



# Stone Age Rock Gym - Events Calendar

## October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Become a member!</b></p> <p>No Contract required. *membership is optional</p>	<p><b>Join our youth Climbing Club!</b></p>  <p>Climb for 2 hours on Tuesday and Thursday Easy sign-up online</p>	<p>1 <b>Technique/Train Clinic</b> <b>Endurance:</b> 15 min Gym Laps X4 <b>Training Exercise:</b> Ladder hands on campus board to failure 8 – 10PM</p>	<p>2</p> <p><b>On your way home Work-Out</b> 5:30 – 6:30 *Great <u>O</u>bstacle <u>C</u>ourse <u>R</u>ace Training</p>	<p>3 <b>Technique/Train Clinic</b> <b>Technique</b> Campus <b>Training Exercise:</b> Campus Overhangs  8 – 10PM</p>	<p>4 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 4 – 10PM <b>Men's Flex Night</b> 6:30 – 8:30PM w/ Kevin <b>Sign-Up Online</b></p>	<p>5 <b>Student Night Discount</b> 5 – 10PM Climbing Pass \$20</p>
<p>6 <b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>7 <b>Members Day</b></p>	<p>8 <b>Technique/Train Clinic</b> <b>Endurance:</b> Core and hands <b>Training Exercise:</b> Knee-ups, dead-hang leg lift, crunches 8 – 10PM</p>	<p>9 <b>On your way home Work-Out</b> 5:30 – 6:30</p>	<p>10 <b>Technique/Train Clinic</b> <b>Technique:</b> Palm Smear, Palm Press <b>Training Exercise:</b> Climb dihedrals, try “no hands”. 8 – 10PM</p>	<p>11 <b>Skill Builder</b> <b>Knot Course (8pm)–</b> Figure 8 Family of Knots – There are 6 different Figure 8 Knots. Each has a different application. Come and learn them! <b>Rated Easy</b> <b>Couples and Friends Night</b></p>	<p>12 <b>Boulder Comp “Red-Point” Format</b> <b>Youth 12 noon – 3pm</b> <b>Citizen 6pm – 9pm</b> <b>\$30</b> Next event November 2nd <b>Sign-Up Online</b></p>
<p>13 <b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>14 <b>Indigenous People of America Day</b> <b>PWYC - all day</b> “Pay What you Can” <b>Climb on your budget.</b> <b>Applies to Day Pass and Gear Rentals</b> <b>OPEN at Noon!</b></p>	<p>15 <b>Technique/Train Clinic</b> <b>Endurance:</b> Cutting Feet/Recovery <b>Training Exercise:</b> Practice on overhangs  8 – 10PM</p>	<p>16 <b>On your way home Work-Out</b> 5:30 – 6:30</p>	<p>17 <b>Technique/Train Clinic</b> <b>Technique:</b> Crimps <b>Training Exercise:</b> Crimp routes, campus board (small rungs) 8 – 10PM</p>	<p>18 <b>Skill Builder</b> <b>Knot Course (8pm)–</b> Friction Knots – These knots are used to control rope movement as in a rappel, haul, jumar, and self-rescue. <b>Rated Easy</b> <b>Couples and Friends Night</b></p>	<p>19 <b>Student Night Discount</b> 5 – 10PM Climbing Pass \$20</p>
<p>20 <b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>21 <b>Members Day</b></p>	<p>22 <b>Technique/Train Clinic</b> <b>Endurance:</b> Stick game w/3sec pause between moves <b>Training Exercise:</b> Ladder hands on campus board 4X4</p>	<p>23 <b>On your way home Work-Out</b> 5:30 – 6:30</p>	<p>24 <b>Technique/Train Clinic</b> <b>Technique:</b> Bicycles &amp; Toe Hooks <b>Training Exercise:</b> 3 points of contact (ceiling) 8 – 10PM</p>	<p>25 <b>Couples and Friends Night</b> 2 or more climbers Climbing Pass \$20.00 <b>Women's Monthly Workout</b> 6:30 – 8:30PM w/ Damaris <b>Sign-Up Online</b></p>	<p>26 <b>Student Night Discount</b> 5 – 10PM Climbing Pass \$20</p>
<p>27 <b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>28 <b>Members Day</b></p>	<p>29 <b>Technique/Train Clinic</b> <b>Endurance:</b> GAME NIGHT <b>Training Exercise:</b> Down-climb Add-On 8 – 10PM</p>	<p>30 <b>On your way home Work-Out</b> 5:30 – 6:30 *OCR Training! -Spartan -Tough Mudder -Ninja Warrior</p>	<p>31 <b>Halloween</b> CLOSED</p>	<p><b>Book an Outdoor Guided Trip!</b>  4 hour and 8 hour options available!</p>	<p><b>Celebrate your Birthday with us!</b>  Book a 2 hour climbing party with all your friends </p>

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