

FALL 2025 NEWSLETTER



BUSIER THAN EVER

Break out the pumpkin spice lattes it's sweater weather season! It's that time of year when the air cools off at night, summer is over, and it's back to school, activities, and sports. Things get a bit busier and camping trips and outdoor climbing adventures turn from weekend occurrences to fond memories as one season transitions to the next. With that, the gym starts to get busier and our incredible community of climbers grows as we find our way back to the gym.

Whether you've spent your summer out in the mountains hauling ropes up insane approaches, getting in your first outdoor climb (a huge thing!) or laying on the beach chilling with friends, we can't wait to see you back in the gym.

As the chalk dust starts flying again, we've got a fresh lineup of events, new routes, and ways to connect with fellow climbers. From friendly competitions to youth programs and special fall happenings, here's everything you need to keep your stoke high all season long.

SETTERDAYS



RCC is trying to expand what we offer to keep the sport of rock climbing thriving in Regina. Our incredible set team will now be setting new routes on Saturday mornings! The team will be in the gym at the crack of dawn to get new projects on the walls.

We kindly request that all climbers visiting the gym during these periods be mindful and considerate of our route-setting team. Please provide them with the necessary space to work safely and efficiently, ensuring the well-being of everyone in the gym. For your convenience, the designated setting areas will be clearly marked, so you can easily identify where our team will be working. We know it can be noisy so feel free to bring your headphones!

If you're participating in Monday Night Rocks on a Monday following a set, please stay off the comp boulders!

UPCOMING DATES

**SEPT 29 - 7PM-9PM
MONDAY NIGHT ROCKS**

**SEPT 30 - TRC DAY
REGULAR HOURS 12-10PM**

**OCT 13 - THANKSGIVING DAY
CLOSED**

**OCT 27 - 6:30PM-9PM
MONDAY NIGHT ROCKS**

**NOV 9
6 WEEK CLASS SESSION
STARTS**

**NOV 11 - REMEMBRANCE DAY
OPEN 12-10PM**

**NOV 24 - 6:30PM-9PM
MONDAY NIGHT ROCKS**

**DEC 29 - 6:30PM-9PM
MONDAY NIGHT ROCKS**

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MONDAY NIGHT ROCKS

SEPT 29, OCT 27, NOV 24, DEC 29 6:30-9PM

**NEW YOUTH
DIVISION**
15 & Under

New Youth Podiums & More Problems at MNR!

Our monthly all-levels bouldering comp just got an upgrade. Monday Night Rocks now features separate Youth Girls and Boys podiums, plus 10 brand-new boulder problems each event.

- Youth (15 & under): Score on problems 1-8
- Adults (16+): Score on problems 3-10



New Start Times Begin October 27th

The **Youth Division** will start at **6:30pm** with winners announced at 8 pm
The **Adult Division** will now start at **7:30pm** with winners announced at 9pm

Think you've got what it takes to top the wall?

Join us on the last Monday of every month for two hours of friendly competition. Send as many problems as you can—fewer attempts mean more points. Grab a friend and come climb!

Monday Night Rocks is our friendly, all-levels bouldering competition happening on the last Monday of every month - and everyone's invited! Each comp features 8 freshly set problems, increasing in difficulty as you go. You'll have 2 hours to send as many as you can - the fewer attempts you need, the more points you earn.



Scoring is on the honour system, and we celebrate both men's and women's podiums each month. Whether you're a seasoned climber or just starting out, this is a fun, low-pressure way to test your skills, cheer on your friends, and surprise yourself.

All ages and abilities are welcome and there is no need to pre-register, simply show up on Monday ready to rock those boulders. \$10 entry fee per participant. So come hang out, give it a go, and see what you can send!

New Start Times Begin Oct. 27th

Youth Division:

15 & Under

6:30pm - START

8pm - PODIUM

Adult Division

7:30pm - START

9pm - PODIUM

**Don't
Forget!**

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PROGRAMMING

CLASSES - NEW 6 WEEK SESSION ADDED!

We've added another 6-week session to our youth and adult programming before the holidays - and it's not too late to join in!

Classes start the week of November 9th, so now's the perfect time to get one more round of climbing in.

