



4/12 FREDERICK ST
ST LEONARDS, NSW, 2065
PH: (02) 9436 4600

Corporate Activites

Climb Fit is the largest and most modern climbing and gymnasium facility in Sydney.
We offer a range of programs to suit the requirements of our corporate clientele.

These programs include:

- Personal and small group challenges
- Communication, trust and leadership objectives
- Fun interactive segments
- Belay and climbing safety protocol

TEAM BUILDING ACTIVITIES:

- Swiss balls - 4 climbers must work together to get 3 swiss balls to the top of the climb.
- Blindfold climbing - The climbers are given a blindfold and it is the Belayer's (the person holding the rope) task to guide the climber.
- The swing box - The object is to get as many people as we can on a box twice the size of a milk crate. They will be swinging from another box to get there.
- Team logs - A team of 3-4 people climb over 4 large logs, spaced between 8 vertical meters.

**FOR
BOOKINGS
OR FURTHER
INFORMATION**

**PLEASE EMAIL
info@climbfit.com.au**

You will be provided with one facilitator for every 10-15 people to guide you through the various team building activities.

We recommend booking in our quieter time periods 9:00am - 12 noon or 2:30pm - 6:00pm, Monday to Friday.

The most manageable time frame is 2 hours.

Price is \$40 per participant.

Loose fitting casual clothes are recommended
Gym shoes - cross trainers are suitable

Thank you for your enquiry