

## INDOOR ROCK CLIMBING



Break out of your comfort zone and go up against the wall with indoor rock climbing! Perfect for people with little or no experience, this dynamic course will challenge you both physically and mentally as you learn the safety systems of belaying, basic knot tying, and basic climbing movement from an experienced instructor. An exciting alternative to a traditional workout, it's a fun way to stay fit, reduce stress, energize your spirit, and build self-confidence.

- Hands-on instruction on climbing in a state-of-the-art facility
- Includes all required climbing gear (shoes, harness, belay device, and helmet)
- Opportunity to develop the skills needed to climb independently

### Your Gift Locations\*

Phoenix, AZ

### Availability

Year round, 7 days a week

### Duration

2 hours

### Essential Information

Minimum age is 15 years old; participants must complete release waiver (by parent/guardian if under 18)

### Numbers

Private experience for 1



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-13-975-A