INDOOR SPORT CLIMBING IN DONJA STUBICA - ZABOK, CENTRAL CROATIA

We invite you to join us and learn the basic skills needed for sport climbing. Because sport climbing is a potentially dangerous activity, before the start of the program, we will ask you to sign a declaration of participation at your own risk. Your signature on this declaration allows you to participate in the program and your underage children.he program requires suitable footwear-clean sports shoes for use only in the hall. The program is conditional and technically undemanding for 2 hours. It is suitable for all, children and adults who have an adventurous spirit and want to learn something new.The programme included climbers ' belt or overall for children, ropes, carabiners and devices for securing.The city Sports hall in Donja Stubica, where there is an artificial climbing rock, 12 m high on which there are 40 sports climbing routes of different weights.

Price

Indoor sport climbing in Donja Stubica

Indoor sport climbing in Donja Stubica

STTUBE

Indoor sport climbing in Donja Stubica - Donja Stubica, Croatia
Toplička cesta 25 A
49240 Zabok
Croatia

T: 00385 98 210 359
E: info@sttube.hr

Schedule

EXCURSION / TOUR / ACTIVITY DATES
every Tuesday. every Thursday. every Saturday

PLACE AND TIME OF DEPARTURE
Gradska sportska dvorana Donja Stubica. Toplička 25 A. 18.00 h

PLACE AND TIME OF ARRIVAL
Gradska sportska dvorana Donja Stubica. Toplička 25 A. 20.00 h

Information

BRIEF DESCRIPTION:
Name: Indoor sport climbing in Donja Stubica
Duration of the excursion / tour / activity:: 1 to 5 hours
The product best describes the term: Art / fashion / design
Product includes: playing sports, adrenaline / extreme sports, adventure facilities
Brief description of the excursion/tour and highlights:
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DESCRIPTION:

In the beginning we will warm up and stretch the muscles. We will inform you about the important safety rules for sports climbing. We'll show you and set up the necessary climbing equipment. We will teach you the basic climbing movements, how to use your own hands and feet and maintain balance on the rock. We will show you and learn how you will descend upon the rock after the climb. We will certainly advise you on how to overcome and free yourself from the fear of heights. We'll do it again a few times and we'll have a good time. At the end of the program we will share impressions and advise you on how to improve your climbing technique. We will certainly instruct you on how to safely become independent in sports climbing.

ITINERARY:

Warming up - setting up equipment - climbing - sharing impressions