

SPECIAL EVENTS CALENDAR

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Become a member! No Start-up fee.</p> <p>No Contract required. *membership is optional</p>	<p>1 Happy New Year! Yes, we are OPEN!</p> <p>Girls Night Out – Climbing Pass \$10.50 5 – 10pm</p>	<p>2 Technique Clinic – Compression moves – Think of squeezing a fridge as you climb. 8 – 10PM</p>	<p>3 <i>On the Way Home Workout</i> 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$40 includes gear. Add family climbers \$10.50 ea. 5 – 10pm</p>	<p>4 Technique Clinic – Flagging on a flat wall – Flagging is use of the climbers legs to counterbalance movement. 8 – 10PM</p>	<p>5 Guys Night Out & High School Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>	<p>6 Couples Date Night & College Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>
7	<p>8 Girls Night Out – Climbing Pass \$10.50 5 – 10pm</p>	<p>9 Technique Clinic – Flagging on an overhanging wall – Flagging and twist lock, advanced movement. 8 – 10PM</p>	<p>10 <i>On the Way Home Workout</i> 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$40 includes gear. Add family climbers \$10.50 ea. 5 – 10pm</p>	<p>11 Technique Clinic – Lock Offs – The lock- off is a fundamental arm position. It is challenging to maintain while climbing. 8 – 10PM</p>	<p>12 Guys Night Out & High School Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>	<p>13 Couples Date Night & College Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>
14	<p>15 Girls Night Out – Climbing Pass \$10.50 5 – 10pm</p>	<p>16 Technique Clinic – Slopers and thumb catch. Everyone struggles with sloping holds. 8 – 10PM</p>	<p>17 <i>On the Way Home Workout</i> 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$40 includes gear. Add family climbers \$10.50 ea. 5 – 10pm</p>	<p>18 Technique Clinic – Toe hook, toe grab, toe pull, heel hook, toe in 8 – 10PM</p>	<p>19 Guys Night Out & High School Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>	<p>20 Couples Date Night & College Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>
21	<p>22 Girls Night Out – Climbing Pass \$10.50 5 – 10pm</p>	<p>23 Technique Clinic – Fancy feet on the ceiling. Various uses of our feet and legs for “roof” climbs 8 – 10PM</p>	<p>24 <i>On the Way Home Workout</i> 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$40 includes gear. Add family climbers \$10.50 ea. 5 – 10pm</p>	<p>25 Technique Clinic – Pinky Hook, Thumb Hook, and Meat Hook 8 – 10PM</p>	<p>26 Guys Night Out & High School Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>	<p>27 Couples Date Night & College Night</p> <p>Climbing Pass \$10.50 5 – 10pm</p>
28	<p>29 Girls Night Out – Climbing Pass \$10.50 5 – 10pm</p>	<p>30 Technique Clinic – Games of Add-On. Coaching advice on projects. Strength building circuits. 8 – 10PM</p>	<p>31 <i>On the Way Home Workout</i> 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$40 includes gear. Add family climbers \$10.50 ea. 5 – 10pm</p>		<p>Free Climbing Technique Clinics every Tuesday and Thursday, with your day climbing pass or membership</p>	<p>Be Pro-Active about safety – Enroll in the Landing from Falls Technique Course. Management of ground falls – Next date Saturday February 24th, 2018</p>