## 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
- Start slowly with a few warm-up swings on the practice bars in the training facility
- · Harness up, climb the platform outside, and make the leap
- Experience the thrill of flying through the air in a safe and friendly environment

Your Gift Locations\* Escondido, CA

Availability Year round, Saturday through Monday

## Duration

1.5 hour

## **Essential Information**

Minimum age is 6 years old; parent/ guardian must be present for children under the age of 10; participants should be in general good health; waivers must be completed by all participants (by parent/guardian for those under 18)

## Numbers

Experience for 1 in group of up to 6

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