

# Hangboard Clinic

## Improve your climbing

Learn how to effectively and safely work finger strength training into your climbing through a simple and straightforward tool - the hangboard.

**Prerequisite:**  
Participants should be able to climb C3 or 5.9 consistently.

Register online  
[calgaryclimbing.com](http://calgaryclimbing.com)



**Friday, March 13**  
**6:00 - 7:30pm**

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