



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN, JUMP, CLIMB AND BALANCE

Parkour Classes

Saturdays: 4-week session

March 16—April 6th

YMCA GYMNASTICS CENTER

Preschool Parkour 11:00 —11:45 AM

Youth Parkour 11:00-12:00 PM

Youth Parkour 12:00-1:00 PM

Teen Parkour 12:00—1:00 PM

**Start reaching your
Parkour goals today & join
our Parkour class!**

Register at the front desk,
online: www.statineymca.org,
or on the Stateline Family YMCA
App. Spots are limited—Be sure
to sign up today!

In this Parkour class, participants will improve their balance, speed and endurance and build strength while adding in gymnastics skills to their Parkour. Classes will take place at the Gymnastics Center. Please dress in athletic clothes—no jeans, jewelry, or clothes with buttons or zippers. Contact Dalton Struebin at dstruebin@statineymca.org for any questions.

Preschool Ages: 4-7 years old
Youth Ages: 8-15 years old
Teen Ages: 16-18 years old

Preschool Parkour:

Members: \$27

Community: \$37

Youth & Teen Parkour:

Members: \$31

Community: \$43

