

Beginning 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!

Athletes should wear closed-toe shoes – parkour shoes or tennis shoes. No flip flops please!

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

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



BEGINNING PARKOUR

One hour class

Schedule

Monday: 3:00

Tuesday: 3:00, 5:00

Wednesday: 4:00, 5:00

Thursday: 3:00, 4:00

Friday: 2:00, 3:00

Saturday: No classes

Sunday: 10:00, 11:00, 1:00, 2:00

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

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