

August 8 was the 14th National Fitness Day. Many people have taken an interest in non-traditional sports in recent years. Find out more about sport climbing, equestrian, ultimate frisbee and flag rugby in Jiading below.



## Jiading brimming with non-traditional sports

Flag rugby



Skateboarding

### Sport climbing

Sport climbing is known as “ballet on a rock wall.” It is a comprehensive sport derived from mountaineering in which anyone can participate.

In the process of climbing, people can improve their flexibility, coordination and balance. It also helps people become more courageous while they’re challenging themselves, thinking independently and cultivating a sense of achievement.



Sport climbing

There are three kinds of competitive events: speed climbing, lead climbing, and bouldering.

ACME Climbing (Jiading) has an indoor and outdoor area.

The indoor area has 200 square meters of rock climbing, a locker room, storage and rest area.

The outdoor area has newcomer, advanced and pioneer areas, as well as a 500-square-meter, 18-meter-high professional training area.

As the governing unit of the Shanghai Mountaineering Association, ACME is rated as an advanced venue, with a team of experienced coaches and instructors.

### ACME Climbing (Jiading)

**Hours:** 1pm-9pm, Tuesday to Saturday; 10am-9pm, Sunday  
**Address:** East Gate, 1/F Poly Plaza, 288 Baiyin Road  
**Reservation number:** 19921331672

### Skateboarding

Sliding, flipping and jumping. As a cool street sport, skateboarding can be very infectious. Every time skaters take off, people often hold their breath. This kind of excitement has attracted millions across the globe to skateboarding.

Beginners first learn the basics — grabbing, boarding and

turning. After getting comfortable with the basics, they can go to professional venues to show off their skills.

MOREPRK Factory is a skateboard park in the Zhenxin Subdistrict. It has about 3,000 square meters, with skateboarding facilities like the U-shaped pool, sponge pool, street type and bowl pool.

With ramps of varying difficulty, there’s something for skaters of all levels.

In the 900-square-meter street pool, there are stairs, handrails, slopes, benches and steps geared toward experienced skateboarders.

### MOREPRK Factory

**Hours:** 12pm-10pm, Tuesday to Friday; 10am-10pm on weekends  
**Address:** Guojin Sports Center Complex, 3/F, 200 Jinshajiang Branch Road  
**Reservation numbers:** 18019418415, 15618922030

### Equestrian

Equestrian consists of riding and training horses to jump over obstacles in displays of physical strength, speed and endurance. Riders must communicate with their horses and gain their trust.

Equestrian is no longer just a sport of the elite as it has gained popularity among the masses.