



TAKE YOUR STUDENTS TO NEW HEIGHTS



ARC Climbing + Yoga invites you and your students to join us for an indoor climbing and yoga adventure that combines physical fitness, education, teamwork, and lots of fun! Conveniently located in the South End of Sudbury, our facility boasts over 7000 sq ft of custom designed climbing terrain with walls up to 35 feet high, and a 900 sq ft yoga studio.

ARC offers a unique, challenging, and fun environment for school groups. Our experienced staff will take care of everything to do with harnesses, ropes and equipment and allow you and your students to enjoy climbing and yoga hassle-free.

HOW DOES CLIMBING AND YOGA RELATE TO STUDENTS EDUCATION?

Social-Emotional Development Through:

- Positive risk taking
- Increased self-knowledge, self-confidence and self-reliance
- Enhanced patience, perseverance, courage, willpower, trust and self-control
- Meeting challenges
- Mindfulness
- Stress management
- Awareness of others
- Leadership skill building opportunities during team activities

Cognitive Development Through:

- Problem solving, including the identification of multiple solutions for challenges
- Decision-making and judgment-making opportunities
- Increased focus and concentration
- Visualization and mental imaging
- Following directions and safety rules
- Goal setting exercises

Physical Development Through:

- Aerobic and anaerobic activity
- Increased cardiovascular fitness
- Enhanced balance, coordination and flexibility
- Increased muscle strength and endurance
- Improved motor planning
- Enhanced body awareness

CHOOSE YOUR ADVENTURE

All adventures include harness, helmet, and yoga mat rentals. You'll also have ARC team members to lead the activities, provide a safety orientation, and make sure everyone is being safe and having fun!

We adhere to all of the Ontario Physical Education Safety Guidelines set out by OPHEA. We offer accessible options for our programming, and have accommodated groups from Autism Ontario, CNIB, and War Amps. All activities are available with bilingual instructors.



ELEMENTARY SCHOOL & SECONDARY SCHOOL

CLIMBING ADVENTURE

2 HOUR CLIMB
11 - 26 STUDENTS
\$15 + TAX PER STUDENT

YOGA ADVENTURE

1 HOUR YOGA
11 - 26 STUDENTS
\$140 + TAX

AERIAL YOGA ADVENTURE

1 HOUR YOGA
UP TO 9 STUDENTS
\$140 + TAX
Ages 12+

CLIMBING + YOGA ADVENTURE

1 HOUR CLIMB
1 HOUR YOGA
22 - 52 STUDENTS
\$15 + TAX PER STUDENT

ON-SITE YOGA ADVENTURE

We can come to your school to lead an on-site yoga class!

SECONDARY SCHOOL

LEARN TO CLIMB

Students will learn the basics of climbing in small groups, getting hands-on instruction to learn how to tie knots, use a harness, and learn to belay the ropes.

2.5 HOUR INTRO TO CLIMBING COURSE
2 HOUR CLIMB
6 - 20 STUDENTS
\$50 + TAX PER STUDENT
Ages 14+

OUTDOOR CLIMBING ADVENTURE

Students will learn the basics of outdoor climbing with an emphasis on safety and environmental concerns.

INTRO TO OUTDOOR CLIMBING COURSE
3 HOUR OUTDOOR CLIMB
10 - 20 STUDENTS
\$30 + TAX PER STUDENT
Ages 14+



For more information, contact us at info@arcclimbing.ca or 705-222-8464.

Sign up for ARC at arcclimbing.ca



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