

# Advanced Parkour

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this action-packed class fulfills inside movement in a gymnastics environment.

This class is for athletes who have achieved the skills taught in Intermediate Parkour. In this class, athletes will learn skills such as 360 Dive Roll, Thief Vault, Front and Back 360, and so much more.

The Skills Sheet below describes all the skills learned in this class.

Note: For those athletes who are enrolled in Advanced Parkour and have demonstrated high level skills, there is an opportunity (invitation only) to be on a competitive TEAM ION team.

## ADVANCED PARKOUR

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



Wallrun 270  
Dash  
Thief Vault  
Front 180/360  
Double Kong  
Kong Precision  
Precision 180/360  
Wall Flip  
Cheat Gainer  
Side Flip  
Front Handspring  
Backflip 360  
Gainer  
Beam Precision  
Tic Tac Precision  
Precision Over Gap  
1 Step Multi-Block Strides  
Bar: Fly Away  
Bar: Lache Precision  
Bar: Mount  
Bar: Toeshoot

## ADVANCED PARKOUR

*One hour class*

### Schedule

*Monday: 7:00  
Tuesday: 4:00, 7:00, 8:00  
Wednesday: No classes  
Thursday: 8:00  
Friday: No classes  
Saturday: No classes  
Sunday: 4:00*

### Monthly Cost

Annual Family Membership Fee:  
\$72  
1x per week: \$125  
2x per week: \$190  
3x per week: 245

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CGC YOUR FIRST MONTH FREE  
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