

# PARKOUR

## What is Parkour?

Learn to run across walls, balance on rails, & swing from branches! Parkour is training a wide range of movements to use on the obstacles in



**any** environment. At V.S.C. our structured environment is set up to promote creativity and make learning Parkour safe so students feel confident in their skill progression.

### Class details

55 minutes

Ages: 12- 17 years

This class is for students who have shown proficiency with the basic concepts of Ninjetics or those who are interested in applying their skills in our urban-gym environment. Students should be ready to leave sweaty and smiling!

**FREE TRIAL!!**

# NINJETICS

## What is Ninjetics?

If your child enjoys climbing the couch or playing "The Floor Is Lava" they will **LOVE** Ninjetics. Combining elements of our Parkour class, Ninja Warrior obstacles, and Gymnastics into one fun class! Each obstacle course we use is designed to develop your child's **strength, coordination, balance, and teamwork.**

### Class details

55 minutes

Ages: 5 - 6 years

7 - 11 years

In this class you will be introduced to the **FUN**-damentals of Ninjetics. Students will run various obstacle courses and learn step-by-step how to master each one. They will also practice basic Parkour and Ninja movement skills including the Ninja roll, animal movements proper landings, and vaults.



## **Registration**

Victory Sports Center requires a yearly \$24.00 family registration fee once a student enrolls in our classes. Your child's spot is held until a "Taking A Break Notice" is given. To ensure your first choice of class times, we suggest that all student's enroll as early as possible. At Victory Sports Center we want learning parkour to be **FUN** for your child. That's why we have the best instructors in this area. All our instructors have several years experience in teaching and/or participating in this great sport. Many of our instructors are Physical Education or Early Childhood Education majors. All of our staff love kids!

### **Victory Sports Center**

**"But thanks be to God! He gives us the VICTORY through our Lord Jesus Christ"**

## **Monthly Tuition**

One class	\$71.00
*10% off total family enrollment if registered for two of the same or two different classes	
*15% off total family enrollment if registered for three or more of the same or different classes	

# PARKOUR OPEN GYM!

Open gym gives you an opportunity to practice the skills you learn in class. Feel free to use the mats, obstacles, trampolines, bars, and pit with our instructors available to help with anything needed!

## TIMES

**Ages: 11 & up**

Tuesday's 7:00 - 7:55pm

## COST

\$12 Per visit



Victory Sports Center  
1060-A Willow Industrial Court  
Cookeville, TN. 38501  
(931) 526-4960

**VICTORY SPORTS CENTER**  
*...where kids can learn and grow!*



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**victorysportscentertn.com**