



Rock Wall Course



GENERAL COURSE INFORMATION:

This course is designed to introduce a systematic approach to running basic sessions on a rock wall tower.

The nature of the course is site specific.

This course is delivered by a nationally recognised trainer and is certified by Tollymore Mountain Centre.

Courses will suit any groups or individuals who need to have the skills to participate in or lead rock wall sessions.

Designed for groups whose primary aim is personal and group development.

Duration: This course is run over 1 day on a continual assessment basis.

Please call Celine on 049 8544436 or email: info@cavancentre.ie

At the Cavan Centre we pursue a policy in favour of marginalised and disadvantaged individuals and communities.