

# Stone Age Rock Gym SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Become a member!</b></p> <p>No Contract required.</p> <p><small>*membership is optional</small></p>	<p>2</p> <p><b>CLOSED for LABOR DAY</b></p>	<p>3</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> Gym Laps</p> <p><b>Training Exercise:</b> Clockwise to failure</p> <p>8 – 10PM</p>	<p>4</p> <p><b>On your way home Work-Out</b> 5:30 – 6:30</p> <p>Free to Members or purchase a pass</p>	<p>5</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> Auto-Belay Endurance</p> <p><b>Training Exercise:</b> Climb up and down to failure</p> <p>8 – 10PM</p>	<p>6</p> <p><b>Couples and Friends Night</b></p> <p>2 or more climbers</p> <p>Climbing Pass \$20.00</p> <p>5 – 10PM</p> <p><b>Men's Flex Night</b> 6:30 – 8:30PM w/ Kevin</p>	<p>7</p> <p><b>Student Night Discount</b></p> <p>5 – 10PM</p> <p>Climbing Pass \$20</p>
<p>8</p> <p><b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>9</p> <p><b>Members Day</b></p>	<p>10</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> How to Breathe</p> <p><b>Training Exercise:</b> Practice oxygen management</p> <p>8 – 10PM</p>	<p>11</p>	<p>12</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> Dead Hang</p> <p><b>Training Exercise:</b> Hangboard → Wall</p> <p>8 – 10PM</p>	<p>13</p> <p><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></p> <p><b>Couples and Friends Night</b></p>	<p>14</p> <p><b>Student Night Discount</b></p> <p>5 – 10PM</p> <p>Climbing Pass \$20</p>
<p>15</p> <p><b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>16</p> <p><b>Members Day</b></p>	<p>17</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> Cutting Feet/Recovery</p> <p><b>Training Exercise:</b> Practice on 45 degree</p> <p>8 – 10PM</p>	<p>18</p> <p><b>On your way home Work-Out</b> 5:30 – 6:30</p> <p>Free to Members or purchase a pass</p>	<p>19</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> Bicycles &amp; Toe Hooks</p> <p><b>Training Exercise:</b> 3 points of contact (ceiling)</p> <p>8 – 10PM</p>	<p>20</p> <p><b>Knot Course (8pm)–</b> Friction Knots – These knots are used to control rope movement as in a rappel, haul, jumars, and self-rescue. <b>Rated Easy</b></p> <p><b>Couples and Friends Night</b></p>	<p>21</p> <p><b>Boulder Comp "Dyno" Format</b></p> <p><b>Sign up @6pm</b> <b>Start @7pm</b> <b>\$30</b></p> <p><small>Next event October 12<sup>th</sup> Sign-Up Online</small></p>
<p>22</p> <p><b>Family Day –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>23</p> <p><b>Members Day</b></p>	<p>24</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> The Figure-4</p> <p><b>Training Exercise:</b> Practice on the ceiling</p> <p>8 – 10PM</p>	<p>25</p>	<p>26</p> <p><b>Technique/Train Clinic</b></p> <p><b>Endurance:</b> GAME NIGHT</p> <p><b>Training Exercise:</b> Limbo on the wall</p> <p>8 – 10PM</p>	<p>27</p> <p><b>Couples and Friends Night</b></p> <p>2 or more climbers</p> <p>Climbing Pass \$20.00</p> <p><b>Women's Monthly Workout</b> 6:30 – 8:30PM w/ Damaris</p>	<p>28</p> <p><b>Student Night Discount</b></p> <p>5 – 10PM</p> <p>Climbing Pass \$20</p>
<p>29</p> <p><b>Family Climb –</b> 3 Climbers for \$60. Add family climbers for \$20.00 each.</p>	<p>30</p> <p><b>Members Day</b></p>	<p><b>Free Climbing Technique Clinics</b> every Tuesday and Thursday, with your same-day climbing pass or gym membership</p>	<p><b>Celebrate your Birthday with us!</b></p> <p>Book a 2 hour climbing party with all your friends </p>	<p><b>Join our youth Climbing Club!</b></p> <p> Climb for 2 hours on Tuesday and Thursday</p> <p>Easy sign-up online</p>	<p><b>Book an Outdoor Guided Trip!</b></p> <p>4 hour and 8 hour options available!</p>	<p><b>Take an outdoor top-roping or lead lesson!</b></p> <p>Learn to set up anchors and how to place gear!</p>

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