



Climbing Taster

Friday 31st March at 7.30 – 9.00pm

£20 per Member (Members only)

How about a new challenge for a New Year? You can aspire to new heights with us on the climbing wall.

You think you are too old? Unfit? Fat? Well think again, we have proof that somebody approaching 60, 4 stone overweight and a couch potato can take up the sport and ENJOY it (don't believe me, ring Rachel).

We have organized a taster session at The Cragg Climbing Wall in the Mid Suffolk Leisure Centre in Stowmarket where we will have an instructor-led session. This is an evening session to enable the ladies who are working to have a go.

You will be provided with all the safety gear you need eg harness and helmet. Please wear comfortable clothes (jeans are not very flexible) and trainers. If you have any questions do not hesitate to contact Rachel Thomas (01638 750752)

We look forward to seeing you.

PLEASE ENSURE YOU BOOK AS NUMBERS ARE LIMITED TO 16. Please note: All bookings represent a firm commitment to pay. Please contact the office if you are unable to attend

Climbing Taster – The Cragg, Stowmarket. Friday 31st March 2017

WI.....

Contact name

Address.....

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.Telephone.....Email.....

Name	Date	Contact email/tel:

Please invoice our WI forPlaces @ £20 each per member

Please return to:-S.W.F.W.I., Unit 11, Park Farm Business Centre, Fornham St Genevieve, Bury St Edmunds, Suffolk, IP28 6TS or email to office.swfwi@gmail.com