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Skydiving minus the sheer terror

📍 Delta's Fly Zone Bodyflight opened Thursday as the first facility of its kind in Canada 📍 Vertical wind tunnel is portable, with wind speeds up to 230 km/h

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They say a thrilling experience can simulate the feeling of being in love.

Case in point: A 10-foot diameter vertical wind tunnel that lets you fly like you're skydiving – without the free fall.

And I loved it.

My session at Fly Zone Bodyflight in Delta Thursday began with a short lesson in the skydiving hand signals and in how to position your body.

Moments later in a full-body suit, helmet, goggles and earplugs, I was ready to go.

The fan pushed me up into the air as if I were weightless.

The beginner position is kind of like the cobra pose in yoga, but instead of your muscles holding you up, the wind does, so you have to learn to relax into it.

Jeremy Peters, on site to train instructors, said it's all in the core muscles. He's been skydiving for 15 years, jumping out of planes as often as 35 times a day.

"Most people come into the tunnel feeling like they have to man-handle the wind," he explained. But the mantra should really be "move slow, relax, smile, have fun."

Company president and CEO Peter Zaoralek said he's already seen a "huge response" from the public. The tunnel is booked solid for the next three months.

"It's just an amazing experience," said Zaoralek.



CONTRIBUTED

Jeremy Peters teaches Metro reporter Stephanie Orford in the Fly Zone Bodyflight wind tunnel on Thursday.

Beginner flights

- Adult: \$62.50
- Kids (ages five to 12): \$54.50
- Info: www.flyzone.ca