

We The Bounce offers fun, physical fitness to locals



By Brian Lockhart

New on Broadway in Orangeville is We The Bounce, and their motto says it all.

'Bouncing around, climbing around, fun and fitness.'

The new facility provides all sorts of activities with a fitness theme that not only challenges people it creates an environment of physical activity.

Owned by Peabo and Sabrina Samaroo, the indoor space is ringed with rock climbing walls of various degrees of difficulty from beginner to those who are more experienced and like a real physical challenge.

There also are basketball hoops, air hockey, and other games that visitors can play when they need a break from the rigors and challenges of climbing the wall.

'It's a rock climbing gym and recreational centre. We want to give the opportunity for people to understand the climbing wall and understand how climbing and bouldering works,' Mr. Samaroo explained of the new facility. 'While their here we get them into being active and using some of the facilities in different ways with the basketball and air hockey machines.'

The rock climbing walls are set up to be available for beginners and more experience climbers with hand and footholds of various difficulty.

Novice climbers can follow a route that provides a good grip, while more experienced climbers can take a different route that gives more of a challenge.

Mr. Samaroo, an experienced rock climber himself, showed how the walls were created for different level climbers. Not all climbs are straight up. Some are set up to traverse the wall horizontally.

The type of hole as well as well they are placed on the wall determine the level of skill needed to climb.

'It requires a lot of upper body strength and also being able to use your fingers and hands,' He said of what it takes to be a successful climber. 'A lot of it is just gaining confidence. Kids build up the confidence to do this. They realize they can get up there and get back down. It's not just about the fun, it's also about the fitness aspect.'

The climbing routes are set up for beginners, intermediate, advanced, and expert climbers.

Mr. Samaroo made the decision to open the facility as an alternative to the typical league sports.

The facility has planned activities as well as a drop-in availability that is admission based.

They instruct you on proper techniques and show you how to climb.

The facility has become a popular place for kid's birthday parties.

Air hockey and several other games are available to play between climbing the walls.

'You can't just climb all the time. You need some time to cool off so we have the air hockey tables and the basketball court.'

We The Bounce is open Monday to Friday, from 12:00 noon to 8:00 p.m.; Saturdays from 10:30 a.m. to 9:00 p.m. and Sunday from 10:30 a.m. to 6:00 p.m.