

How to fly like Superman

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All my life, I've had dreams about flying, and I've always wanted to get my pilot's licence. At this point in my life, I'm pretty doubtful that I'll be flying 767s anytime soon, but the other day, I did get the chance to fly like I have in my dreams.

At the newly opened Fly Zone Bodyflight in Delta, B.C., you don't need a plane, a pilot or a boarding pass to get airborne. All you have to do is put on a jumpsuit, a helmet and goggles and lie down on the floor of their vertical wind tunnel, in the aerodynamically approved Superman position with hands stretched out in front of you, and get ready for takeoff. When my instructor Shane gave the thumbs-up sign, a giant fan below me literally blew me away.

I learned there's a reason Superman has all those muscles — it's not as easy as you'd think to resist getting buffeted around like a tumbleweed. Shane helped me stay in position, but after two minutes, I was ready to get on solid ground and give my arms a rest. And you don't look too glamorous when you're being blown around in a wind tunnel either. But even so, it was a blast.