**REGISTRATION
IS NOW OPEN!**

Adult Classes

Did you know we offer climbing classes for adults? Have you always wanted to learn more about climbing - try our adult technique class! Have you always wanted to climb but didn't know where to start - try our Adult Intro course. Let us show you the basics and how to use the gym safely. Are you tired of auto-belays and want to learn how to belay?

We offer a belay class every monday night.

Getting your belay certification opens up the entire gym to you!

Parent & Tots/Babes Climb

Do something for yourself while the little ones play! Bring your child (ages 4 and under) to our new Parent & Tot class and climb with other parents.

Grab your mom or dad friend and let the kiddos roam the mats while you catch up and get a few sends in—no pressure, just fun.



Sunday Nov 9 th	Monday Nov 10 th	Tuesday Nov 11 th	Wednesday Nov 12 th	Thursday Nov 13 th	Friday Nov 14 th	Saturday Nov 15 st
Dolomites (Intro) 9:30am-11:00am	Peebles 5:30pm-6:30pm	Bugaboos (Intro) 5:30-6:30pm	Parent & Tot Climb 10:00am-12:00pm	Rockies 5:30-7:00pm	Dolomites (Intro) 5:30pm-7pm	Bugaboos (Intro) 11:00am-12:00pm
Dolomites (Skills) 11:30am-1:00pm	Belay Class 5:30pm-6:30pm	Adult Technique 7:30-9:00pm	Bugaboos (Skills) 5:30-6:00pm	NEW!	Purcells 7:30-9:00pm	Bugaboos (Skills) 1:30-2:30pm
Adult Technique Intermediate (1:30 - 3:00pm)	Monday Night Rocks - last Mon. of every month 6:30-9:00pm		Dolomites (Skills) 7:30-9:00pm			



Register today at www.climbingcentre.ca to secure your spot!

Can't make the first class? No problem—we're happy to prorate the session.

Let's finish the season strong—see you on the wall!



YOUTH COMPETITIVE PROGRAM

It's fall, which means, for a lot of adults, it's that time of year when hockey practise, dance classes, music lessons and school field trips all kick off for another year. As I sat on my couch, trying to remind myself to throw the extra fleece in to the trunk for those cold days at the rink, I started thinking "Why doesn't anyone sign up for climbing as a sport - the same way you'd sign up for soccer?"

Climbing is one of the fastest growing Sports in the world thanks in part to it's Olympic debut in Tokyo 2016. Climbing has always been popular but usually amongst broke dirt-bags, living out of their cars in small communities dotted around the world, climbing as much as possible. With the sports' popularity, people are finally starting to recognise the skill, athleticism, and dedication that comes with competitive climbing. The Olympics showcased Lead, Speed, and Bouldering and it made me think that this sport has come a long way from "living on rice and beans and forever seeking the perfect send" to intense programs where climbers train with the best in everything from route reading to endurance training and everything in between. As I checked the calendar to see whose turn it was to do pick up on the monday dance carpool, I thought - "Why don't we have that?"

I know, the prairies aren't the first place you'd expect to find a competitive climbing program but we've got walls and boy does our community have the talent to help make this a reality.

RCC's 25-26 Competitive Team





YOUTH COMPETITIVE PROGRAM - CONTINUED

This year, RCC started it's first Youth Competitive Program - a year long commitment where athletes meet and train three times a week at the gym with our incredible team of coaches and trainers. The incredible response of parents/guardians who enrolled their kids in this program has been incredible and we can't wait to see where this program takes us! [Less than 1000 days until the LA Olympics.....].

We are incredibly lucky to have long time RCC community member, Trevor Kozlowski, as the head coach for this program and to be partnering with Conviction Fitness. Riley [another RCC climber] who owns Conviction Fitness has developed strength and flexibility training programs for our athletes that take into consideration the athletes' age, ability, and climbing focused workouts. If you're looking for an amazing workout - I highly recommend that you check out Conviction Fitness' programming.

Athletes train 3x/week with our incredible coaching team made up of Trevor, Riley, Bri Degoojier and Eli Reynolds - both long time RCC staff/climbers. Bri, Eli, Trevor and Riley are incredible coaches who help motivate, encourage and push our athletes to become the best climbers they can be. It's been great to watch the progression that's already been made.



