



## **2018 Parkour & Ninja Obstacle Summer Clinics**

These clinics will incorporate both parkour & obstacle training and are designed to promote strength and coordination.

**Parkour Elements:** Acro, kongs, bars, precisions, wall skills, vaulting and more  
Students will run, climb, flip & twist their way through an environment, learning how to be free and safe at the same time.

**Ninja Elements:** Building strength and testing agility by utilizing challenging obstacles such as our Warped Wall, trampolines, rope swing, bars, and team building activities.

### **CLINIC DETAILS**

Mondays, Wednesdays & Fridays

8:30am-12pm

Single Daily Price: \$40, 3 Day Week: \$108

### **Clinics Will Be Offered The Following Days:**

July 16, 18, 20

July 23, 25, 27

July 30, August 1, 3

August 6, 8, 10

Athletes can expect to bring the following

Sneakers & athletic clothing ~ Plenty of water ~ Mid-morning snack