

TRANSITION EXTREME NEWSLETTER

Scottish Charity No.SCO 36358



**HARNESS YOUR
ENERGY
REACH YOUR
POTENTIAL**

Contact info:

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Tel: 01224 626279

Web: www.transition-extreme.com

YOUTH & COMMUNITY

CLIMBING WALL

SKATEPARK

REC AREA & CAFE

HIGH ROPES COURSE

YOUTH & COMMUNITY

Extreme Academy

On the 14th January Transition Extreme welcomed 9 young people aged 14-16 to join the Extreme Academy. Extreme Academy focuses on helping young people, who have disengaged from education or are on a reduced timetable, return to education or give them the confidence and skills to find a job. The Academy is a 2-day course that runs from 10am – 3pm. Throughout February the young people have enjoyed days out at Innoflate, Jump In Aberdeen, the beach leisure centre and have even been on the beach helping to clean up litter. The course will finish on the 26th March where the young people will have a graduation ceremony in which they have contributed.

Extreme Youth

Transition Extreme host Extreme Youth, which is a youth club that host young people aged 11-15. The club started in January and has seen a full attendance throughout February, with the young people stating how much they have enjoyed it so far. The club runs every Friday from 16:30 – 18:30. The first hour of the club, the youth workers will focus on discussing subjects such as healthy living, sex ed, the dangers of smoking and alcohol and the second hour the attendees will get to go on our climbing wall and skate park. The course runs during school term times and because of the popularity of the club, it is currently full at the moment with a waiting list. If you have any questions or would like to come along to Extreme Youth, please phone or email Transition Extreme or visit our website. All contact details can be found throughout the newsletter.



Alternate Academy

Once our Extreme Academy finishes up in March, we then prepare for Alternate Academy, which will begin Mid-April. The course is similar to our Extreme Academy, except it is a full-time course being 4 days a week. There will be 12 young people aged between 15 and 18, the course will use sports as a catalyst for formal education, training or employment. For more information, please see our contact details.

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TX CLIMBING & SKATEPARK

What's Been Going on?

We let everyone relax and have some time off in January, not February though! The climbing wall and skatepark held multiple events. The climbing wall held round 3 of the Winter Bouldering Series and round 2 of the Youth Climbing Series. As you can imagine, we were hard at work route setting the walls for these different competitions. The climbing wall also held the TX youth squad selection evening in February with many in attendance! The skatepark held the final two rounds of the Game of Skate competition, with skaters from near and far came to test their skills against each other. The winner of Game of Skate, was our very own Matt Smith! (As seen below)

Congrats!

What's Coming Up?

March 8th sees the climbing wall host the final of the Winter Bouldering Series, a heads up, the wall will be closed on this day to host the competition. There will be more information about this nearer the time. Over the next month we have many birthday parties, group parties and individual lessons booked for both the skatepark and climbing wall, so be sure to book in now to avoid disappointment! On a Friday the climbing wall does £5 Friday, £5 entry from 5pm, how can you say no?! The skatepark also does half price sessions from 4 – 8pm on a Sunday!



Bookings

Remember both the skatepark and the climbing wall are available for many different types of bookings. Whether it's a birthday party, team building day or just some alone time with the wall or skatepark you require just contact us via our contact information, don't be afraid, everyone is welcome. Private lessons are also available for both the climbing wall and skatepark.

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REC AREA & CAFE

What's Been Going on?

In February we welcomed various companies and people to host their events in our rec area and one of the companies even tried out our nerve-racking high ropes course! Our café was on hand to cater to these events with various homemade sandwiches, cakes and brownies, as well as the tea and coffee of course! March is going to be a busy month with more events being booked every day, so don't miss out on this large space!

We Can Cater For You

If you would like to book our rec area, we can cater up to 100 people for various types of courses, events, birthday parties or even just a team building day. Our café will supply food and drinks and take note of any special dietary requirements. To book the rec area, please contact us via the contact info provided.



High Ropes Course

Winter is not the greatest time to head up our high ropes course, fear not though, our high ropes course will be reopened in March. It is a great day out for birthday parties, team building days or anyone who wants to test their nerves against the fan drop! For more information on the high ropes course, visit our website or social media pages.



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ROLL THROUGH WINTER

£10 ENTRY
6-10



TUESDAY, WEDNESDAY & THURSDAY
DURING
JANUARY, FEBRUARY & MARCH

Why Not Try Our Cafe?

Located just upstairs, you can enjoy
freshly made paninis, wraps and toasties
with a variety of fillings!

There are various hot foods available
such as burger & fries or sweet potato
fries!

For those with a sweet tooth we have
homemade brownies and other treats
brought in by our chef Al!

If it is just a drink you want, we have
soft drinks and barista style coffee on
offer!



TRANSITION
EXTREME

Scottish charity No:
SC036358

SPRING HOLIDAY CAMPS

01/04 - 05/04

08/04 - 12/04

08:30 - 16:00



**AGES
8-13 £185**

**CLIMBING
SKATEPARK
ROPES
COURSE
& MORE!**

WWW.TRANSITION-EXTREME.COM

TRANSITION
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The Adrenaline Enterprise