

PARKOUR WORLD

PARKOUR CLASS SCHEDULE 2012

(as of January 11, 2012)

Time/Day	TUES	WED	THURS	FRI	SAT	SUN									
			Parkour Home School class 11:00am - 12:30pm		Parkour 7-16 yrs 1:30-3:00 pm	Parkour 5-12 yrs 1:00 -2:00									
4:00 – 5:00 pm	Parkour 5-6 yrs	Parkour 5-6 yrs			Parkour 7-16 yrs Advanced (Skill Class) 3:00 – 4:30 pm	Parkour 5-12 yrs (Boys Only) 2:30 -4:00 pm									
4:30 – 5:30 pm				Parkour 5-6 yrs											
5:00 – 6:30 PM	Parkour 7-16 yrs	Parkour 7-16 yrs													
5:30 – 7:00 pm				Parkour 7-16 yrs											
6:00 - 7:30 pm															
6:30 – 8:00 pm	Parkour 7 – 16 Yrs	Parkour 7-16 yrs													
7:00 - 8:30 pm				Parkour Class 7-12 yrs (Recreation Gym) Drop in Class \$17.00											
8:00 – 9:30 pm	Parkour 17 yrs & Up Drop in Class \$17.00	Parkour 17 yrs & Up Drop in Class \$17.00			TUITION FEES ALL STUDENTS must pay a Non-Refundable Registration/Insurance Fee of \$25 per Fall, Spring, Summer semester. <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Class</th> <th style="text-align: center;">Fall (19 wks)</th> <th style="text-align: center;">Spring (19 wks)</th> </tr> </thead> <tbody> <tr> <td>Parkour 1hr class</td> <td style="text-align: center;">\$285</td> <td style="text-align: center;">\$285</td> </tr> <tr> <td>Parkour 1.5 hr class</td> <td style="text-align: center;">\$304</td> <td style="text-align: center;">\$304</td> </tr> </tbody> </table> <p style="text-align: center;">Per Session Drop In Rate</p> <ul style="list-style-type: none"> *Evening Skill Sessions \$10.00 *Class drop in rate \$17.00 * Class/Open Session combo Rate \$20.00 * Monday, Tuesday 8:00-9:30pm/ Friday 7:00-8:30 or 8:30-10:00 can be a drop in class or student may register for full semester. <p><u>A Completed Registration Contract and Liability Waiver are required for placement into class.</u></p> <p>*All open skill session participants MUST be enrolled in a Parkour World class to participate in any skill session.</p>		Class	Fall (19 wks)	Spring (19 wks)	Parkour 1hr class	\$285	\$285	Parkour 1.5 hr class	\$304	\$304
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Parkour 1hr class	\$285	\$285													
Parkour 1.5 hr class	\$304	\$304													
8:30 – 10:00 pm				Parkour Class 13yrs & Up (Team Gym) Drop in Class \$17.00											
Evening Skill Sessions		Parkour 9:30 – 11:00 pm \$10.00 Skill Session		(Recreation Gym) 8:30 -10:00 pm 12yrs & under (Team Gym) 10:00 – 11:30 pm 13yrs & older \$10.00/ Skill Session											

SEE REVERSE SIDE FOR CLASS DESCRIPTION

MAKE-UP POLICY

- In the event of class closures, students must make-up their classes **within a 2-week period.**
- There will be no other make-ups allowed.
- **Carry-over** classes from one semester to another is **not permitted.**

Please call 516-887-6600 to schedule a make-up class.

A pass is required from the front desk prior to entering class for a trial class or make-up class.

TUITION FEES

ALL STUDENTS must pay a **Non-Refundable** Registration/Insurance Fee of \$25 per Fall, Spring, Summer semester.

Class	Fall (19 wks)	Spring (19 wks)
Parkour 1hr class	\$285	\$285
Parkour 1.5 hr class	\$304	\$304

Per Session Drop In Rate

- *Evening Skill Sessions \$10.00
- *Class drop in rate \$17.00
- * Class/Open Session combo Rate \$20.00
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A Completed Registration Contract and Liability Waiver are required for placement into class.

*All open skill session participants **MUST** be enrolled in a Parkour World class to participate in any skill session.

PARKOUR WORLD

21 Ryder Place, East Rockaway, NY 11518 Tel: 516 887 6600 Fax: 516 887 6635
www.5starsportsacademy.com

PARKOUR CLASS SCHEDULE 2012

Welcome to Parkour Worlds parkour program which are designed to provide quality instruction for beginners through to advanced participants. Each class is developmentally appropriate and follows a curriculum aimed at building confidence and competence in a supportive and professional environment. Classes are grouped according to ability and we monitor our student-staff ratio of 10:1.

PROGRAM DESCRIPTIONS

The Parkour World program offers several types of classes to fit the needs for any level of participant.

Parkour - Parkour is the art of moving over, through, under, or around obstacles, utilizing the natural movements of the human body with freestyle and/or gymnastics style techniques. Incorporating quadrupedal movements, vaults, and climbs, the human body trains itself to overcome obstacles in its path while moving from point "A" to point "B". Being taught how to safely and efficiently move over obstacles in one's path, around stumbling blocks, and through any element, Parkour is the essential tool to make the impossible, possible.

Enrollment

Parkour World invites all beginner, intermediate, and advanced traceurs to try our Parkour program. If you would like to attend a pay as you go "open parkour session" you must be enrolled in a parkour class. Please see the class schedule for tuition details.

**PARKOUR WORLD INTERNATIONAL
RESERVES THE RIGHT TO CANCEL, COMBINE OR RESCHEDULE CLASSES.**

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A pass is required from the front desk prior to entering class.**

OUR FACILITIES

Parkour World is one of the largest facilities of its type on the South Shore. Occupying over **20,000 Sq. Ft.**, we offer:

- 2 Full 40' x 40' Spring/Foam Floors
- Full Size Competitive 7'x14' Floor-Level Trampoline
- 50' Tumble Track/Trampoline
- 400 Cu. Sq. Ft. Loose Foam/Resi Pit
- AA1 Spring Balance Beams
- Uneven Bars, High Bar, Parallel Bars
- Still Rings, Pommel Horse
- 2 AAI Vaulting Tables
- 3 mirrored Multi-Use Studios.
- Exclusive Rock Climbing Tread Wall