldering Notices
- All climbers must report to reception before entering the climbing area & have the correct paperwork completed.
- All climbers aged under 8 must have a responsible supervising adult on site at all times.
- Climbers aged 3-4 years may only attend the Mini Mountaineers’ session.
- Climbers aged 5+ years can be supervised by a ‘18 years+ Ropes Competent’ instructor or attend appropriate sessions for their age.
- Only Climbers aged 18+ years or those Ropes Competent can climb unsupervised providing they have passed a ‘Ropes Competency Check’, attended a Bouldering Induction or attended an Auto Belay Induction and have all relevant forms signed by staff.
- Climbers aged 14-17 years can climb unsupervised providing they have passed a ‘Ropes Competency Check’ and all relevant forms completed. Rope Competent Climbers aged 14-17 years cannot supervise novices or adults.
- All ‘Ropes Competency Checks’ must be taken before you enter the climbing area.
- Ropes Competency Checks for climbers aged 14-17 years must be booked & paid for in advance and a parent/legal guardian must be on site for the duration of this check.
- If a ‘Ropes Competency Check’ is not passed you must wait till the following day before another check can be taken.

Taster Sessions from 5 yrs+
Always wanted to try climbing? Book onto our 1 hour taster sessions: 10am-9pm everyday subject to availability. For both adults and juniors.
Cost: 1 hour sessions  
Junior Member £10.50 | Non-Member £12.50  
Adult Member £13.50 | Non-Member £16

Lead Climbing Course
6 hour course for those who wish to lead climb. Must be Ropes Competent and climb at French sport grade 5 or higher. Minimum 2 people for course to run
Non-Member £177.50 | Member £170  
(This cost is for 2 people)
Days and times will be arranged to suit both yourself and the instructor.

Private Climbing
Join us at XC for a private lesson with our experienced instructors. 1:1 Climbing tuition £40 and 2:1 Climbing tuition £50. This would make a perfect present!

For more information call 01442 507100
Or visit www.thexc.co.uk

Climbing & Bouldering

Junior Activities

Mini Mountaineers
3-4 year old climbing session
Come and let your little ones try climbing in our safe and controlled environment.
Every day except Wednesdays (subject to availability; Wednesdays included during school holidays)
Cost: 1 hour sessions  
Junior Member: £5.40 | Junior Non-Member: £7.40

Little Rockies 5-6 yrs
Monday - Friday
4pm - 5pm
Saturday and Sundays
10am-11am and 1pm-2pm
Cost: 1 hour sessions  
Member £10.50 | Non-Member £12.50

Adult Activities

Beginners’ Course 14+ years
Beginners’ Courses run on a Tuesday, Thursday 8pm-10pm and Saturday and Sunday 7pm - 9pm  
4 week course
Member £96 | Non-Member £106

The NICAS Scheme

NICAS sessions are designed for development and progression in an indoor climbing environment for participants aged 7+. Participants must be registered with the NICAS scheme to attend the NICAS sessions. These sessions are not for people wanting to climb as a ‘one off’. All sessions are subject to availability.

At the end of each level you will be required to go through an assessment with a member of our team.
If passed, you will receive a certificate and then move on to the next level of your NICAS scheme.

The aim of the scheme is to:
- Develop climbing movement skills and improve levels of ability.
- To learn climbing rope work and how to use equipment appropriately.
- To develop risk assessment and risk management skills in the sport.
- To work as a team, communicate with, and trust a climbing partner.
- To provide a structure for development, motivation and improve performance.
- To develop an understanding of the sport, its history and future challenges.
- To provide a record of personal achievement.
- To point the way to further disciplines and challenges in climbing beyond the scheme.

The scheme comprises five levels of award aimed at complete novices to expert climbers. For further information on the NICAS scheme please see the NICAS website. For further information about NICAS at XC please speak to one of our instructors.

NTCAS Level

Monday
5pm - 6.30pm
Level 1 & 2
10am – 11.30am
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
5pm - 6.30pm
Level 3 & 4
13-17 years only
Level 3.5
17-18 years only
Level 4
18+ years only
Tuesday
5pm - 6.30pm
Level 1 & 2
10am – 11.30am
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
5pm - 6.30pm
Level 3 & 4
13-17 years only
Level 3.5
17-18 years only
Level 4
18+ years only
Wednesday
5pm - 6.30pm
Level 1 & 2
10am – 11.30am
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
5pm - 6.30pm
Level 3 & 4
13-17 years only
Level 3.5
17-18 years only
Level 4
18+ years only
Thursday
5pm - 6.30pm
Level 1 & 2
10am – 11.30am
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
5pm - 6.30pm
Level 3 & 4
13-17 years only
Level 3.5
17-18 years only
Level 4
18+ years only
Friday
5pm - 6.30pm
Level 1 & 2
10am – 11.30am
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
5pm - 6.30pm
Level 3 & 4
13-17 years only
Level 3.5
17-18 years only
Level 4
18+ years only
Saturday and Sunday
10am – 11.30am
Level 1 & 2
12-17 years only
11.30am - 1pm
Level 1 & 2
7-12 years only
1pm – 2.30pm
Level 3
12-17 years only
2.30pm – 4pm
Level 3.5
13-17 years only
4pm – 5.30pm
Level 1 & 2
13-17 years only
5.30pm – 7pm
Level 3
13-17 years only
5.30pm – 7pm
Level 4
13-17 years only
Climbing & Bouldering

