




Stone Age Rock Gym - EVENTS CALENDAR

February 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> Climb for 2 hours on Tuesday and Thursday Easy sign-up online.</p>	<p>Valentine Membership Special Available All Month</p>	<p>1 Technique Clinic Read it, Write it, Do it! We will examine understanding a route, predicting our moves, and putting it into action</p> <p>8 – 9:30PM</p>	<p>2 Couples and Friends Night 2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>3 High School Night Discount 5 – 10PM Climbing Pass \$20</p>
<p>4 Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM</p>	<p>5</p>	<p>6 Technique Clinic Injury Prevention Learn how to prevent injuries and create an injury prevention plan before you climb.</p> <p>8 – 9:30PM</p>	<p>7</p>	<p>8 Technique Clinic Endurance: Practicing lactic acid tolerance, primarily in the forearms. Feel the burn!</p> <p>8 – 9:30PM</p>	<p>9 Couples and Friends Night 2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>10 High School Night Discount 5 – 10PM Climbing Pass \$20</p>
<p>11 Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM</p>	<p>12</p>	<p>13 Technique Clinic Strength: Focusing on power endurance and how to effectively use our strength.</p> <p>8 – 9:30pm</p>	<p>14 Couples \$20 Day Pass. <u>I love climbing</u> 2 for 1 price membership \$85</p> 	<p>15 Technique Clinic Pyramid of Success! Creating an individualized training plan based on appropriate climbing ability</p> <p>8 – 9:30PM</p>	<p>16 Couples and Friends Night 2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>17 High School Night Discount 5 – 10PM Climbing Pass \$20</p>
<p>18 Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM</p>	<p>19 President's Day "PWYC" DAY Pay What You Can It's exactly what it sounds like! Applies to Day Pass and Gear Rental</p>	<p>20 Technique Clinic Speed it Up! Climb your fastest! Speed climb up the given routes!</p> <p>8 – 9:30PM</p>	<p>21</p>	<p>22 Technique Clinic Technique: Learning different hand holds that will enhance our climbing skill!</p> <p>8 – 9:30PM</p>	<p>23 Couples and Friends Night 2 or more climbers Climbing Pass \$20.00 5 – 10PM</p>	<p>24 High School Night Discount 5 – 10PM Climbing Pass \$20</p>
<p>25 Family Climb – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM</p>	<p>26</p>	<p>27 Technique Clinic End of Month Games! We will play an array of games to wrap up the month!</p> <p>8 – 9:30PM</p>	<p>28</p>	<p>29 Technique Clinic Combining Techniques: Pick various hand and foot techniques to combine together on our climbs!</p> <p>8 – 9:30PM</p>		<p>Adults: Climbing Access on your schedule, 24/7. Members Benefit</p>

Celebrating 30+ years of service to our community!