

# SPECIAL EVENTS CALENDAR

## October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Become a member!</b></p> <p>No Contract required. *membership is optional</p>	<p><b>Join Youth Climbing Club</b> every Tuesday and Thursday from 6 - 8pm</p>	<p>1 <b>Technique/Train Clinic</b> <b>Endurance:</b> 15 min Gym Laps X4 <b>Training Exercise:</b> Ladder hands on campus board to failure 8 – 10PM</p>	<p>2 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$15.00 each. 5 – 10PM</p>	<p>3 <b>Technique/Train Clinic</b> <b>Technique</b> Campus <b>Training Exercise:</b> Campus Overhangs 8 – 10PM</p>	<p>4 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>5 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM</p>
6	<p>7 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>8 <b>Technique/Train Clinic</b> <b>Endurance:</b> Core and hands <b>Training Exercise:</b> Knee-ups, dead-hang leg lift, crunches 8 – 10PM</p>	<p>9 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$15.00 each. 5 – 10PM</p>	<p>10 <b>Technique/Train Clinic</b> <b>Technique:</b> Palm Smear, Palm Press <b>Training Exercise:</b> Climb dihedrals, try “no hands”. 8 – 10PM</p>	<p>11 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>12 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM</p>
13	<p>14 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>15 <b>Technique/Train Clinic</b> <b>Endurance:</b> Cutting Feet/Recovery <b>Training Exercise:</b> Practice on overhangs 8 – 10PM</p>	<p>16 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$15.00 each. 5 – 10PM</p>	<p>17 <b>Technique/Train Clinic</b> <b>Technique:</b> Crimps <b>Training Exercise:</b> Crimp routes, campus board (small rungs) 8 – 10PM</p>	<p>18 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>19 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM</p>
20	<p>21 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>22 <b>Technique/Train Clinic</b> <b>Endurance:</b> Stick game w/3sec pause between moves <b>Training Exercise:</b> Ladder hands on campus board 4X4 8 – 10PM</p>	<p>23 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$15.00 each. 5 – 10PM</p>	<p>24 <b>Technique/Train Clinic</b> <b>Technique:</b> Bicycles &amp; Toe Hooks <b>Training Exercise:</b> 3 points of contact (ceiling) 8 – 10PM</p>	<p>25 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>26 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM</p>
27	<p>28 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM</p>	<p>29 <b>Technique/Train Clinic</b> <b>Endurance:</b> GAME NIGHT <b>Training Exercise:</b> Down-climb Add-On 8 – 10PM</p>	<p>30 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$15.00 each. 5 – 10PM</p>	<p>31 <b>Halloween</b> CLOSED</p>	<p><b>Book an Outdoor Guided Trip!</b>  4 hour and 8 hour options available!</p>	<p><b>Celebrate your Birthday with us!</b>  Book a 2-hour climbing party for you and your friends!!</p>