

Parkour

W3: June 24-June 28

9:00 a.m.-12:00 p.m. Entering grades 5-9

12:30 p.m.-3:30 p.m. Entering grades 3-5

W6: July 15-July 19

9:00 a.m.-12:00 p.m. Entering grades 3-5

12:30 p.m.-3:30 p.m. Entering grades 5-9

Parkour is an art of movement in which you train the body and mind to overcome obstacles.

Come learn to jump, run, climb, and play at

one of the largest parkour gyms in America.

Students learn the basics of parkour, including

landing, rolling, jumping, precision, balance,

vaulting, climbing, and swinging. Parkour chal-

lenges students both physically and mentally.

Students stay highly active during class, engag-

ing in creative drills and games in a fun and

safe environment. \$370

Instructor: APEX Movement