



PK4ALL

SUSTAINABLE DYNAMIC MOVEMENT TRAINING FOR EVERYONE !

*Learn Parkour from Certified APK Instructor, Coach nOah !
Overcome obstacles in creative and exciting ways while developing great
movement techniques for ensuring a healthy, strong body all the while having
tons of active, non-competitive fun !*

PARKOUR AND FREERUNNING MIXED LEVEL PROGRESSIONS

SPRING SESSION 2019

Thursdays ~ 2:15-3:15

AGES 7 and up

10 CLASSES / DATES ~ 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

PRICE ~ \$165.00

TO REGISTER

PLEASE PAYPAL \$165. to PK4ALLinfo@gmail.com

Please include Child's Name, Age, and Main Teacher's Name in notes section of payment.

OR

For Cash or Check on first class day pickup

Please email PK4ALLinfo@gmail.com to secure your spot

Please include Child's Name, Age, and Main Teacher's Name

CLASS ALREADY STARTED BUT WANT TO JOIN?

☺ EMAIL PK4ALLinfo@gmail.com FOR PRORATED AMOUNT ! ☺

FOR MORE INFO

About our teaching methods, philosophies, class descriptions, videos,
and family training opportunities,

VISIT

WWW.PK4ALL.ORG

