

Stone Age Rock Gym EVENTS Calendar AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Celebrate your Birthday with us!</p> <p>Book a 2 hour climbing party with all your friends 🧐</p>	<p>Join our youth Climbing Club!</p> <p>👁️</p> <p>Climb for 2 hours on Tuesday and Thursday Easy sign-up online</p>	<p>Free Climbing Technique Clinics every Tuesday and Thursday, with your same-day climbing pass or gym membership</p>	<p>Become a member!</p> <p>Climbing Access on your schedule, 24/7.</p> <p>No Contract required. *membership is optional</p>	<p>1 National Mountain Climbing Day</p> <p>Technique/Train Clinic</p> <p>Down-climbing Training Exercise: Downclimb Auto-belay Downclimb Overhang 8:30 – 9:30 PM</p>	<p>2</p> <p>Couples and Friends Night</p> <p>2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>3</p> <p>Student Night Discount</p> <p>5 – 10PM Climbing Pass \$20</p>
<p>4</p> <p>Book an Outdoor Guided Trip!</p> <p>Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6 PM</p>	<p>5</p> <p>SUMMER OLYMPICS! ROCK CLIMBING DAY 1 OF 6 DAYS</p> <p>Members Day</p>	<p>6</p> <p>Technique/Train Clinic</p> <p>Paraclimbing Appreciation #1 Training Exercise: Blindfolded w/ hold spotter</p> <p>8:30 – 9:30 PM</p>	<p>7</p> <p>Family Night – 3 Climbers for \$45</p>	<p>8</p> <p>Technique/Train Clinic</p> <p>Paraclimbing Appreciation #2 Training Exercise: 1-arm top-rope</p> <p>8:30 – 9:30 PM</p>	<p>9</p> <p>Couples and Friends Night</p> <p>2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>10 Boulder Comp “Add-On” Format</p> <p>Sign up @6pm Start @7pm \$30</p> <p>Next event Sept 21st Olympic Rock-Climbing wrap-up day</p>
<p>11</p> <p>Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6 PM</p>	<p>12</p> <p>Members Day</p>	<p>13</p> <p>Technique/Train Clinic</p> <p>Paraclimbing Appreciation #3 Training Exercise: 1-leg top-rope</p> <p>8:30 – 9:30 PM</p>	<p>14</p> <p>Family Night – 3 Climbers for \$45.</p>	<p>15</p> <p>Technique/Train Clinic</p> <p>Paraclimbing Appreciation #4 Training Exercise: 1-arm OR 1-leg Add-On</p> <p>8:30 – 9:30 PM</p>	<p>16</p> <p>Couples and Friends Night</p> <p>2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>17</p> <p>Members & Guests Outdoor Guided Trip 9am-1pm</p> <p>Sign up online</p> <p>Student Night Discount</p>
<p>18</p> <p>Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6 PM</p>	<p>19</p> <p>Members Day</p>	<p>20</p> <p>Technique/Train Clinic</p> <p>Rest Positions: Traverse vs. Over-hang Training Exercise: Practice both examples 8:30 – 9:30 PM</p>	<p>21</p> <p>Family Night – 3 Climbers for \$45.</p>	<p>22</p> <p>Technique/Train Clinic</p> <p>Twist Locks</p> <p>Training Exercise: Practice on Cave Routes 8:30 – 9:30 PM</p>	<p>23</p> <p>Couples and Friends Night</p> <p>2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>24</p> <p>Student Night Discount</p> <p>5 – 10PM Climbing Pass \$20</p>
<p>25</p> <p>Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6 PM</p>	<p>26</p> <p>Members Day</p>	<p>27</p> <p>Technique/Train Clinic</p> <p>Core Endurance Training Exercise: Sloth Traverse w/ Red Light Green Light 8:30 – 9:30 PM</p>	<p>28</p> <p>Family Night – 3 Climbers for \$45.</p>	<p>29</p> <p>Technique/Train Clinic</p> <p>GAME NIGHT Training Exercise: Add-On</p> <p>8:30 – 9:30 PM</p>	<p>30</p> <p>Couples and Friends Night</p> <p>2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>31</p> <p>Student Night Discount</p> <p>5 – 10PM Climbing Pass \$20</p>

Celebrating 30+ years of service to our community!