

SPECIAL EVENTS CALENDAR

March 2017

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>Free Climbing Technique Clinics every Tuesday and Thursday, with your day climbing pass or membership</p>		<p>1 On the Way Home Workout 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm</p>	<p>2 Technique Clinic – Barn doors – Techniques to prevent swinging out from the wall on off-balance moves 8 – 10PM</p>	<p>3 Guys Night Out & High School Night</p> <p>Climbing Pass \$9.50 5 – 10pm</p>	<p>4 Couples Date Night & College Night</p> <p>Climbing Passes \$9.50 5 – 10pm</p>
5	<p>6 Girls Night Out – Climbing Pass \$9.50 5 – 10pm</p>	<p>7 Technique Clinic – Features – Identify and use gym features! 8 – 10PM</p>	<p>8 On the Way Home Workout 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm</p>	<p>9 Technique Clinic – Personal Best – Determine your Red-point and On-sight abilities. 8 – 10PM</p>	<p>10 Women's Monthly Workout 6:30 – 8:30PM w/ Jen & Ashley</p> <p>Guys Night Out & High School Night – Climbing Pass \$9.50 5 – 10pm</p>	<p>11 Couples Date Night & College Night</p> <p>Climbing Passes \$9.50 5 – 10pm</p>
12	<p>13 Girls Night Out – Climbing Pass \$9.50 5 – 10pm</p>	<p>14 Technique Clinic – Gimme 5 – A fun and instructive game. 8 – 10PM</p>	<p>15 On the Way Home Workout 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm</p>	<p>16 Technique Clinic – Injury prevention – Healthy habits, eating, skin maintenance, tendons and joints. 8 – 10PM</p>	<p>17 Guys Night Out & High School Night</p> <p>Climbing Pass \$9.50 5 – 10pm</p>	<p>18 Couples Date Night & College Night</p> <p>Climbing Passes \$9.50 5 – 10pm</p>
19	<p>20 Girls Night Out – Climbing Pass \$9.50 5 – 10pm</p>	<p>21 Technique Clinic – Range of motion – Extending your reach. 8 – 10PM</p>	<p>22 On the Way Home Workout 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm</p>	<p>23 Technique Clinic – Speed it up – Faster movement, less forearm pump, and speed climbs 8 – 10PM</p>	<p>24 Guys Night Out & High School Night</p> <p>Climbing Pass \$9.50 5 – 10pm</p>	<p>25 Couples Date Night & College Night</p> <p>Climbing Pass \$9.50 5 – 10pm</p>
26	<p>27 Girls Night Out – Climbing Pass \$9.50 5 – 10pm</p>	<p>28 Technique Clinic – Slackline – Practice walking a “tight-rope”. Teaches balance and muscle coordination 8 – 10PM</p>	<p>29 On the Way Home Workout 5:30 – 6:30</p> <p>Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm</p>	<p>30 Technique Clinic – Games of Add-On. Coaching advice on projects. Strength building circuits. 8 – 10PM</p>	<p>31 Guys Night Out & High School Night</p> <p>Climbing Pass \$9.50 5 – 10pm</p>	<p>Be Pro-Active about safety – Enroll in the Landing from Falls Technique Course. Management of ground falls – Next date Friday April 28th, 2017</p>