



## Upcoming

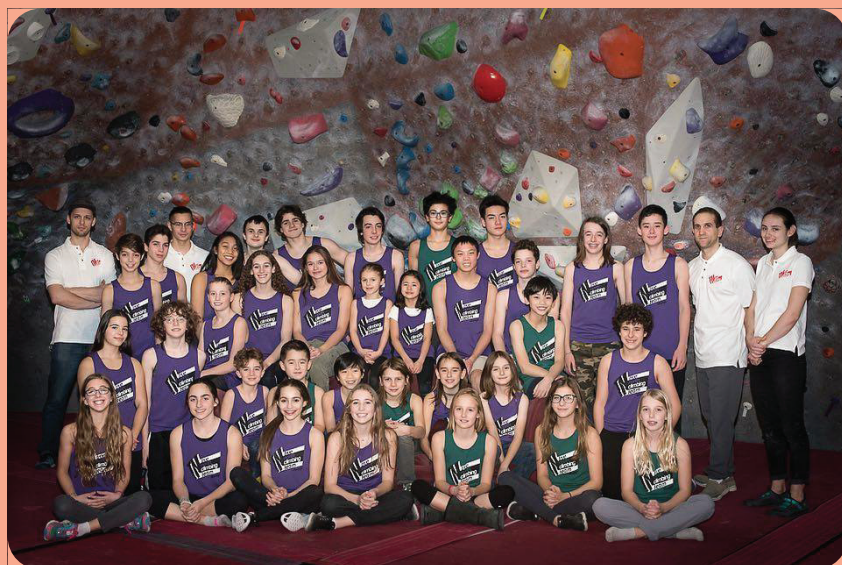
Feb 3: OCF Youth D/E Rope Comp @ Boiler Room, Kingston

Feb 10: TDB 15 @ Up The Bloc, Mississauga

Feb 14: For The Love of Climbing Valentine's Day @ True North

Feb 19: Family Day (Day Camp @ True North)

Feb 24: Yoga Fundamentals w/ Wendy Lo @ True North



True North Youth Competitive Team of 2017- 2018

## Competition Updates



Our very own Alex "AK" Kuusela made finals at the Ontario Bouldering Open on Jan 28. She placed 4th at the event. Making finals

qualifies her entry to the Canadian National Boulder event at Up The Bloc on March 3-4. Give her a fist bump if you see her around the gym!

## Fret not, we've got you covered from Old Man Winter.

We still have two months until winter is technically over. So we have some fun stuff planned for you to keep the cabin fever away.

### New Gym Hours

Starting on Feb 5th, we'll be opening at 10am on weekdays. Come early and get the gym all to yourself (and Clint)! Lessons are still starting from 12pm onwards.

### Merch On Sale

As you know, we're turning 8 next month. That means we gotta clear out the closet to make way for some cool new stuff. Last year's sweaters are now only \$25, and tees and tanks are \$10. Perfect for training in.

### Be our Valentine

Whether you're single or partnered, we've got a little party planned for 2/14. Climbing games, take away gifts, and 2 for 1 Intro Lessons and Day Passes. Check our FB event page for more details.

### Yoga Fundamentals

Members love Wendy's yoga classes, and if you haven't tried yet, this workshop is the perfect chance to jump in. Starts Saturday Feb 24th @ 9am. Workshop is 1.5 hours long, free with admission OR membership. Sign up thru our FB event page.

Stay connected on our social media for upcoming events, new routes and everything True North.



@truenorthclimbing