## BEGINNING PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her! Ages 5 and Up.



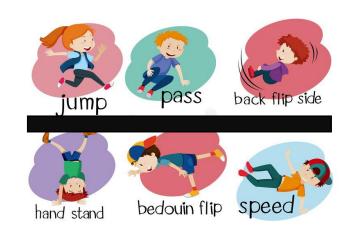




Kong Up
Safety Vault
Speed Vault
Front Flip on Trampoline
Reverse Vault Dismount
Palm Spin
Strides
2 Step Wallrun
Dive Roll
Precision Jump

Crane

Kong Over Small Block/Black Mat





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