

Coaching

Our dedicated coaching staff have worked with children of all climbing abilities from first time climbers to state champions. Our coaches can work with you in a number of ways to create a climbing program tailored to your school's needs.

Coaching at Portside:

- Coaching for your single booking
- Regular coaching as part of your term-based curriculum
- We also offer extra curricular Youth Programs

Coaching at your school:

- Workshops where students can learn climbing principles and develop skills
- Regular coaching as part of your term-based curriculum

Get in touch

If you'd like to make a booking, find out more or just chat directly to us, feel free to contact any of the facility managers:

O'CONNOR

adminoc@portsideboulders.com.au

OSBORNE PARK

adminop@portsideboulders.com.au

WILLETTON

adminwl@portsideboulders.com.au

O'CONNOR
12 Murphy St

OSBORNE PARK
73 Walters Dr

WILLETTON
8 Kembla Way

Bookings

Portside Boulders can facilitate single or recurring term bookings for your school. Bookings can also be arranged outside of our regular operating hours.

Portside Boulders staff will conduct a facility and bouldering safety induction on your first visit. Climbing shoes and chalk will also be included for all students.

Your bookings can also be paired with our coaching options. We offer a range of options, and our coaching staff are also able to work directly with your physical education teachers to develop your own climbing program. We offer many flexible coaching options, ranging from in-person programs to online based learning.

We also warmly invite teachers to come in and try a free climbing session to get a feel for the experience.

Pricing

Standard pricing is \$14.40 including rental shoes.

We regularly offer discounts depending on whether your group has booked with us before, the size of your group and the number of sessions booked so please get in touch to discuss what rates we can offer.

PORT
SIDE
BOULDERS

SCHOOL INFORMATION

Bookings  Coaching

What is Bouldering?

Bouldering is a form of rock climbing on 4.5-meter-high climbing walls.

“Problems” are climbed without ropes or harnesses with one person climbing at a time. Unlike roped climbing, there is no need for belayers so all participants are free to enjoy the sport at their own pace. Although bouldering has been around since the dawn of time, it has only been made easily accessible to the greater public through indoor facilities over the last decade.

As a result, the sport has seen a massive uptake across all demographics culminating in its inclusion in the 2021 Tokyo Olympics!

The benefits of Bouldering

PROBLEM SOLVING

Bouldering is a sport which requires both problem solving and physical acumen.

This ensures participants remain mentally engaged whilst physically tackling problems.

SELF-CONFIDENCE

Progressing through a bouldering problem and reaching the top is a very clear measure of achievement. With each move, climbers are challenged to push beyond their comfort zone.

Climbers’ self-confidence grows as they complete more problems and progress through the grades at their own pace.

COMMUNICATION

Although students climb the problems individually, collaboration and teamwork are often crucial to solving problems.

Climbers share ‘beta’ (tips on how to climb the problem) to help each other ‘send’ the problem (reach the top of the problem.) This encourages students to support each other, exchange ideas and succeed together!

ACCESSIBLE

Bouldering is a sport which utilises technique, strength, coordination, problem solving and flexibility. A strong student may be able to muscle up a problem whilst a creative problem solver could do it in a totally different way.

This helps keep the sport inclusive to people of all abilities and body types.

