



CLIMBING YOGA FITNESS

**ARC**

**COME ON IN FOR SOME CLIMBING AND FUN WITH  
YOUR FRIEND**

**TIME**

**DATE**

**LOCATION 1981 OLD BURWASH RD  
SUDBURY ON**

**FIRST TIME AT ARC PLEASE FILL OUT A  
WAIVER FORM**

**[WWW.ARCCLIMBING.CA/DIGITAL-WAIVER](http://WWW.ARCCLIMBING.CA/DIGITAL-WAIVER)**

**WHAT TO BRING**

**INDOOR SHOES AND COMFY CLOTHES**

