



# Stone Age Rock Gym - EVENTS CALENDAR

## January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>\$10 New Year Special:</b> Get your first month of climbing & gear for \$10 when you commit to a second month of membership	1 <b>Happy New Year!</b>  <b>We are closed New Years Day</b>	2 <b>Technique Clinic</b> <b>Conditioning your grip</b> We are going for endurance and forearm burn!  8 – 9:30PM	3	4 <b>Technique Clinic</b> <b>Game: Campus board and hang board FUN!</b> We have developed a few fun games designed to test your grip. 8 – 9:30PM	5 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 5 – 10PM	6 <b>High School Night Discount</b> 5 – 10PM Climbing Pass \$20
7 <b>Family Climb –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	8	9 <b>Technique Clinic</b> <b>Balance and Core Strength</b> We will examine moves that are core intensive, and we will work our core 8 – 9:30PM	10	11 <b>Technique Clinic</b> <b>Challenge: Constant Movement</b> Between climbs, instead of a rest, try these workouts!  8 – 9:30PM	12 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 5 – 10PM	13 <b>High School Night Discount</b> 5 – 10PM Climbing Pass \$20
14 <b>Family Climb –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	15 <b>Martin Luther King Day</b>  <b>“PWYC” DAY</b> Pay What You Can It’s exactly what it sounds like! Applies to Day Pass and Gear Rental	16 <b>Technique Clinic</b> <b>4X4 Climb</b> Pick 4 routes. Climb each 4 times in quick succession. Feel the pump! 8 – 9:30pm	17	18 <b>Technique Clinic</b> <b>Challenge: 15 minutes</b> Stay on the wall for 15 minutes, 3 sets. Up-climb, down-climb, or boulder 8 – 9:30PM	19 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 5 – 10PM	20 <b>High School Night Discount</b> 5 – 10PM Climbing Pass \$20
21 <b>Family Climb –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	22	23 <b>Technique Clinic</b> <b>Bumps</b> Use this simple technique to correct an out-of-sequence grip  8 – 9:30PM	24	25 <b>Technique Clinic</b> <b>Predicting and correcting hand sequence</b> An advanced look at route reading 8 – 9:30PM	26 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 5 – 10PM	27 <b>High School Night Discount</b> 5 – 10PM Climbing Pass \$20
28 <b>Family Climb –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	29	30 <b>Technique Clinic</b> <b>Big Wall Day</b> Compare your vertical mileage to actual outdoor climbs  8 – 9:30PM	31	<b>Join our youth Climbing Club!</b>   Climb for 2 hours on Tuesday and Thursday Easy sign-up online.	<b>Adults: Climbing Access on your schedule, 24/7. Members Benefit</b>	<b>Celebrate your Birthday with us!</b>  Book a 2 hour climbing party with all your friends 

**Celebrating 30+ years of service to our community!**