



Vertical Adventures features Adaptive Ascents: Climbing for Individuals with Disabilities

Vertical Adventures (VA) is excited to offer a unique opportunity for individuals with various disabilities to experience the enjoyment, challenge, and accomplishment of climbing. Adaptive Ascents utilizes special training and additional equipment to help individuals with disabilities experience climbing. Vertical Adventures and the Adaptive Ascents program will be holding a FREE adaptive climbing clinic on Saturday July 25th, 2015 from 9:00am to 12:00pm located at 6513 Kingsmill Ct. Columbus, OH 43229. (Volunteers Needed) <http://www.verticaladventuresohio.com/adaptive-ascents>.

Vertical Adventures has explored the world of indoor rock climbing for over 20 years, introducing many Ohioans to the world of climbing. VA wants all individuals of all abilities and skill levels to experience the sensation of climbing and the positive life lessons/skills it creates. Adaptive Climbers can develop in areas of strength, focus, and flexibility while challenging themselves in overcoming obstacles and reaching new heights. The Vertical Adventure family loves rock climbing and we want to share it with everyone.... Come start your Vertical Adventure!

Adaptive Ascents program director Amanda Warren, is an accomplished climber and instructor at Vertical Adventures. As a former social worker she saw the benefits that climbing could have on people's lives and wanted it to be available to everyone. She attended the nationally accredited Adaptive Climbing Clinic with Catalyst Sports in Charlotte, NC; and has brought those skills to the Adaptive Ascents program.

- Vertical Adventures has the specialized gear and training in order to make climbing accessible to all individuals.
- Specialized training session for all volunteers.
- 3:1 ratio of teachers/volunteers to participants using specialized gear.
- 4:1 ratio for teachers/volunteers for those without specialized gear.
- Beverages and snacks provided.

Locally owned and operated Vertical Adventures is the only 44 foot tall custom built facility with 16,000 square feet of climbing wall in Central Ohio. VA also has a boutique training facility dedicated to instruction, training, and competition for both youth and adults. Vertical Adventures seeks to create an environment that is fun, relaxed, supportive yet challenging. We want to cultivate a lifestyle atmosphere focusing on adventure, challenge, and camaraderie. Our goal is that everyone who walks through our doors will want to be a part of our community.

For more information, contact Amanda Warren.

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<http://www.verticaladventuresohio.com/adaptive-ascents>

