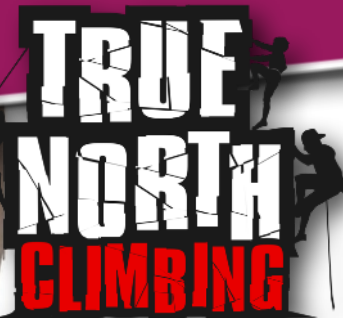


TRUE NOTES



January 2018 - VOLUME 9, ISSUE 1

HAPPY 2018 FROM
TRUE NORTH
CLIMBING!

New Waiver Expiry Policy

Based on a request from our insurance company, a new waiver form must be completed once every two years. This policy is in effect as of **January 1, 2018**. Children under 18 will need a new waiver completed, initialed and signed by a parent every two years. If your child comes to the gym regularly without a parent present, please make sure a valid waiver is in effect. You can check the expiry date with our staff at the front desk. Waivers can be completed **online** at our web site as well as in the gym.

Re-validation Of Eligibility For The Discount Rate

As we collect each new waiver, we will also be re-validating eligibility for our Discount rate, by asking to see proof of status for Full-time Students, Police, EMS and Firefighters. Thank you for your understanding.

LED Moonboard is Up!

Our Moonboard is now all lit! Download the Moonboard app from the Apple or Google Play store, choose your problem and see it light up, making it much easier to see which holds to fall from!

March Break Camp

As Winter Break ends, we start thinking about March Break! Our day camp offers a fun and well-supervised environment for children to rock climb, boulder, slackline, do crafts and a variety of indoor games and sport in our amazing facility. Get the Early Bird rate when you book at least a month in advance!

Congrats Youth Team!

On December 16th and 17th, Altitude Gym Kanata hosted the **OCF Youth Bouldering Provincials** - and our youth team did great! Eliane Loftus, Ruby Tennen, Connor Jacobs, Brody Rapkowski and Hana Basalic advanced to nationals! Eli Faith hit the podium with a 3rd place finish, also **qualifying for nationals!**

Photo Release Form

Starting in January 2018 we will be asking you to sign a photo release form. We'll be taking photos and videos throughout the year for use in our social media and marketing campaigns

REGULAR HOURS:

Monday - Friday
Noon - 11 PM
Weekends/Holidays
10 AM - 10 PM

**EARLY-BIRD Hours
For MEMBERS ONLY
Open at 9AM SAT/SUN**

**TNC PA DAY CAMP
(Ages 7-12)**

PROGRAMS:

Scramble Sessions
Sat/Sun 11:30 AM-1:30 PM

Free Technique Classes
Mon/Tues @ 9 PM

Yoga (w/ admission)
Mon 7:30 PM
Tues 7:30 PM
Wed 8:30 PM
& Sat 9 AM

**Birthday & Corporate Team
Building Parties**

Intro Lessons
Every hour on the hour;
book in advance

www.truenorthclimbing.com
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