

DEFYING LIMITS: PHILLIP AND PATRICIA FROST MUSEUM OF SCIENCE TAKES GUESTS
INSIDE THE THRILL AND SCIENCE OF EXTREME SPORTS

Extreme Sports: Beyond Human Limits Special Exhibition Opens May 16



Photo: Science North (provided to Frost Science)

Photos [HERE](#)

MIAMI, FLA (Feb. 2, 2026) – The [Phillip and Patricia Frost Museum of Science](#) is thrilled to announce ***Extreme Sports: Beyond Human Limits***, an action-packed, highly interactive special exhibition developed and produced by [Science North](#) in partnership with the [Ontario Science Centre](#), opening **Saturday, May 16**. Arriving as Miami gears up for a global summer of sports and international competition, including the FIFA World Cup 2026™, the exhibition taps into the city’s electric energy, taking guests on an adrenaline-fueled journey into the world of extreme athletics and inside the minds and bodies of athletes who push far beyond what once seemed possible.

The exhibition offers a must-see experience for fans, families, and visitors from around the world looking to add science, sport, and high-energy exploration to their Miami itinerary.



“We are excited to welcome this new special exhibition at a time when the world’s attention is on athletic excellence and peak performance,” said Dr. Analisa Duran, Knight Vice President of Science Education at Frost Science. “Extreme athletes aren’t just thrill-seekers; they are strategic thinkers who rely on physics, biology, and mental resilience to push boundaries safely. It’s an inspiring way for guests of all ages to see how science powers performance and transforms limits into possibilities.”

Through immersive and hands-on experiences, *Extreme Sports: Beyond Human Limits* dives into the psychology behind athletes’ motivations and the science that powers their performance, from wingsuit flying and ice and rock climbing to parkour, freediving, and more. Guests will discover what it takes to maximize human potential by uncovering the strength, resilience, and mindset that fuel extreme athletes to defy limits.

In this exhibition, guests will:

- Engage with friends and family through a variety of physical, multimedia, and creative challenges.
- Hear directly from extreme athletes as they share how they have persevered through failures and obstacles in their sports.
- Learn about the researchers who study extreme performance, the rescue teams who respond when things go wrong, and the innovators who design cutting-edge equipment—while also dispelling common myths and misconceptions about extreme sports.

From exhilarating speeds and breathtaking heights to profound depths and unpredictable elements like weather and terrain, the exhibition reveals how athletes train to evaluate risk, endure intense physical and mental challenges, and maintain calm, focused control in the most extreme conditions. *Extreme Sports* will be on view from Saturday, May 16, through Monday, September 7, in the Hsiao Family Special Exhibition Gallery on the museum’s first floor, offering



a timely, high-energy experience for locals and visitors alike during Miami's biggest season of sport.

Admission to *Extreme Sports: Beyond Human Limits* is included with all museum tickets. For more information, visit [frostscience.org](https://www.frostscience.org). Follow Frost Science on Facebook, X, TikTok, and Instagram [@frostscience](https://www.instagram.com/frostscience).

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About the Phillip and Patricia Frost Museum of Science

Located in Downtown Miami's Maurice A. Ferré Park, the Phillip and Patricia Frost Museum of Science is a leading-edge science museum dedicated to sharing the power of science, sparking wonder and investigation, and fueling innovation for the future. Sitting on four acres, the 250,000-square-foot museum is divided into four distinct buildings: the Frost Planetarium, Aquarium, and the North and West Wings. At Frost Science, visitors can explore the world of science, technology, engineering, and math (STEM) in an experiential setting with interactive exhibitions and unique shows. The Phillip and Patricia Frost Museum of Science is supported by the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, the Miami-Dade County Mayor and Board of County Commissioners of Miami-Dade County. This project is supported by the Building Better Communities Bond Program and the City of Miami. Sponsored in part by the State of Florida, Department of State, Division of Arts and Culture, the Florida Council on Arts and Culture, and the National Endowment for the Arts. The museum is accredited by the American Alliance of Museums, is an affiliate of the Smithsonian Institution and a member of the Association of Science and Technology Centers. Learn more at [frostscience.org](https://www.frostscience.org).

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