



Our Hours: Monday - Friday: Noon- 11pm
Weekends & Holidays: 10am -10pm

True Notes

True Notes is published about once a month, and is available at reception desks, bulletin boards and locker rooms near you!

Ice Cream,

In Winter? Also: New Candy Bars

Yup! We now have an ice cream freezer across from the front desk, offering a nice variety of ice cream novelties including Popsicles, cones, ice cream bars and sandwiches and Magnum bars. While it may not be summer, you can still reward yourself after a hard session of climbing. Prices range from \$1.50 for a Popsicle to \$4.00 for a Magnum bar (tax included)

We have also changed our assortment of candy bars sold at the front desk. You can choose among:

- Mars bars
- M&Ms (Peanut)
- Reese's Peanut Butter Cups
- Twix bars

All candy bars are still \$1.50 including tax.

Staying Safe

Safety is the first thing we think about in everything we do in the gym, from the equipment, to how we hire and train our staff, and how we teach our lessons. Our staff regularly patrol the floor throughout the climbing area, watching for anything that might affect safety. This includes keeping an eye on everyone's harnesses, knots, carabiner (is it locked?), and of course making sure that everyone is belaying using a safe technique.

On occasion we will approach a climber and offer advice on how to improve belay technique to make sure things are being done as safely as possible. Our staff are trained not to interrupt a belayer except in cases where a correction is critical to ensuring safety. Normally we'll discuss belay technique after the climber is back on the ground.

We are very proud of our safety record and always looking for ways to reduce the risks inherent in climbing. Thank you for understanding that our goal is to keep everyone as safe as possible.

Simplified Route Tags Going Up

You may have noticed that the route tags at the bottom of each wall are changing as we work our way setting new routes around the gym. The new tags are smaller, laminated and bolted into a T-nut hole instead of sitting in the card holders at the base of each wall. We expect them to stand up better than the old ones. Each tag still shows the number of the rope you should tie into for the route, as well as the routesetter's initials. We decided that the silly route names that took up much of the space were not that important (and we were having trouble coming up with new names!), and so the new tags are smaller, easier for the routesettors to update, and the rating is now larger and easier to read.

Tour de Bloc Returns Saturday March 10th

Our 3rd Tour de Bloc bouldering competition will be held on Saturday March 10th. We expect over 200 competitors from across Ontario and beyond to join us for an amazing day of competition. There's a Recreational division for those who just want to climb for fun; if you can do many of our yellow boulder problems you're good enough to have fun at a competition. There are Youth categories for kids from under 11 up to 19 years old, and the

Experienced and Open categories for the better/best climbers. The Open finals in the evening is always an impressive spectacle.

To prepare for this comp, the north half of the gym will be closed for a few days before the comp (starting Tuesday or Wednesday). The entire gym will be closed Friday March 9th. Only competitors may climb on March 10th (spectators are welcome).

Programmes:

- **Weekend Scramble Sessions:** 2 hours of climbing fun Saturday & Sundays from 11:30am—1:30pm. Please book at least 3 days in advance.
- **Birthday Parties:** Not just for kids!
- **Youth Recreational Programmes:** sessions on Sundays, Mondays and Thursdays
- **Spring Break Day Camp:** March 12-16
- **PA Day Camp:** available on request (1 week notice required)
- **Free Technique Classes:** every Monday at 7:30pm for 30 minutes
- **Yoga:** Wednesday evenings from 8-9pm
- **Intermediate Technique Class and Lead Climbing Class**

Details available on our web site, by phone or email, or at the front desk.