

## Parkour Club

Parkour is a dynamic and exciting new sport that is gaining popularity within the UK for giving participants the ability to express themselves through movement and a range of incredible tricks.

Our parkour sessions teach acrobatic floor skill and vault work, in a relaxed safe environment. These exciting classes explore creative ways of moving across obstacles, providing an innovative means of exercise whilst developing strength, flexibility, and spacial awareness. All our sessions are progressive and focus on the individual needs of every child. We aim to build confidence, self-motivation, resilience, and discipline through parkour.

The sessions run on Monday in the school hall from 7.45-8.30.

Dates for this term are-

January 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

February 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

The cost of the club is £6 per session and is booked termly in advanced.

For more information please email [dan@dwgymnastics.co.uk](mailto:dan@dwgymnastics.co.uk)

To book on please visit <https://dw-gymnastics.class4kids.co.uk>

