

# KloterKlub Niederaanven Training 2018/2019

Mondays		Tuesdays	Wednesdays	Thursdays	Fradays	Saturdays	Sundays
						Training Kids 9.30- 12.30 (age 6-14) Aurore	Escalade libre Weekend
Training Kids 17.30-19.00 (age 8-14) Marc	Training Youth 18.00-20.00 (age 16+) Mich	Escalade libre 18.00-22.00		Course adults - beginners group 2 18.00-19.30 Marc		Escalade libre 18.00-22.00 and competition training	Escalade libre Weekend (see <a href="http://www.bbc-grengewald.lu/home_games.php">http://www.bbc-grengewald.lu/home_games.php</a> , wall opens 1h before and 2h after a start of a game)
Escalade libre 19.00-22.00	Course adults - beginners group 1 19.00-20.30 Marc		Training Kids 18.30-20.00 (age 6-14) Pascal	Escalade libre 18.00-22.00	Course adults - advanced 19.30-21.00 Marc		
			Escalade libre 20.00-22.00 (the fire brigade has priority)				

## Remarks:

**New members:** You can come on Mondays from 19.00-20.30 and Thursdays from 18.00-21.00. Please introduce yourself to Marc. If you want to come during other times of the Escalade libre please send an email to [info@kkn.lu](mailto:info@kkn.lu) and we make an appointment. You can come a couple of times before we ask you to become a member. For this trial period we also provide the essential equipment (shoes, harness, etc).

**Escalade libre:** This is an unsupervised session. You must have received the permission from a trainer or a committee member before you can climb unsupervised. Minimum age is 16. *If you arrive and the wall is closed, please find a concierge who will then open the wall for you.*

**Escalade libre Weekend:** The sports hall is in general not open on Saturday afternoons and Sundays, unless there is a home game from the Basketball club. To see when they have a home game, please go to [http://www.bbc-grengewald.lu/home\\_games.php](http://www.bbc-grengewald.lu/home_games.php). The wall will then be open 1h before and 2h after a start of a game. Standard rules for Escalade libre apply.

**Kids training:** Please contact [info@kkn.lu](mailto:info@kkn.lu) to inquire about open positions in the kids trainings.

