



# Indoor Climbing Wall Schedule



## January 2017 HFAC CW Schedule

Day	Date	Event	Time	Staff
M	2	Open Climb* and Belay Reservation**	4-5:45	Mike
<b>M</b>	<b>2</b>	<b>++Tai Chi Climb (BeginnersWelcome)</b>	<b>++5:45-7:30</b>	<b>Keith</b>
T	3	Open Climb* and Belay Reservation**	4-8	Tommy
W	4	Open Climb* and Belay Reservation**	4-8	Mike
Th	5	Open Climb* and Belay Reservation**	4-8	Andy
F	6	Open Climb* and Belay Reservation**	4-8	Andy
S	7	Open Climb* and Belay Reservation**	11-3	Tylin
M	9	Open Climb* and Belay Reservation**	4-5:45	Mike
<b>M</b>	<b>9</b>	<b>++Tai Chi Climb (BeginnersWelcome)</b>	<b>++5:45-7:30</b>	<b>Keith</b>
T	10	Open Climb* and Belay Reservation**	4-8	Tommy
W	11	Open Climb* and Belay Reservation**	4-6:30	Mike
<b>W</b>	<b>11</b>	<b>##Women's Climb Time (Beginners Welcome, Everyone Please Reserve)</b>	<b>++6:30-8</b>	<b>Keith</b>
Th	12	Open Climb* and Belay Reservation**	4-8	Andy
F	13	Open Climb* and Belay Reservation**	4-8	Andy
S	14	Open Climb* and Belay Reservation**	11-3	Tylin
M	16	Open Climb* and Belay Reservation**	4-5:45	Mike
<b>M</b>	<b>16</b>	<b>++Tai Chi Climb (BeginnersWelcome)</b>	<b>++5:45-7:30</b>	<b>Keith</b>
T	17	Open Climb* and Belay Reservation**	4-8	Tommy
W	18	Open Climb* and Belay Reservation**	4-8	Mike
Th	19	Open Climb* and Belay Reservation**	4-8	Andy
F	20	Open Climb* and Belay Reservation**	4-8	Andy
S	21	Open Climb* and Belay Reservation**	11-3	Tylin
M	23	Open Climb* and Belay Reservation**	4-5:45	Mike
<b>M</b>	<b>23</b>	<b>++Tai Chi Climb (BeginnersWelcome)</b>	<b>++5:45-7:30</b>	<b>Keith</b>
T	24	Open Climb* and Belay Reservation**	4-8	Tommy
W	25	Open Climb* and Belay Reservation**	4-8	Mike
Th	26	Open Climb* and Belay Reservation**	4-8	Andy
F	27	Open Climb* and Belay Reservation**	4-8	Andy
S	28	Open Climb* and Belay Reservation**	11-3	Tylin
M	30	Open Climb* and Belay Reservation**	4-5:45	Mike
<b>M</b>	<b>30</b>	<b>++Tai Chi Climb (BeginnersWelcome)</b>	<b>++5:45-7:30</b>	<b>Keith</b>
T	31	Open Climb* and Belay Reservation**	4-8	Tommy

*Climbing is for everyone. Climbing is a total body workout. Afraid of heights? No problem, as most climbers are also afraid of heights. Let us help you feel safe about climbing at your own pace. We climb safely, and help you learn to deal with being afraid.*

*The HFAC CW Staff has changed all the routes on the Climbing Wall. Our climbers are getting better therefore new, more challenging routes are being added. We have routes that cover the ability range for all of our climbers.*

*What does all of the color tape on the CW mean? Check out the description of our routes located in the counter placards at the CW. Climbs are rated on technical difficulty. Our climbs*

**range in difficulty from 5.5 to 5.8+. We are creating some 5.9 and 5.10- for our more talented climbing members.**

Have a family or business event? We can help facilitate. Rent out the CW and/or Bistro to cater your events. We provide the belayers and harnesses for the climbing wall.

**\*Open Climbing** Anyone can climb during open climb. If you need a belayer, see **\*\*Belay Reservation** below. Already Certified to Belay at HFAC Climbing Wall? Then no need to sign up for a belayer. Just show up during open climb with your HFAC certified belayer and climb all that you want. **If you know how to Belay using the PBUS method, feel free to show up during an Open Climb and get tested.** If you want to learn how to belay or practice, sign up for a Learn to Belay Class. If you can't make the scheduled Learn to Belay Class time, leave a message for our Climbing Wall Manager at the front desk to set up a time that is convenient for you.

**\*\*Belay Reservation** Sign up for a HFAC CW Staff to belay you &/or yours during open climbs (Belay Sign-Up\*\*). Sign-ups are for 1-2 individuals (or a Group of three may sign up for one interval) per 45-minute interval {Example: Intervals run in 45 min intervals from opening time such as 4:30-5:15, 5:15-6:00, etc.}. Walk ins are welcome, but Reservations have priority. **Please limit your belay sign-ups to one per day. Please call early if you have to cancel. PLEASE be responsible and either show up for your reservation, or PLEASE cancel at least the day before. The more time, the better for others wanting a climbing reservation. Thank you for your consideration of others.**

**+Learn to Belay Class** (using the **PBUS Method**) If you have never belayed before or want a refresher class, then please come during an open climb, and our staff will work with you. You can show up to any open climb. You can also make a Reservation during open climb, bring a climber with you, and a staff will instruct you in the PBUS belay technique.

**+ Anyone Learn to Climb** Sign up for a CW Reservation during our open climb, and our staff will help you with some of the basics

**++Tai Chi Climbing - Our Most Popular Climbing Class** You will learn and experience some basic principles of Tai Chi/Qigong and then apply them to climbing. We focus on correct breathing, posture, body positions, empty/soft strength, body flow and dynamic climbing. We learn and practice Tai Chi movement and then apply these same movements to climbing on the wall. Get energized and leave with a feeling of peace and well-being.

**+++Youth Technical Climbing** Please contact the CW Manager to set-up a time to work with youth who want to improve their technical ability

**##Women's Climb Time** Designed for women to climb in a relaxed environment with other women, with no judgment and extra support.

**Donate your Old Shoes** Climb X has a couple of Projects where they repair used shoes for Developing Climbing areas, such as Cuba. Bring them over.

**Used Rock Shoes for sale** Do you have a pair of used rock shoes for sale or looking for a pair? HFAC CW has a clip board of shoes for sale by members. Shoes should be in good condition and worth buying.

**New Climbing Equipment** Looking to buy shoes, harnesses, chalk bags or other climbing gear? See us for a discount card to Climb Max Mountaineering in downtown Portland.

**Open Speed Climb Record Day** November 19<sup>th</sup>, HFAC will host a family programming event and the climbing wall will be giving members the opportunity to set speed records for the fastest climbs. Each age group (6 and under, 7-10, 11-14, 15-17, 18-25, 26-40, 41+

*If you have any questions or need to contact the Climbing Wall, see one of our staff when the Climbing Wall is open or leave a message for the CW Manager, Keith.*