

## SUMMER 2025 NEWSLETTER



### WELCOME FROM THE NEW OWNER

Hi everyone, I'm Katie - and I'm thrilled to introduce myself as the new owner of the Regina Climbing Centre! It's an incredible honour to be stepping into this role and becoming part of such an inspiring, adventurous, and welcoming community. I'm a musician who fell in love with climbing a number of years ago and when the opportunity to become the owner of the climbing gym presented itself, I *had* to jump on it. Whether you're a long-time climber or just getting started, I'm so excited to meet you and climb alongside you.

There's a lot of great energy in the air right now - and even more coming your way! This summer, we're rolling out a full lineup of summer camps, hosting some fun competitions, and refreshing the gym with new volumes, new holds, and yes - even a brand-new water fountain!

As you can imagine, I'm at the gym a *lot* and I'd love to hear your thoughts, ideas, and stories about what climbing means to you. So next time you're in for a session, don't be shy - come say hi! Have an amazing climb!  
KATE



### MONDAY NIGHT ROCKS MAY 26<sup>TH</sup> @ 7PM - 9PM

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

### UPCOMING DATES

**MAY 25**  
4 WEEK CLASS SESSION  
STARTS

**MAY 26 - 7PM-9PM**  
MONDAY NIGHT ROCKS

**MAY 28 - 5PM-8PM**  
LA SPORTIVA SHOE DEMO

**JUNE 30 - 7PM-9PM**  
MONDAY NIGHT ROCKS

**JULY 1 - CLOSED**  
CANADA DAY

**JULY 28 - 7PM-9PM**  
MONDAY NIGHT ROCKS

**AUGUST 4 - CLOSED**  
CIVIC HOLIDAY

**AUGUST 25 - 7PM-9PM**  
MONDAY NIGHT ROCKS

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### Monday Night Rocks - continued

MAY 26<sup>TH</sup> @ 7PM - YOUR MONTHLY BOULDER SHOWDOWN!



### YOUR MONTHLY BOULDER SHOWDOWN!

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!

### LA SPORTIVA SHOE DEMO

 What Is a Shoe Demo, Anyway?

Great question! A shoe demo is your chance to test drive some of La Sportiva's top climbing shoes - right here at the gym.

On May 28<sup>th</sup> from 5-8 PM, a La Sportiva rep will be at the Regina Climbing Centre with a range of new and popular models for you to try out on the wall. This is the perfect opportunity to see how different shoes feel in action before you commit to a pair.

While you won't be buying directly from the rep, we'll be placing a special order that night—so you can get the exact pair you want, in your size. Even better? You'll get 15% off your order!

Please note: since this is a custom order, pre-payment is required for any shoes purchased.

Come climb, try something new, and treat your feet to an upgrade!

### LA SPORTIVA NO-EDGE-UCATION



#### CLIMBING SHOE DEMO

DATE: WEDNESDAY  
MAY 28

TIME: 5:00 TO 8:00 PM

LOCATION: REGINA CLIMBING CENTRE  
606 B Solomon Cres, Regina, SK

ALL FUN NO EDGE

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### PROGRAMMING

#### CLASSES - 🧗 ONE MORE SESSION BEFORE SCHOOL'S OUT!

We've added one more four-week session to our youth and adult programming before summer hits - and it's not too late to join in!

Classes start the week of May 25th, so now's the perfect time to get one more round of climbing in.

**REGISTRATION  
IS NOW OPEN!**

Sunday May 25 <sup>th</sup>	Monday May 26 <sup>th</sup>	Tuesday May 27 <sup>th</sup>	Wednesday May 28 <sup>th</sup>	Thursday May 29 <sup>th</sup>	Friday May 30 <sup>th</sup>	Saturday May 31 <sup>st</sup>
Dolomites [Intro] 9:30am-11:00am		Bugaboos [Intro] 5:30-7:00pm	Bugaboos [Skills] 5:30-7:00pm	Rockies 7:30-9:00pm	Purcells 7:30-9:00pm	Peebles 9:30am-11:00am
Dolomites [Skills] 11:30am-1:00pm		Adult Technique 7:30-9:00pm	Dolomites [Skills] 7:30-9:00pm			



Register today at [www.climbingcentre.ca](http://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!

### SUMMER CAMPS

#### ☀ SUMMER CLIMBING CAMPS ARE HERE!

Looking for a fun, active way for your kids to spend their summer mornings? We've got you covered! Our Summer Climbing Camps kick off in July, and they're the perfect intro to climbing or a great way to build on existing skills.

🕒 All camps run from 9:00 AM - 12:00 PM, and include all necessary rental equipment (shoes and harnesses). No experience needed—just bring your energy and a sense of adventure!

#### 📅 Camp Sessions:

- Session 1 (Ages 5-6): July 2-4
- Session 2 (Ages 7-9): July 7-11
- Session 3 (Ages 13-16): July 14-18
- Session 4 (Ages 10-12): July 21-25

📌 Spots are limited, so head to our website to register today and lock in your child's spot!

Let's make this summer one to remember—on the wall!



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Unlimited  
climbing, all  
summer long!

### SUMMER MEMBERSHIP

**\$169.00**



Spend your summer on the wall with unlimited climbing from June through August! Whether you're training hard or just having fun, the **Summer Membership** is your ticket to three full months of climbing freedom.

#### What you get:

- Unlimited climbing from June 1 - August 31
- Late to the party? Passes can be prorated if you sign up in June
- Please note: Rentals are not included.

Available now at the front desk or online. Let's make it a summer of sends!

### PRO SHOP

**JUST IN: EDELRID'S NEW "PINCH" BELAY DEVICE—COME CHECK IT OUT IN PERSON!**

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 stickers and car decals, 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!



Access  
the  
inaccessible®



### FOLLOW US THIS SUMMER!



@REGINACLIMBINGCENTRE



@REGINACLIMBINGCENTRE

We've got an exciting season ahead—so be sure to follow us on social media for the latest updates on all things climbing!

Keep an eye out for announcements about our **Summer Bouldering League**, **Member Appreciation Night**, and more fun events coming your way.

You won't want to miss what's on the horizon—see you at the gym!