



Spring 2019 Parkour Schedule – 8-week session

<i>Class</i> <i>*all classes are subject to GST</i>	<i>Parkour Youth</i> <i>Age 7-10</i> <i>Beginner – 60 min</i>	<i>Parkour Junior</i> <i>Age 11 & up</i> <i>Beginner – 60 min</i>	<i>Parkour Junior</i> <i>Age 10 & up</i> <i>Intermediate – 60 min</i>
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>	6:30	7:30	8:30
<i>Thursday</i>			
<i>Sunday</i>			
Class Fee Additional \$20 SCA member fee for new members	\$135	\$135	\$145

Empire Parkour’s own coach Tyler is now coaching Parkour classes at Gemstones Tumbling!

Parkour focuses on landings, springing from hands and feet, swinging, rolling, flipping and movements based on non-combative and martial arts training techniques. Parkour uses the most creative ways to get from point A to point B – navigating up, down and all-around one’s environment.

All classes are subject to change, be combined or cancellation due to registration numbers

Go to www.warmanultimatecheerelading.com to register today, or call 306-384-0111 for more information.