



CLIMBING & CONDITIONING

High Performance classes
Climbing / Conditioning Classes
Private / Semi-Private / Group Classes
Classes offered at CityROCK / Bloc11 / Krag
Multiple coaching levels

19 Firth Rd
Rondebosch
7700
www.sicc.africa
alyssa@sicc.africa
(+27) 079 908 0378

CLASS DETAILS

Class	No. of participants	Price	Description
High Performance classes (L,B,S)	2-6	R400 pp/ps	This class is invite only by founder and owner of business. It is for gifted or talented climbers who are pushing grades and working hard. For climbers climbing consistently above 7a and 24. No belaying taught in this class. (2 HRS)
Climbing/ Conditioning Class (1-1) 2hrs	2-6	R400 pp/ps	This class does half conditioning and half climbing and focuses on building strength and technique in the climber. No belaying taught in this class. 2 hour session.
Private Climbing Coaching	1	R500 p/hour	Private coaching that focuses on strength, power, and progression. Tailored exactly for what the child needs. Some conditioning done
Semiprivate Climbing coaching	2-3	R400 pp/ps	Small group coaching for kids of similar level who want to focus on getting stronger and being a better climber. Belaying can be taught if needed. (2 hours) Some conditioning done.
Group climbing classes	4-6	R250 pp/ps	Regular 2-hour group coaching where basics of climbing and belaying are taught. Some conditioning done
Group CONDITIONING Classes	4-6	R250 p/hour	Conditioning in the gym that is focuses on general strength training and improving your personal goals
Private CONDITIONING Classes	1	R500 p/hour	Conditioning in the gym that is focused on improving your goal



CLIMBING & CONDITIONING

High Performance classes
 Climbing / Conditioning Classes
 Private / Semi-Private / Group Classes
 Classes offered at CityROCK / Bloc11 / Krag
 Multiple coaching levels

19 Firth Rd
 Rondebosch
 7700
www.sicc.africa
alyssa@sicc.africa
 (+27) 079 908 0378

Semiprivate CONDITIONING Classes	2-3	R400 p/hour	Conditioning in the gym that is focused on improving your goal
Regular coaches (not with me)	2-6	R220 pp/ps	Regular 2 -hour group coaching where basics of climbing and belaying are taught. For kids climbing up to grades 24 and 6c boulders
Junior coach (16-18 yrs) (not with me)	2-6	R180 pp/ps	Regular 2 -hour group coaching where basics of climbing and belaying are taught. No kids older than 14 in these classes.