



- Climb practices are for registered participants ONLY. Register online at ClimbJax.org or see an American Lung Association staff member who can assist you.
- All Climbers must sign a practice waiver at their first practice of the year.
- All Climbers must sign in and sign out at each practice. If you do not sign out, a staff member will reach out to confirm you have left the stairwell.
- Practices are held from 5:00 – 7:00 p.m. at the Bank of America Tower. Climbers must arrive and enter the stairwell prior to 6:45 p.m. to be allowed to Climb. Any individual arriving after 6:45 p.m. will not be given access to the stairs. **All Climbers must be out of the stairwell and back in the lobby by 7:00 p.m.**
- 2024 Practice Schedule:
 - Tuesday practices will be offered beginning Tuesday, January 30, 2024, and will be held every week through Tuesday, March 19, 2024.
 - Thursday practices will be offered beginning Thursday, February 1, 2024, and will be held every week through Thursday, March 14, 2024. **NOTE: no Thursday practice on Thursday, March 21, 2024.**