

# Intermediate 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 Beginning Parkour. In this class, athletes will learn skills such as Front Flip off Block, Reverse Vault, Cat 180, Back Flip, and so much more!

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

## INTERMEDIATE PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her! After you master skills in Beginning level, you can advance to Intermediate.



Front Flip Off Block  
Webster  
Kong  
Reverse Vault  
Speed Vault  
Tic Tac  
Cat 180  
Wall Spin  
Dive Roll Over Block  
Kong Up 2 Stack  
Kong Over Next Level  
Backflip  
Bar: Pullover  
Bar: Swing 180  
Bar: Lache



## INTERMEDIATE PARKOUR

*One hour class*

### **Schedule**

*Monday: 6:00*

*Tuesday: 6:00*

*Wednesday: No classes*

*Thursday: 6:00*

*Friday: 4:00*

*Saturday: No classes*

*Sunday: 3:00*

### **Monthly Cost**

Annual Family Membership Fee:

\$72

1x per week: \$125

2x per week: \$190

3x per week: 245

**IF YOU ARE NEW ATHLETE TO  
CGC YOUR FIRST MONTH FREE  
TUITION WITH \$35  
REGISTRATION FEE**



619.449.7717  
www.cgchamps.com