

# SPECIAL EVENTS CALENDAR

## SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Become a member!</b>  No Contract required. <small>*membership is optional</small>	2  <b>CLOSED for LABOR DAY</b>	3 <b>Technique/Train Clinic</b> <b>Endurance:</b> Gym Laps <b>Training Exercise:</b> Clockwise to failure  8 – 10PM	4 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$12.50 each. 5 – 10PM	5 <b>Technique/Train Clinic</b> <b>Endurance:</b> Auto-Belay Endurance <b>Training Exercise:</b> Climb up and down to failure 8 – 10PM	6 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$12.50 5 – 10PM	7 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$12.50 5 – 10PM
8	9 <b>Girls Night Out</b>  Climbing Pass \$12.50 5 – 10PM	10 <b>Technique/Train Clinic</b> <b>Endurance:</b> How to Breathe <b>Training Exercise:</b> Practice oxygen management 8 – 10PM	11 <b>Obstacle Course Training</b> 5:30 – 6:30 <b>Family Night –</b> 3 Climbers for \$45. Add family climbers for \$12.50 each. 5 – 10PM	12 <b>Technique/Train Clinic</b> <b>Endurance:</b> Dead Hangs <b>Training Exercise:</b> Hangboard → Wall 8 – 10PM	13 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$12.50 5 – 10PM	14 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$12.50 5 – 10PM
15 <b>Prices increase TODAY!</b> Start a membership <b>before</b> September 15th with no initiation fee AND pay our old rates!	16 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM	17 <b>Technique/Train Clinic</b> <b>Endurance:</b> Cutting Feet/Recovery <b>Training Exercise:</b> Practice on 45 degree 8 – 10PM	18 <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	19 <b>Technique/Train Clinic</b> <b>Endurance:</b> Bicycles & Toe Hooks <b>Training Exercise:</b> 3 points of contact (ceiling) 8 – 10PM	20 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM	21 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM
22	23 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM	24 <b>Technique/Train Clinic</b> <b>Endurance:</b> The Figure-4 <b>Training Exercise:</b> Practice on the ceiling 8 – 10PM	25 <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	26 <b>Technique/Train Clinic</b> <b>Endurance:</b> GAME NIGHT <b>Training Exercise:</b> Down-climb Add-On 8 – 10PM	27 <b>Guys Night Out &amp; High School Night</b>  Climbing Pass \$15.00 5 – 10PM	28 <b>Couples Date Night &amp; College Night</b>  Climbing Pass \$15.00 5 – 10PM
29	30 <b>Girls Night Out</b>  Climbing Pass \$15.00 5 – 10PM	<b>Free Climbing Technique Clinics</b> every Tuesday and Thursday, with your same-day climbing pass or gym membership	<b>Celebrate your Birthday with us!</b>  Book a 2-hour climbing party for you and your friends!	<b>Join Youth Climbing Club</b> every Tuesday and Thursday from 6 - 8pm	<b>Book an Outdoor Guided Trip!</b>  4 hour and 8 hour options available!	<b>Take an outdoor top-roping or lead lesson!</b>  Learn to set up anchors and how to place gear!