



Indoor Climbing Wall Schedule



April 2017 HFAC CW Schedule

Day	Date	Event	Time	Staff
Sa	1	Open Climb* and Belay Reservation**	11:00-3:00	Noah
M	3	Open Climb* and Belay Reservation** ++Tai Chi Climb (Beginners Welcome)	4:00-8:00 ++6:00-7:30	Dylan Keith
T	4	Open Climb* and Belay Reservation** Forest Grove Youth Climbing Club	4:00-8:00 6:00-8:00	Tommy Keith
W	5	Open Climb* and Belay Reservation**	4:00-8:00	Jacob
TH	6	Open Climb* and Belay Reservation**	4:00-8:00	Andy
F	7	Open Climb* and Belay Reservation**	4:00-8:00	Tylin
SA	8	Open Climb* and Belay Reservation**	11:00-3:00	
M	10	Open Climb* and Belay Reservation** ++Tai Chi Climb (Beginners Welcome)	4:00-8:00 ++6:00-7:30	Dylan Keith
T	11	Open Climb* and Belay Reservation** Women's Climbing Group	4:00-8:00 6:15-7:45	Tommy Keith
W	12	Open Climb* and Belay Reservation**	4:00-8:00	Jacob
TH	13	Open Climb* and Belay Reservation**	4:00-8:00	Andy
F	14	Open Climb* and Belay Reservation**	4:00-8:00	Tylin
SA	15	Open Climb* and Belay Reservation**	11:00-3:00	Noah
M	17	Open Climb* and Belay Reservation** ++Tai Chi Climb (Beginners Welcome)	4:00-8:00 ++6:00-7:30	Dylan Keith
T	18	Open Climb* and Belay Reservation** Women's Climbing Group	4:00-8:00 6:15-7:45	Tommy Keith
W	19	Open Climb* and Belay Reservation**	4:00-8:00	Jacob
TH	20	Open Climb* and Belay Reservation**	4:00-8:00	Andy
F	21	Open Climb* and Belay Reservation**	4:00-8:00	Tylin
SA	22	Open Climb* and Belay Reservation**	11:00-3:00	Tommy/Andy
M	24	Open Climb* and Belay Reservation** ++Tai Chi Climb (Beginners Welcome)	4:00-8:00 ++6:00-7:30	Dylan Keith
T	25	Open Climb* and Belay Reservation** Forest Grove Youth Climbing Club	4:00-8:00 6:00-8:00	Tommy Keith
W	26	Open Climb* and Belay Reservation**	4:00-8:00	Jacob
Th	27	Open Climb* and Belay Reservation**	4:00-8:00	Andy
F	28	Open Climb* and Belay Reservation**	11:00-3:00	Tylin
SA	29	Open Climb* and Belay Reservation**	11:00-3:00	Noah

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.

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 5.10+.

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

Have a Family or Business event? We can help facilitate. Rent out the CW and/or Bistro to cater your events: birthdays, graduations, reunions, friends. We provide the belayers and harnesses for the CW.

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. 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 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 30 minute interval {Example: Intervals run in 30 min intervals from opening time such as 4:30-5:00, 5:00-5:30, 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 using the **PBUS Method{Pull-Brake-Under-Slide}**. 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 Climbing, bring a climber with you, and a staff will instruct you in the PBUS belay technique.. Contact the CW Manager to get tested.

+ Anyone Learn to Climb: Sign up for a CW Reservation during our Open Climbing, and our staff will help you with some of the basics of climbing and even belay 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 for ½ hour, and then apply these same movements to climbing on the wall for an hour. Get energized and leave with a feeling of Peace, Well-Beingness and having a great work-out session.

##Women's Climb Time: Designed for Women to be supportive and relaxed. Learn and climb with other women. Have fun practicing how to climb better and have more fun. No judgment. Come and just do what you can. If you keep coming, you will get better

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: Have three 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 some shoes, harnesses, chalk bags or other climbing gear? See us for a discount card to Climb Max Mountaineering in downtown Portland.