



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

11/11

# PARKOUR

Ages 14+

The Green Bay YMCA's year-round Gymnastics Program serves boys and girls ages 3 through teens. We provide classes for all levels, from beginners to national competitors.

Our PARKOUR classes provide a fun, safe learning environment with instructors who are well trained in the latest teaching techniques and safety standards. This 60-minute class is for teens and adults who wish to challenge themselves in the sport of Parkour. Considerable individualized instruction will be used to accommodate all ability levels. We also feature the YMCA's character values, as we believe it is important to build strength in mind as well as in body. If the YMCA staff can be of assistance to you, please call the Program Coordinator at 436-9578.

Here are answers to some frequently asked questions:

**1. How do we PREPARE for the class?**

The best clothes to wear are elastic waist shorts with a t-shirt that stays tucked in. Because socks can become slippery on equipment, bare feet are recommended. No jewelry is allowed except post earrings. Long hair must be tied back and kept off the face. Soft hair accessories are preferred over hard plastic barrettes.

**2. What should we do the FIRST DAY?**

Stop at the front desk to check in. They can direct you to the location of your class. Please store extra clothing in the locker rooms or in the cubbies outside of the Downtown Gymnastics Center. Please wait for your class to begin in the hallway. Your instructor will call you in at the scheduled start time.

**3. What will I LEARN in class?**

Parkour will utilize the mats and equipment in the gymnastics center as obstacles for you to conquer. You will learn the proper technique for jumping and landing to maximize your ability to move through your environment.

**4. What if I MISS A CLASS?**

There are no make-ups for missed classes. Since you are registered for a particular day and time slot, we guarantee that spot for you. For optimal quality and safety we need to maintain the student-teacher ratio and want to keep the same teacher as often as possible for consistency. Refunds will not be given for missed classes. For extended medical reasons, a credit will be given for the remainder of classes from the time of notification.

**5. How do I register for the next session?**

Register at the front desk, by phone (436-9595) or online at [www.greenbayymca.org](http://www.greenbayymca.org). MasterCard, Visa and Discover are accepted.

**Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.