

# SOLE STUDENT OUTDOOR LEARNING EXPERIENCE

# CLASSES/EVENTS

## PROGRESSIVE TRAINING

### INTRO TO MOUNTAIN BIKING - SESSION 1

THURSDAYS 9/8-9/29, \$35

### INTRO TO MOUNTAIN BIKING - SESSION 2

THURSDAYS 10/6-10/27, \$35

### LEARN TO CLIMB - SESSION 1

TUESDAYS 9/6-9/27, \$25

### LEARN TO CLIMB - SESSION 2

TUESDAYS 10/4-10/25, \$25

## OUTDOOR SAFETY

### INTRO TO WILDERNESS FIRST AID

10/3, 11/7 FREE

### AIRE AVALANCHE LEVEL 1 CERTIFICATION

TBD \$525

### SCUBA DIVING CERTIFICATION

TBD, \$575

### NOLS WILDERNESS FIRST AID

TBD \$280

## PRACTICAL

### HOW TO WAX SKI AND SNOWBOARDS

12/9 FREE

### PARACORD BRACELETS

8/31, 9/28, 10/26 FREE

### KNOTS AND HITCHES

10/10, 11/14 FREE

## EVENTS

### LADIES CLIMB NIGHT

8/25, 9/29, 10/27 FREE

### MOONBOARDING

9/8, 10/13, 11/10, 12/8 FREE

### SOLE SOCIAL

9/1, 10/6, 11/3, 12/1 FREE

Learn something new in Colorado's outdoors this semester with SOLE. Earn a certification for outdoors safety, learn how to scale rocky slopes, or enjoy some social time with fellow enthusiasts! For more info, visit [campusrec.uccs.edu](http://campusrec.uccs.edu)