

JUST CLIMB

GROUP 團體攀石
CLIMBING 同樂日
FUNDAY 西沙
GO PARK

想接受新穎刺激挑戰? 玩厭咗一般活動?
機會嚟喇! 嚟 **JUST CLIMB 攀石** 啦!

LOOKING FOR BRAND NEW JOY AND EXCITEMENT?
TIRED OF TRADITIONAL ACTIVITIES?
HERE'S YOUR CHANCE! JUST CLIMB!

ENROLL NOW



FOR MORE INFO

6841 8968

JUSTCLIMB.HK



輕鬆掌握攀石基本概念、入門攀爬技巧及動作、
抱石規則玩法

TO ACQUIRE BASIC CONCEPT OF CLIMBING, PRIMARY CLIMBING TECHNIQUES
AND MOVEMENTS, RULES AND REGULATIONS OF BOULDERING



度身訂造的攀石同樂日+適合從未接觸攀石的朋友
TAILOR-MADE CLIMBING FUN DAY, DESIGNED FOR BEGINNERS
TO EXPERIENCE THE CLIMBING FUN



專業教練貼心指導

PROFESSIONAL INSTRUCTION BY ACCREDITED COACHES

攀石同樂日收費 FUNDAY PRICE LIST

	非牟利團體 Non-Profit Organizations 學校 Schools	私人 Standards 商業機構 Corporates
活動地點 Location	JUST CLIMB 西沙店 Sai Sha Go Park	
適合年齡 Age	七歲或以上 Age 7 or above	
人數 Person	10人 (最少) / 10 people (minimum)	
平日收費 Price for Weekdays	\$200	\$260
週末收費 Price for Weekends	\$250	\$330
備註 Remarks	已包括租借攀石鞋、粉袋、場地租用費、教練費及第三者責任保險費 Climbing shoes, chalk bag rental, venue fee, coach fee and third party liability insurance are included 不包括意外保險費 Accident Insurance excluded 如有需要可向本會要求安排特別服務 (如攝影、食物到會等) *需另外收費 Special services can be requested (E.g. photography, catering, etc.) *Additional charge is needed	

攀石同樂日流程 FUNDAY RUNDOWN (只供參考 FOR REFERENCE ONLY)

時間 Time	詳情 Details	
第一小時 1st hour	固定內容 1. 介紹 (教練簡介、安全守則、基本抱石概念及常識) 2. 熱身活動 3. 攀爬動作及技巧示範 4. 參加者練習時間	Standard Content 1. Introduction (Briefing from coach, safety rules, basic concept and knowledge of Bouldering) 2. Warm up exercise 3. Climbing skills and techniques demonstration 4. Climbers' practice time
第二小時 2nd hour	自選內容 (由參加者決定) 1. 小休時間 2. 抱石小遊戲 3. 自由於場館內攀爬	Optional Content (Decided by climbers) 1. Rest time 2. Bouldering mini games 3. Free climbing
最後十五分鐘 Last 15 minutes	1. 團體合影時間 2. 舒緩運動	1. Group photo taking 2. Cool down exercise