

OCTOBER 2014

MON TUE WED THU FRI SAT SUN



Halloween Party October 30th - Break out your Scream mask and head over for a par-tay! An extra \$5 gets you food and acts as a donation to The Access Fund. Sign up for AF membership that night and get free initiation		1 Boot Camp 11am Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	2 Touchstone's Team Venga practice 5-7pm	3 Intro to Bouldering 12pm	4 Boot Camp 10am Intro to Bouldering 12pm	5 All-levels Yoga 10am Intro to Bouldering 12pm
6 Touchstone's Team Venga practice 5-7pm	7 Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	8 Boot Camp 11am Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	9 Touchstone's Team Venga practice 5-7pm	10 Intro to Bouldering 12pm	11 Intro to Bouldering 12pm	12 All-levels Yoga 10am Intro to Bouldering 12pm
13 Touchstone's Team Venga practice 5-7pm Basic Technique Clinic 7pm	14 Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	15 Boot Camp 11am Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	16 Touchstone's Team Venga practice 5-7pm	17 Intro to Bouldering 12pm	18 Boot Camp 10am Intro to Bouldering 12pm	19 All-levels Yoga 10am Intro to Bouldering 12pm
20 Touchstone's Team Venga practice 5-7pm	21 Basic Technique Clinic 7pm	22 Boot Camp 11am Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	23 Touchstone's Team Venga practice 5-7pm	Free Guest Day	24 TCS2014 Mission Cliffs SF 1200-700pm Intro to Bouldering 12pm	25 All-levels Yoga 10am Intro to Bouldering 12pm
27 Touchstone's Team Venga practice 5-7pm	28 10 Steps to a Stronger Core for Climbing 7-9pm	29 Boot Camp 11am Kids Camp 4pm Beginner Yoga 7pm All-levels Yoga 8:30pm	Access Fund-raiser & Halloween Party! Touchstone's Team Venga practice 5-7pm	30 Touchstone's Team Venga practice 5-7pm	31 Touchstone Climbing Series Top Rope Finale at Mission Cliffs SF Sat, Oct 25th from 12-7pm Free for Members!! touchstoneclimbing.com	

EVENTS

Free Guest Day: Friday, October 24th - Members, bring a buddy for free all day!

Halloween Party: Thursday, October 30th, 5pm - We're breaking out the grill, so bring a \$5 donation to The Access Fund and get in on the action! Thinking of becoming a LA.B member? Sign up for Access Fund membership that night and we'll waive your initiation fee!

INTRO TO BOULDERING

Every Saturday + Sunday at 12pm. \$0 for Members /\$25 for Non-Members (includes day pass, gear and instruction)
 Calling all bouldering newbies! Let us take you under our wing and introduce you to the wonderful world of climbing. We'll cover climbing and falling safety, orient you to the bouldering world, and answer any and all questions you may have about this magical, mystical wonderland we call LA.B.

CLIMBING CLINICS*

Basic Technique: Monday, October 13th, 7-8pm | Tuesday, October 21st, 7-8pm | Instructor: Brie MacDonald
 Learn about body positioning, movement, footwork, and climbing efficiency in a group setting. We'll turn you into crushers in no time!

10 Steps to a Stronger Core for Climbing: Tuesday, October 28th, 700-900pm | Instructor: Douglas Hunter
 This two hour clinic Presents 10 activities that will help you engage and strengthen the core in ways that are specific to climbing. The clinic will include documentation on how to perform each exercise and their benefits to climbers.

* Advanced registration required on all climbing clinics. Sign up online or at the front desk.

LA BOULDERS

1375 E 6th Street #8 Los Angeles, CA 90021

MON-THUR 11AM-11PM
 FRIDAY 11AM-10PM
 SAT-SUN 10AM-6PM

323.406.9119