

FLYING TRAPEZE



Get into the swing of things! Reach new heights with an introductory lesson in aerial arts. Take to the trapeze and learn the elements of flying from a professional trainer. Begin with the basics and work up to more challenging tricks – even try your hand at a release and catch! As your skills and confidence progress, learn to swing, sway, and enjoy this uplifting activity. All sessions are conducted with safety lines and a spotting belt to assure your safety at all times.

- Meet your trainer for an overview of the art of the flying trapeze with an introduction to all aspects of flying, familiarization with the rigging, terminology of the trapeze followed by performance of basic tricks to a catcher
- Start slowly with a few warm-up swings on the low practice bars over the mat then harness up, climb the ladder to the platform, and make the leap
- Progress from swinging with hands then try knee hang swinging and if ready, a hand to hand catch in the air with the instructor
- Experience the thrill of flying through the air in a safe and friendly environment

Your Gift Locations*

Haight/Ashbury, San Francisco, CA

Availability

Tuesday after Labor Day through July, Saturday and Sunday

Duration

1.5 hours

Essential Information

Minimum age is 12 years old; weight limitation of 230 pounds; pregnant women and those with neck or back injuries cannot participate

Numbers

Experience for 1 in a group up to 8



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-05-1030-A