

Class Schedule for September/October

Every Tuesday at 6pm @ 19th and Riverside
(meet at the playground)

Parkour: Adults/Teens (ages 12 +)

- * Class Description: Learning the foundation of parkour; history & origins of the discipline, fundamental movements, creative expression, mental and physical conditioning, understanding and overcoming fears through the process of "Breaking Jumps." Each class is 90 minutes and filled with individual and group challenges, movement games, as well as technical and conditioning sessions to help prepare students to become adaptable to any situation.

Every Thursday at 5:30pm @ 41st and Riverside

Family Parkour: All ages and abilities

- * Class Description: This class is designed for total inclusion and strongly encourages that parents join in with their children. This class is 75 minutes, many important movements and learned but the main focus is on PLAY. With the use of unique group challenges, engaging movement games, and mandatory Free Play time it is fun way for everyone to connect to the environment.

Every Tuesday & Thursday at 1pm @ Lafortune Park
(meet by the north playground)

Home School Movement: ages 6 and up

- * Class Description: This is a ten week program starting on September 12th. This is a progressive course with each session building on the previous class. Starting out with developing balance and ground movements and advancing to jumping, climbing, and rolling skills.