# TIMONIUM
# February - Member Clinics

EARTH TREKS
CLIMBING CENTERS

| Date/Time | Clinic | Description |
|---|---|---|
| WEDNESDAY<br>02/04/2015<br>8:00 - 9:00 pm | Footwork | This clinic will help you make small improvements in footwork that can lead to large improvements in your ability to progress in technical difficulty. Better footwork will improve overall climbing endurance, allowing you to use your forearms less and flow smoothly and quickly up the rock or wall.<br>**This clinic is limited to 12 participants. Pre-registration required.** |
| MONDAY<br>02/09/2015<br>7:00 - 8:30 pm | Handstands 2<br>*with Guest Instructor Brendan Killian* | Come learn handstand training drills on the floor, on the wall, and in freestanding space. We'll talk about anatomical alignment, and injury prevetion. If you can handstand without discomfort and with good form, odds are that your climbing injury prevention is working! Come have fun and be ready to lern tricks from yoga, circus, and gymnastics to promote a life upside-down.<br>**Pre-requisite: Handstands 1.This clinic is limited to 12 participants. Pre-registration required.** |
| TUESDAY<br>02/17/2015<br>7:00 - 8:30 pm | Peak Performance Training Preview<br>FREE TO MEMBERS AND NON-MEMBERS | Ever wondered what Peak Performance Training is all about? Have you heard people talking about this awesome class but you're not sure if it's for you? Well anyone who has reached a plateau in their climbing or is looking to get stronger should take this course, and this member's clinic gives you a way to test it out for FREE before the next session starts! We will cover what a basic class looks like, do a climbing based workout and then go over how we incorporate other training tools like the system and campus boards into each session.<br>**This clinic is limited to 12 participants. Pre-registration required.** |
| WEDNESDAY<br>02/18/2015<br>7:00 - 8:30 pm | Whip Therapy | 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. Must be lead climb/belay certified to attend clinic.<br>**This clinic is limited to 12 participants. Pre-registration required.** |
| WEDNESDAY<br>02/25/2015<br>7:00 - 8:30 pm | Ascending a Fixed Line | Have you ever seen a route setter ascending a fixed line to put up new routes? Did you know you need this skill for rescuing an injured leader or other self rescue scenarios? As a rock climber you should know how to ascend a fixed line for safety's sake. We'll show you everything you need to know about setting up and ascending a fixed line.<br>**This clinic is limited to 12 participants. Pre-registration required.** |