

Dynamic Rock NICAS newsletter



SPRING 2025

NICAS at Dynamic Rock

Hello and welcome to our first NICAS newsletter, a chance for us to update you with our current NICAS schemes and future plans!

NICAS at Dynamic Rock continues to be popular and, as a result, we've increased the number of NICAS Climbing sessions.

Tuesday	Mini Monkeys 4pm Young Climbers Club (NICAS Levels 1&2 1.30pm (New) and 4pm NICAS 3 6pm
Wednesday	NICAS 3 5pm
Thursday	Young Climbers Club 4pm NICAS 4 6pm (New)
Friday	Young Climbers Club 4.30pm NICAS 3 6.30pm
Saturday	Young Climbers Club 10.15am NICAS 3 12.15pm NICAS 4 2.15pm NICAS Bouldering 2.15pm (New) NICAS 5 4.15pm
Sunday	Mini Monkeys 10.15am and 11.30am

We've now added to our NICAS offering with NICAS Wild Climbers on our Mini Monkeys sessions (ages 4-6yrs), NICAS Bouldering as an alternative/addition to NICAS Climbing and soon, we'll be adding NICAS Clip using our auto belays!

NICAS Bouldering



So who is NICAS Bouldering for?

1) For some, it might be an alternative to NICAS Climbing altogether. It allows young climbers (7+ years) to develop climbing movement skills and improve levels of technical ability. Just like NICAS Climbing, it develops teamwork and communication skills but has more emphasis on the development and understanding of both fundamental and advanced movement skills with less psychological demands than roped climbing. It allows progression through Levels 1-3 as follows:

Level 1 - New boulderer

Level 2 - Foundation boulderer

Level 3 - Competent boulderer

It has often been observed that climbers who have previous experience of bouldering progress through NICAS Climbing at a faster rate.

2) Some young climbers might want to participate in both schemes simultaneously by alternating weekly sessions in both NICAS Climbing and NICAS Bouldering. This would mean progressing in both schemes in parallel resulting in dual certificates and a broader range of skills being developed as a more well-rounded climber.

3) After Level 3 and its development of competent top roping and belaying skills, some young climbers might not want to take the leap to lead climbing yet. NICAS Bouldering will offer an alternative pathway for

climbing and develop movement ability and technique before moving onto the bigger step of lead climbing when ready.

4) It will also be possible for young climbers to book onto NICAS Bouldering sessions without registering for NICAS (just like Young Climbers Club). Similarly, existing participants of NICAS can 'dip in' to an occasional NICAS Bouldering session if they would like to (instead of their regular NICAS session that week).

Our current NICAS Bouldering session will run on a Saturday 2.15-3.45pm alongside NICAS Level 4 (with an instructor on each). There will be a maximum of 9 participants and the cost will be the same - £13.50 per session/free for members as their 1 class per week or as an additional PAYG class.

Registration for NICAS Bouldering costs a one-off fee of £10 which provides a logbook and certificates for Levels 1-3 but is not necessary to attend the sessions!

We will be running a NICAS Bouldering showcase taster session on Saturday 26th April - there will be 9 places at the special price of £5 or FREE for our members, speak to reception or ring 01792 845655 to book a space!

NICAS Wild Climbers



Wild Climbers is currently offered on our Mini Monkeys sessions (Sundays and Tuesdays) for 4-6 year olds. It introduces young children to indoor climbing through lots of fun and games while developing skills such as teamwork, communication, balance and agility. We run Mini Monkeys in small groups (maximum 4 children to an instructor) and it usually has a mixture of bouldering and roped climbing in each 45 minute session. Signing up to NICAS Wild Climbers costs a one off fee of £17.50 and, for this, participants get a logbook and earn stickers to both reward participation and progress through various skill steps. Sessions cost £11 each or monthly membership of £42 (1 weekly session).

NICAS Rock Camps

New for 2025 will be NICAS Rock Camps, intensive sessions run over several days in school holidays. Our first series of Rock Camps will run during the Easter holidays, and will aim to take participants through NICAS Climbing Level 1 in 3-4 sessions. They will run as small groups of 6 with an instructor over consecutive days and will allow children and young people to quickly pick up basic climbing skills - please ask at Reception for details.

In the summer holidays, we hope to add other NICAS offerings to the Rock Camps, allowing for a 'taste' of NICAS Climbing Level 4, for example, or of NICAS Bouldering as well as intensive 'boosts' to current levels. Look out for details nearer the time!

NICAS for grown-ups!

It's worth mentioning that, although our NICAS sessions are for under 18s, NICAS awards are not just for youngsters! Anyone can register for NICAS Climbing or Bouldering and, if there is enough interest, we'd love to run a NICAS class for adults!

NICAS for schools

If you're a teacher and are interested in bringing a small group or class to work towards a NICAS award please speak to us. We can run sessions tailored to their needs whether it's Wild Climbers, NICAS Climbing or Bouldering. And remember that NICAS logbooks offer a great way of evidencing skills progression for GCSE PE or DofE.

NICAS Ascend

Currently in development, NICAS Ascend will be the newest addition to the NICAS awards. You can support the UK's first national climbing award for disabled & neurodivergent learners, breaking barriers & making climbing accessible for all by donating to the Crowdfunder.

[Be Part of the Ascent. Support Inclusive Climbing - a Community crowdfunding project in United Kingdom by NICAS](#)



"Putting climbing at the heart of the community."



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