

Email ben.wygant@rrcc.edu or stop by the SRC to register

Adventure Trips

Hiking - North Table Mountain

Date: Jan. 27, 9AM – 4PM

Cost: FREE

Difficulty Level: Easy - Moderate

Come with us as we explore the single track of North Table Mountain in Golden. This unique mountain features high rocky outcroppings, an elevated prairie ecosystem, and amazing views of both Denver and the foothills. Leaders and trekking poles will be provided.

Snowshoeing/Hiking – Three Sisters Park

Date: Feb. 10, 8AM – 4PM

Cost: FREE

Difficulty Level: Easy - Moderate

Come explore the Alderfer Three Sisters Park outside Evergreen. We'll walk the trails through rock formations and pine forests, hopefully on a trail of deep snow. Leaders, snowshoes, and poles provided.



Snowshoeing/Hiking – Golden Gate State Park

Dates: Feb. 24, 8AM – 4PM

Cost: FREE

Difficulty Level: Easy – Moderate

"If you can walk, you can snowshoe." Come with us for a Saturday stroll around Golden Gate Canyon State Park, just west of Golden. We'll keep a slow to moderate pace as we check out the scenic winter wilderness.



Rock Climbing – North Table Mountain

Date: March 11, 8AM – 4PM

Cost: FREE

Difficulty Level: Moderate

Join us for a day of outdoor rock climbing at the North Table Mountain Cliffs overlooking Golden. All experience levels are welcome, and leaders, instruction, and equipment will be provided.

Weekly Green Mountain Hiking/Running/ Mountain Biking – Starting March 1

Free Skills Clinics*

*(By request – contact ben.wygant@rrcc.edu to schedule)

Mountain Bike Basics Clinic

Mountain Bike Maintenance Clinic

Bear Bag Clinic

Orienteering and Map Skills Clinic

Backpacking Basics Clinic

Leave No Trace Ethics

Camp Cooking

Team Building and Low Challenge

Resources

Planning your own trip? Want to learn how to fix your bike? Not sure if that mushroom you just ate was poisonous? Check out our [Trip Planning Resource](#) room at the Student Rec Center. Maps, guidebooks, flora and fauna identification guides, and how-to books are available to use or check out for **free**. Just bring your selection to the SRC front desk.



Rock Wall Free Clinics*

*(By request – contact ben.wygant@rrcc.edu to schedule)

Learn to Climb

This clinic will cover climbing styles, terms, equipment, movement, and belaying. No climbing experience necessary to participate.

Lead Climbing 101

This clinic will introduce participants to lead climbing and will cover lead belaying, clipping, communication, and technique. Participants must be top rope belay certified and have adequate climbing experience.

Basic Anchor Building

This clinic will teach the fundamentals of climbing anchor construction, including types of anchors, equipment, knots, and techniques. Adequate climbing experience is required to participate.

Intro to Sport Climbing

Want to transfer your indoor lead climbing skills to outdoor climbing? This clinic will review the basics of lead climbing, and teach participants to build and clean anchors. Lead Climbing experience required.

Rappelling

This clinic will introduce climbers to the basics of rappelling. Basic climbing experience and belay certification is required.

Rock Wall Programs**Spring '18 Climbing Competition**

Date: March 10, 2018

Cost: TBD

Women's Climb Night

Date: Tues., Jan. 30

Time: 4-8PM

Cost: Free

Valentine's Day Dirtbaggin'

Date: February 14, 3-5PM

Cost: Free

Show up stag or bring your date to the SRC rock wall for an evening of candlelight, things that are covered in chocolate, Barry White, and rock climbing. Companion climbing routes will be set and rose petals will be artfully scattered all over the floor.

**Spring '18 Intramural Sports***

*Sign up as an individual or as a team at the SRC front desk or by emailing ben.wygant@rrcc.edu

Coed Archery Tag League

- Wednesdays Jan. 31 – Feb. 21, 3-4PM

**Singles Coed Badminton League**

- Thursdays, Feb. 1 – 22, 12-1PM

Indoor Coed Ultimate Frisbee League

- Tuesdays, Feb. 27-Mar. 20, 1-3PM

2 v 2 Spikeball League

- Wednesdays, Feb. 28-Mar. 21, 12-1PM

3 on 3 M & W Basketball Tournament

- Thursday, March 1, 12-5PM

Coed Floor Hockey League

- Thursdays, Mar. 8-29, 12-2PM

**Coed Dodgeball League**

- Wednesdays, April 4-25, 2-4PM

4 v 4 Coed Indoor Volleyball Tournament

- Friday, April 27, 3-8PM

Bi-Annual THROW THINGS AT YOUR INSTRUCTOR Dodgeball Tournament

- Thursday, April 26, 2-4PM