Climbing at the Olympics

The IOC has announced that all three climbing disciplines will be part of the 2028 Olympics in LA. All events will take place at the Long Beach Climbing Theatre between July 24-29, 2028

The event categories will encompass 3 climbing disciplines - Lead, Boulder, & Speed. New for 2028, there will be three separate climbing medal events [lead, boulder and speed]. The previous format required climbers to participate in both lead and climb for one combined score/podium.

Whether you're cheering for Slovenian superstar, Janja Garnbret, think Brooke Raboutou will dominate in front of a home crowd, or have your heart dead set on seeing just how loud Adam Ondra can be, it's sure to be a great show.

Mark your calendars and keep an eye out for streaming info at RCC.





RCC CLIMBING COMMUNITY PROFILE

Chantal (Tal) Marsolais is one of RCC's greatest champions! Whether she's crushing comps all over Saskatchewan, sending projects at the gym, designing incredible art, Pickleball-ing it up with her partner Yifan, or snuggling up on the couch with her new pup Peco, Tal is an incredibly talented, strong, kind, and fierce woman. I'm so happy that she is a part of our climbing community.

Hailing from Hepburn, Tal has made Regina her home. Can you believe that it wasn't until she moved to Regina that she seriously got into climbing? Tal has podiumed many times in RCC's Monday Night Rocks Competition and just recently, she and climbing partner Shanon H., claimed the top of the women's intermediate/beginner podium in Grip It's "YXE Summer Games" competition.



Tal with her chalk abstract art piece ;)

Tal is an incredible artist. She dabbles in acrylic and gouache painting, graphic design and everything in between. I was so excited when she decided to partner with the RCC to promote "Saskatchewan Climbing Cult". A movement she started right in our very gym to help spread the word that there are



climbers in the prairies! Check out her incredible designs and show your support to not only one of our own, but to a local artist! RCC's pro shop currently sells Tal's designs in sticker format (large and small) but I want to know: "How else can we let the world know about the Sask. Climbing Cult?" How do you want to represent Sask climbers out in the world? Shirts? Hats?

This summer, I got to go on the ACC's Women's Climbing Trip. Tal was one of the women who were experiencing outdoor climbing for the first time and she took to it like a duck to water, even if tenting isn't her favourite choice of lodging.

While Tal has her usual climbing group of friends, don't be afraid to say "Hi" the next time you see her in the gym. She's always up for talking climbing and maybe a little beta spray.....in between projects of course.

The RCC Community is what it is, because of people like Tal and you! I am constantly blown away by the way our community accepts, encourages, and supports one another.

Every one of you brings energy to our gym.



*Tal on the ACC Women's Trip.
Photo Cred: Meaghan Tyson*

Do you know someone you think should be featured in our Community Profile?

Write to us at info@climbingcentre.ca or stop by the desk and let us know who you want to know more about!

PRO SHOP



Do you have a special climber in your life? I hate to be the one to point it out, but the holidays are about to be upon us. Why not get them something from our pro shop this Christmas? Chalk, chalk bags, tape, skin files and balms all make great gifts for the climber in your life. So why not fill their stocking with climbing gear they'll love!

Our pro shop is growing and fully stocked with everything you need for a great climb—from the essentials to the extras! Whether you're looking for chalk bags, tape, shoes, or harnesses, or just want to rep your gym with swag, we've got you covered. Swing by next time you're in and see what's new. Let's get you geared up and ready to climb!

What's the worst thing about lead belaying?

Ask any climber which belay device is their least favourite for lead belaying and I'm willing to bet that 99% of climbers would say a Gri-Gri. Gri-Gri's are amazing and one of the safer devices to learn to belay on (which is why we teach our belay courses with them). Once you level up your climbing to lead climbing, trying to belay with your trusty Gri-Gri is a nightmare.

Well fret no more my friends! Petzl has come out with the NEOX - a gri gri inspired design specifically made for lead climbing. The rope feeds more easily when giving slack but still has the same assisted braking you want in a device.

 **JUST IN: WE HAVE A DEMO NEOX!! GIVE IT A TRY - ASK THE FRONT DESK TO TRY OUT THE PETZL NEOX ON YOUR NEXT LEAD BELAY**



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