



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RUN, JUMP, CLIMB AND BALANCE

## Parkour Classes

**Saturdays: 4-week session**

**January 19th-Feb 9th**

**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](http://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](mailto: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**

