

# CLIMBING COURSES FOR ADULTS

## HOW TO APPLY TO A CLIMBING COURSE

Applications for the climbing courses for adults are possible via the Studionaut program. Everything about registration for courses, packages, purchases, waiting list, deregistration from a training, etc. is written in the **document Studionaut - INSTRUCTIONS**.

## GROUPS

Adults are divided into:

- **BEGINNERS**
- **LEVEL 1:** Suitable for those who have been climbing for 1 or 2 years / you are an experienced climber.
- **LEVEL 2:** Suitable for those who have been climbing for 3 years or more / you are a very experienced climber.

## CLIMBING EQUIPMENT

Trainers should have comfortable **SPORTS CLOTHING:** T-shirt, if necessary an additional long-sleeved shirt, and stretchable pants, recommended over the knees, but also shorts are OK.

Suitable footwear are **CLIMBING SHOES**. Climbing shoes can be rented in our center (2 € per day).

The **MAGNESIUM BAG / LIQUID MAGNESIUM** is a part of personal climbing equipment.

## ON THE COURSE

**HEALTH OR OTHER SPECIALTIES** which would significantly influence the climbing course should be reported to [plusclimbing@gmail.com](mailto:plusclimbing@gmail.com) and to the climbing instructor.

## SCHOOL AND PUBLIC HOLIDAYS, EVENTS

There are **NO** climbing courses during Slovenian **school** and **national holidays**.

Sometimes the climbing courses are canceled due to **Plus Climbing events**; Climbing Center Koper closes for preparations for major events of this kind.

Due to these cases the Studionaut **package for monthly courses lasts for 40 days** (and not only for 30 days).

## CLIMBER'S ABSENCES

You can sign up for a climbing course **UP TO 1 HOUR** before the start of the training.

You can unsubscribe from the course **NO LATER THAN 4 HOURS** before the start of the **training**, otherwise you will **LOSE** the credit.

If you do not manage to spend all the leased credits within 40 days, you will **LOSE** them.

## PRICES FOR CLIMBING COURSE / MONTH

	1x / week	2x / week
STUDENTS, RETIREMENT, UNEMPLOYED	55 €	70 €
ADULTS	70 €	90 €
STUDENTS, RETIREMENT, UNEMPLOYED with Mina Markovič***	60 €	
ADULTS with Mina Markovič***	75 €	

\*\*\*More about Mina Markovič: [Italiano](#) / [English](#)

## DURATION OF CLIMBING COURSE

ADULTS	1 hour 45 min
ADULTS with Mina Markovič	2 hours

## MEMBERSHIP IN ŠPK PLUS

Climbers who take part in the climbing courses, **also become members** of the Sports climbing Club Plus (Športno plezalni klub Plus - ŠPK Plus).

You become members by filling in the **MEMBERSHIP APPLICATION FORM** and paying the **MEMBERSHIP CONTRIBUTION** (valid for the **CURRENT CALENDAR YEAR**, from 1st January till 31st December of the current year).

- Students / unemployed / retirement: 20 €
- Adults: 25 €

You can send the **SIGNED** membership application form to [plusclimbing@gmail.com](mailto:plusclimbing@gmail.com) or bring it with you at the climbing course (give it to the instructor).

## MONTHLY FEE PAYMENT

**Online payment** of the monthly package is made **via Studionaut** as soon as you select one of the desired training dates or package. In the My credits tab, you can see how many visits you still have available and how long they are valid.

**MORE INFORMATION:** [plusclimbing@gmail.com](mailto:plusclimbing@gmail.com) (Katerina)

Or visit our web page: [ENGLISH](#) / [ITALIAN](#) // [Facebook](#) / [Instagram](#)