



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN, JUMP, CLIMB AND BALANCE

Parkour Clinics

Ages 7-15

STATELINE YMCA

GYMNASTICS CENTER

Saturday, November 17th
11:15 AM—12:15 PM

Saturday, November 24th
11:15 AM—12:15 PM

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

Register at the front desk, online: www.statelineymca.org, or on the Stateline Family YMCA App.

Limited to 16 participants.

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@statelineymca.org for any questions.

Members: \$8/class

Non-Members: \$12/class

