

Parkour

W6: July 11-July 15

9:00 a.m.-12:00 p.m. Entering Grades 6-9

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

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.

Cost: TBD

Instructors: Apex Movement