

GOLDEN January Calendar

Member Clinics



Date/Time		Clinic	Description
WEDNESDAY - 01/07/2015		Overhang Climbing Techniques	<p>From toe hooks to twist locks, in Overhang 101 we will teach you the techniques needed to climb efficiently through the steepest terrain around. Say goodbye to slab and hello to overhang!</p> <p><i>*This clinic is limited to 12 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		
WEDNESDAY - 01/14/2015		Whip Therapy	<p>Have you lost your lead head? Do you lead well below your potential because you're scared to fall? Conquer your fears and join the Earth Treks team to practice falling safely.</p> <p><i>*Must be lead climb/belay certified to attend the clinic. This clinic is limited to 12 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		
THURSDAY - 01/15/2015		Women's Bouldering Clinic	<p>A clinic just for the ladies! Come work with some of ET's finest female instructors and focus on skills and drills to improve your climbing. Class will be mostly taught in the bouldering area.</p> <p><i>*This clinic is limited to 12 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		
TUESDAY - 01/20/2015		Lower Body Strength and Conditioning	<p>Just in time for ski season and ice climbing, this clinic focuses on functional fitness for your lower body. Learn exercises to strengthen and condition your hips, legs, ankles, and lower core so you can shred double blacks or cruise your next ice pitch.</p> <p><i>*This clinic is limited to 10 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		
MONDAY - 01/26/2015		Finger Strength Training	<p>Do you shy away from routes with little crimps or big pinches? Do pockets haunt you in your sleep? In this clinic, Earth Treks instructors will show you some exercises that can safely increase maximum hand strength and get you on track to crush routes.</p> <p><i>*This clinic is limited to 12 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		
THURSDAY - 01/29/2015		Advanced Lead Belay	<p>In order for you to climb your best, you need to be confident in who's on the other end of the rope. This clinic will help you to dial in your lead belay to get closer to perfection. We will discuss how to develop greater awareness of the rope system and how to manage scary scenarios while keeping your cool. Drag your climbing partner to this one and you'll be glad you did!</p> <p><i>*This clinic is limited to 12 participants. Pre-registration required.*</i></p>
6:30 - 8:00 pm	8:00 - 9:30 pm		