

Parkour Cost: \$370

Week 3: June 22-June 26

Week 8: July 27-July 31

9:00 a.m.-12:00 p.m. Entering Grades: 3 4 5

12:30 p.m.-3:30 p.m. Entering Grades: 6 7 8 9

Instructor: APEX Movement

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 challenges students both physically and mentally.

Students stay highly active during class, engaging in creative drills and games in a fun and safe environment.