

Winter Training?

Dry Tooling?

Something Different?

Enhanced Endurance?

Improved Strength?

New Challenge?

Injured?

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SCHMOOLZ^{TEAM} are HERE!

What is Schmooling?

Schmooling is a new and exciting craze that is exploding onto UK climbing walls. Originally developed as a training aid for Winter climbers, it has become mainstream and has been adopted by 'normal' climbers. Schmooling uses specialised tools called Schmoolz, specifically designed to be used on artificial climbing surfaces without causing damage, or injury to other climbers or walls.

Who is it for?

Schmooling (dry tooling) is definitely not just for Winter climbers! It is a perfect accompaniment for normal climbing, and adds to any climbing session. Whether you're injured, want a change, want to improve your endurance and strength. Schmooling is for you!

Many climbers have found that they can climb until they are tired and then pick up the Schmoolz and continue; long after others have succumb to "pumped arms and sore fingers". Other have found that it develops core strength due to the nature of the movement.

Many, in particular kids, have found that its just plain FUN! Schmooling complements your climbing and lets you concentrate on footwork and technique.

Where's it happening?

The Schmoolz-Crew is touring around climbing walls introducing this new climbing skill by arranging taster sessions and Schmool-Schoolz.

Ask your climbing wall when sessions are available and sign up now. Schmoolz are available for purchase online at www.schmoolz.com and you can also find us on Facebook.



website: www.schmoolz.com

Join us...

Taster sessions >>

Schmool-Schoolz >>