

# SPECIAL EVENTS CALENDAR

## January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Family Climb</b> – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	2	3 <b>Free Technique Clinic</b> <b>Circuit fat burn</b>  <b>Training Exercise:</b> Endurance training and workout wrap-up 8 – 9:30PM	4	5 <b>Free Technique Clinic</b> <b>Lemons and Limes</b> Climb up, climb down by the numbers  <b>Training Exercise:</b> Endurance made fun 8 – 9:30PM	6 <b>Girls and Women</b> <b>Discount</b> <b>Every Friday</b>  Climbing Pass \$20.00 5 – 10PM	7 <b>HIGH SCHOOL</b> <b>Discount</b> Valid 10am-3pm <b>College Student</b> <b>Discount</b> 5 – 10PM Climbing Pass \$20
8 <b>Family Climb</b> – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	9	10 <b>Free Technique Clinic</b> <b>Twist Lock Overhang</b> Combo side-pull and back-step. <b>Training Exercise:</b> Steep wall practice 8 – 9:30PM	11	12 <b>Free Technique Clinic</b> <b>Smear Step</b> What to do when there are no footholds! <b>Training Exercise:</b> Slab and straight wall 8 – 9:30PM	13 <b>Girls and Women</b> <b>Discount</b> Climbing Pass \$20.00 5 – 10PM	7 <b>HIGH SCHOOL</b> <b>Discount</b> Valid 10am-3pm <b>College Student</b> <b>Discount</b> 5 – 10PM
15 <b>Family Climb</b> – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	16	17 <b>Free Technique Clinic</b> <b>Resting positions</b> How to “rest” mid- climb <b>Training Exercise:</b> Varied by terrain 8 – 9:30PM	18	19 <b>Free Technique Clinic</b> <b>Under-cling</b> Encounter “upside down” hand-holds <b>Training Exercise:</b> Varied terrain 8 – 9:30PM	20 <b>Girls and Women</b> <b>Discount</b> Climbing Pass \$20.00 5 – 10PM	7 <b>HIGH SCHOOL</b> <b>Discount</b> Valid 10am-3pm <b>College Student</b> <b>Discount</b> 5 – 10PM
22 <b>Family Climb</b> – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	23	24 <b>Free Technique Clinic</b> <b>High Step</b> Modes to get there  <b>Training Exercise:</b> Top rope 8 – 9:30PM	25	26 <b>Free Technique Clinic</b> <b>Crimp</b> Hand moves  <b>Training Exercise:</b> Traverse and top rope 8 – 9:30PM	27 <b>Girls and Women</b> <b>Discount</b> Climbing Pass \$20.00 5 – 10PM	7 <b>HIGH SCHOOL</b> <b>Discount</b> Valid 10am-3pm <b>College Student</b> <b>Discount</b> 5 – 10PM
29 <b>Family Climb</b> – 3 Climbers for \$60. Add family climbers for \$20.00 each. 12 – 6PM	30	31 <b>Free Technique Clinic</b> <b>GAME NIGHT</b>  <b>Training Exercise:</b> Limbo on the wall 8 – 9:30PM	<b>Enroll Your</b> <b>Child in Our</b> <b>Summer Camp</b> <b>Or</b> <b>April Break</b> <b>Climbing Camp!</b>	<b>Celebrate your</b> <b>Birthday with us!</b>  Book a 1 ½ hour climbing party with all your friends!!		<b>Adults:</b> <b>Climbing Access</b> <b>on your schedule,</b> <b>24/7.</b> <b>Members Benefit!</b>

**Celebrating 30 years 1993 – 2023**