

Urban Gymnastics



WHAT IS IT

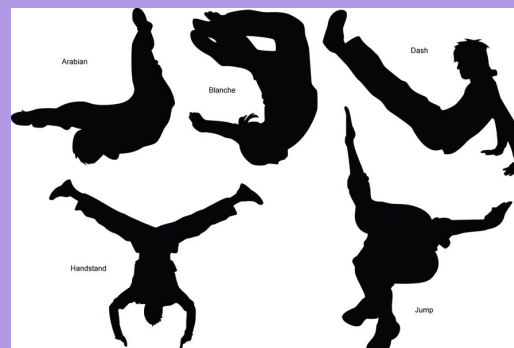
Urban
Gymnastics
commonly
referred to as

“Parkour” by the strictest definition is the act of moving from point “A” to point “B” using the obstacles in your path to increase your efficiency. It is a training discipline using movement that was developed from military obstacle course training. Urban gymnastics participants use many types of movements to move from one location to another. Urban Gymnastics can be practiced alone or with others but not exclusively practiced in urban environments.

WHAT WE DO

Our Urban Gymnastics instructors monitor and help provide training tips for beginner students through advanced students.

All areas of the gym including the trampolines are open/monitored for training time. Urban Gymnastics incorporates running, vaulting over obstacles, jumping and landing accurately on small or narrow obstacles, jumping and landing feet first on a vertical surface catching the horizontal top with hands, as well as using a rolling motion to help absorb impacts.



CLASS AND OPEN GYM TIME

Tuesday Nights

7:00 p.m-8:15 p.m.

COST:

\$8 per person (per time) or you can pre-pay online

AGE REQUIREMENTS:

Boys and Girls age 10 years and older

HOW TO REGISTER:

Any one under the age of 18 must have a parent or guardian fill out a registration form with the front desk for their first visit.

Once this form is on file, the participant can check in and pay with the front desk every time they come to Urban Gymnastics. Participants over the age of 18 may fill out the registration papers without a parent/guardian. You may also register online at any time by visiting our website.

ABOUT US

At Victory Sports Center we want learning 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 sports. All of our staff love kids!

Victory Sports Center
1060 Willow Industrial Ct.
Cookeville, TN 38501
931-526-4960

Urban Gymnastics



At

Victory Sports Center

“Where Kids Can Learn and Grow”

1060-A Willow Industrial Ct.

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