TL;DR – Sign up for practice
Sign up for practice here! Look out for an email about our FALL BREAK TRIP to THE RED RIVER GORGE!!!!!

Hi Everyone!!!

If you are a new climber, you must get belay certified before you can climb at practice. OA will be having classes designed specifically for beginners to learn how to belay :) You don’t need to be belay certified to go climb at open hours.

Step by step, here is what beginners need to do to begin climbing:

1. Learn to belay at belay class (schedule and sign up here). If you already know how to belay from somewhere else but are not belay certified at our wall, you can go to step 2.

2. Go to open hours at least 24 hours after taking the class to be belay tested/certified. Note that you can go to open hours and climb w/o being belay certified (a Wall Staff member or another belay certified individual will belay you).

OA Climbing Wall Open Hours
Fall 2023 hours begin on Monday, September 11th

Open Hours - Princeton students, staff and faculty with an active PUID can climb for FREE. Individuals without a TigerCard (prox) are not eligible to climb.

- Mondays 4:30-6:30pm
- Tuesday 8-10pm
- Wednesdays 8-10pm
- Thursdays 10pm-12am (sponsored by the Alcohol Initiative)
- Fridays 4:30-6:30pm
3. Start going to practice :) !! Again, you must be belay certified to attend practice!

Practices for the week of 9/25 (ONLY belay certified climbers):

**Monday 8-10 pm:** Projecting - work on completing your hard routes before they get replaced

**Tuesday 4:30 - 6:30 pm:** Technique Tuesday - improve your climbing technique

**Thursday 4:30 - 6:30 pm:** ARCing - climb up, climb down, for a set time frame

**Saturday 9:30 - 11:30 am:** Projecting - work on completing your hard routes before they get replaced

Green - Low Intensity  
Yellow - Medium Intensity  
Orange - Medium/High Intensity  
Red - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the vibe of the practice is going to be.

Please show up on time to practice! Only show up if you can be there for the entire 2 hours!!

Finally, if you are interested in participating in climbing team social events, please sign up for the social listserv (separate) on this form.

You can also join our groupme at this link!

One last thing—after Tuesday/Thursday practices, we eat team dinner (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!
PS: Add your birthdays here :)  
Climbing Team Birthdays