

## INTRO TO BOULDERING FOR TWO



Crimps, jugs, and slopers – know your holds? Get off your rock-er with a challenging introduction to bouldering at a state-of-the-art climbing gym. Learn proper hand and foot techniques, how to develop your balance, and elevate your climbing confidence in a safe, indoor environment. A high impact sport that's more about moves than endurance, bouldering climbs are generally short, less than 15 feet, and require no ropes.

- Meet your instructor at the gym to gear up and get a brief overview
- Learn about basic bouldering equipment and techniques from an experienced pro
- Spend the day reaching new heights and practicing your climbing skills on the wall

### Your Gift Locations\*

Arcadia, CA

### Availability

Year round, 7 days a week

### Duration

30 minute lesson plus all day climbing pass for use after lesson

### Essential Information

Minimum age is 16 years old; waiver must be completed by all participants (by parent/guardian if under 18)

### Numbers

Private lesson for 2



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-07-2113-A