**Bouldering Induction 18 Years+**

A 45 minute Bouldering induction for people who have little or no bouldering experience.

Bouldering is low level climbing above crash matting and is the simplest form of climbing as you do not have to worry about learning the skills needed to rope climb or Auto Belay.

Our Bouldering induction will cover everything on how to get started safely into the realm of climbing.

**Induction includes:**
- A tour of the climbing area
- Explanation of grading systems used
- Explanation of basic climbing skills
- Bouldering safety & risks
- Free shoe hire
- Continue climbing after your induction at no extra cost

Must be booked and paid for in advance.

- Adult Member £12.60
- Adult Non-Member £15.10

A separate induction/check is needed to use other areas of the climbing centre.

Pre booking is essential - subject to availability.

A boulderer is not permitted to supervise others.

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Caving

Our 160m indoor caves are currently one of the largest indoor organic caving systems in Europe! The realistic cave passageways include 3 chambers and a sump which gives the impression of going underwater – it’s not for the faint hearted! Opening times are subject to availability, please call us or visit our website for more information. It is advisable to pre-book your caving session in advance.

Sessions are available on the hour, every hour throughout the day. From 6 years + with a direct parent.

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Caving notices
- The minimum age for caving is 6 years, however under 8’s must be accompanied by a direct parent at all times on a 1:1 ratio.
- All session times include a safety brief.
- All attendees must arrive promptly as we cannot guarantee participation to latecomers.

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For more information call 01442 507100

Or visit www.thexc.co.uk
Special Events & Corporate Packages

XC is the perfect venue to host your event. Talk to one of our members of Team XC to ensure that you get the best booking to suit your needs/requirements.

Mix and match activities and finish off in our café where you will find a wide range of food available. All prices and packages are available on our website.

Please email: cccadminteam@sportspace.co.uk

Birthday Parties

Treat your child to an XC birthday party to remember! XC organise a range of different party packages to cater for all your needs. Our expert staff provide fun, games and challenges to provide a unique experience for your child’s birthday party. All you need to organise is a birthday cake and goodie bags and XC will do the rest for you.

Please see the website for full party packages and information.

Special Events Packages

XC is the perfect venue to host your event. Talk to one of our members of Team XC to ensure that you get the best booking to suit your needs/requirements. Mix and match activities and finish off in our café where you will find a wide range of food available. All prices and packages are available on our website.

Please email: cccadminteam@sportspace.co.uk

High Ropes

Hanging 12m above the ground is our 8-obstacle high ropes course open for you to try individually or as a party, group or corporate event.

If you’ve got nerves of steel... then this is for you! (Subject to availability).

High Ropes notices

- The minimum age for High Ropes is 8 years.
- All session times include a safety brief.
- All attendees must arrive promptly as we cannot guarantee participation to latecomers.

Holiday Experience

Everyday during holidays excluding weekends.
10am-4pm
8-14 year olds.
Take part in caving, high ropes and climbing in the Xtreme Holiday Experience.
Unsupervised skate sessions are available if requested providing the skatepark user is experienced.
Lunch and a snack are included in the price.
Please bring your own equipment for the skatepark eg helmet, skateboard, bike etc.

Junior Member £45
Non-Member £47

For more information call 01442 507100

Or visit www.thexc.co.uk
 XC are working in partnership with the following:

**Kvltivation skate shop open**
Monday – Friday 1pm - 7pm.
Saturdays and Sundays 10am - 7pm.
T: 07539 767238
www.kvltivationskatestore.co.uk

Details and prices are correct at time of printing. All information is subject to change with or without notice. All activities are subject to availability.

Sportspace takes the issue of safeguarding children very seriously. For a copy of our ‘Safeguarding Children’ statement and/or policy please contact debbie.whiting@sportspace.co.uk. All staff are fully trained in the area of safeguarding children and will be happy to assist you.

01442 507100
Jarman Park, Hemel Hempstead Herts. HP2 4JS
(If using a sat nav please use HP2 4JW)
enquiries@thexc.co.uk

www.thexc.co.uk