

We are excited about our new Parkour/Freerunning class offered at the YMCA Gymnastics Center

SATURDAYS at 5:00-6:15 for GIRLS only 12 and up  
and SATURDAYS at 6:30-7:45 for GUYS only 12 years and up.

Lots of fun! Call 223-8240 or email [sdavenport@greenwoodymca.org](mailto:sdavenport@greenwoodymca.org)

### Description of Parkour/Freerunning Class

Parkour is a discipline and was developed by the French and means “the art of movement”.  
It is a way of moving from one place to another as quickly and as efficiently as possible.

It is used by many as a method for physical and mental fitness and as a lifestyle in which values developed through Parkour are carried to and practiced in every other area in the individual’s life.

This is a system that can be used by officers of police departments, armed forces, fire/rescue services, public/private security and it encompasses creativity, critical thinking, responsible exercise and much more.

Parkour requires...Consistent, disciplined safety training with an emphasis on functional strength, physical conditioning, drills, balance, creativity, fluidity, control, precision, spatial awareness, understanding of one’s abilities and having goals and looking beyond the traditional use of objects.

Parkour movements typically include...

Running, jumping, vaulting, climbing, balancing and quadrupedal movements.

Movements from other physical disciplines (gymnastics, martial arts, etc.) are often incorporated.

Parkour training focuses on ...Safety first, longevity, personal responsibility and self-improvement.  
It discourages reckless behavior, showing off, and dangerous stunts.

Parkour practitioners value...Community, humility, positive collaboration, sharing of knowledge, and the importance of play in the human life while demonstrating respect for all people, places and spaces.

Parkour is physically and mentally challenging. The common individual will find that through their training in Parkour they are capable of doing things that didn’t seem possible before. The practitioners of Parkour are not super human. They are just normal people who have found a different way through life.

**Parkour class begins with running, stretching and safety tips.**

**Beginners** will learn rolling and landing techniques, different vaults, precision jumps, balance exercises, tic-tac’s, handstands, dive rolls, palm spins, etc.

**Intermediate Training** includes the combining of all your basics such as: different vaults, tic-tac’s, precision jumps, Flips, balance exercises, handstands, dive rolls, and other technical jumps in order to create a different move entirely.