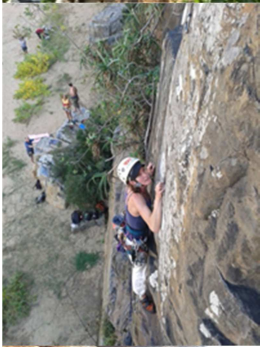




The Mountain Lion League: Rock Climbing Club



Welcome to the Mountain Lion League, Pridwin Junior Prep's first adventure club!



Specialising in rock climbing coaching, Offwidth allows for the holistic development of your little lion, providing an outlet for creativity and an opportunity to create a lifelong passion.



Research indicates that rock climbing can improve:

- patience, planning and analysis
- problem solving, coping skills and responsibility
- poor muscle tone, balance and co-ordination
- self-confidence
- mental and physical focus



One hour sessions conducted on Wednesdays and Thursdays at the Pridwin climbing wall.



Session times:

- Session one: 13h15
- Session two: 14h15



Strict coach:climber safety ratio of 1:4. Space is therefore limited.



Be sure to book early to avoid disappointment! The Mountain Lion League works on a first come, first serve basis.



For any further information, please feel free to contact Sonja Thomas, details provided below:

Sonja Thomas: sonja@offwidth.co.za