

TAKE YOUR TEAM TO NEW HEIGHTS



ARC Climbing + Yoga invites you and your team to join us for an indoor climbing and yoga adventure that combines physical fitness, 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 inspiring environment for corporate groups and teams. Our experienced staff will take care of everything to do with harnesses, ropes and equipment and allow you and your team to enjoy climbing and yoga hassle-free.

HOW DO CLIMBING AND YOGA RELATE TO TEAM BUILDING?

Climbing:

- Awareness of others
- Problem solving, including the identification of multiple solutions for challenges
- Finding a variety of ways to communicate with others
- Build determination and perseverance
- Allows co-workers to relate to each other in a different way
- Make interpersonal connections in a non-work setting
- Fosters trust between co-workers

Yoga:

- Stress management
- Increased focus and concentration
- Mindfulness
- Patience
- Improves mental and physical health
- Increases energy and creativity
- Visualization and mental imaging

CHOOSE YOUR ADVENTURE

All adventures include a harness, shoes, 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 offer our team building activities to all kinds of groups and organizations. In the past, we have accommodated sports teams, military groups, medical professionals, students, office/administration groups, construction teams, mining groups, groups with accessibility needs and more!



TEAM BUILDING EXPERIENCES

CLIMBING ADVENTURE

Participants will receive a facility orientation and go through an ice breaker and warm up, before moving into activities that work on communication, teamwork, and leadership. Everyone will also have the opportunity to climb for fun during the session.

2 HOUR CLIMB
\$37 + TAX PER PERSON
Ages 14+
MINIMUM 10 PARTICIPANTS

YOGA + CLIMB ADVENTURE

Participants will take part in a private yoga class, which will promote increased awareness and focus, mindfulness, and stress management. The class will be paired with a climbing session, which will include an orientation, warm up, and teamwork activity led by our instructors.

1 HOUR YOGA CLASS
1 HOUR CLIMB
\$37 + TAX PER PERSON
Ages 14+
MINIMUM 10 PARTICIPANTS

CUSTOMIZED ADVENTURE

We can customize any Team Building Experience to your needs! Choose to include climbing, yoga, or even a seminar. We have a private room with a projector available upon request and can comfortably seat about 20 people with tables and chairs.



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

Sign up for ARC at arcclimbing.ca



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