

# LADIES NIGHT

FIRST FRIDAY & THIRD  
THURSDAY OF THE MONTH  
7PM TO 10PM

*Sign up is essential for the following workshops:*

- **Top Rope Belaying**  
(Some prior climbing experience necessary)
- **Bouldering Fundamentals**  
(Beginner or intermediate)
- **Intro to rock climbing**  
(No prior climbing experience)

Email to: [info@suasclimbing.ie](mailto:info@suasclimbing.ie)  
expressing your interest. Places  
are limited to 6 per workshop.

## Chat-Climb- Coffee-Crush

**\*Female instructors on hand for advice and psych**

**\*Thursday Nights are a social night, instructors for advice and assistance**

**\*Normal entry fee applies**

**\*Free equipment rental**