

Register with confidence!

At Ethos Parkour and Movement, we offer make-up classes, prorate for late registrations, and **Open Gym drop-in's are included** with class registration!

6 - 16 yrs Parkour

Parkour - the fastest growing lifestyle sport among kids, youth and young adults globally! Parkour is about play, exploration and understanding our surroundings; training both the body and mind to be as completely functional, effective, and liberated as possible. Learn to fall, land and roll correctly to minimize impact and risk. Spatial awareness, cognitive reasoning, agility, and balance are key components in our program.

We celebrate everyone's successes, no matter how big or small. Students compete against themselves; learning to overcome fear and limitations. All of this and super fun games!!

Class	Day	Dates	Times	Monthly Tuition
6 - 8 yrs Level 1	Mondays	Sept - Jun/23	4:10 - 5:10pm	\$100
6 - 8 yrs Level 1	Tuesdays	Sept - Jun/23	3 - 4pm	\$100
6 - 8 yrs Level 1	Wednesdays	Sept - Jun/23	4:10 - 5:10pm	\$100
6 - 8 yrs Level 1	Wednesdays	Sept - Jun/23	5:20 - 6:20pm	\$100
6 - 8 yrs Level 1	Fridays	Sept - Jun/23	5:50 - 6:50pm	\$100
8 - 13 yrs Level 1	Mondays	Sept - Jun/23	6:15 - 7:15pm	\$100
8 - 13 yrs Level 1	Thursdays	Sept - Jun/23	4 - 5pm	\$100
8 - 13 yrs Level 1	Fridays	Sept - Jun/23	4:40 - 5:40pm	\$100
11 - 16 yrs Level 1	Mondays	Sept - Jun/23	7:25 - 8:25pm	\$100
11 - 16 yrs Level 1	Fridays	Sept - Jun/23	7 - 8pm	\$100

**Plus gst

Intermediate Classes (upon successful completion of Level 1 testing):

Class	Day	Dates	Times	Monthly Tuition
8 - 13 yrs Level 1 Intermediate	Tuesdays	Sept - Jun/23	4:10 - 5:10pm	\$100
8 - 16 yrs Level 1 Intermediate	Wednesdays	Sept - Jun/23	6:30 - 8:30pm	\$175
11 - 16 yrs Level 1 Intermediate	Thursdays	Sept - Jun/23	6:15 - 7:15pm	\$100

**Plus gst

Level 2 (upon successful completion of Level 1 Intermediate testing):

Class	Day	Dates	Times	Monthly Tuition
8 - 16 yrs Level 2	Tuesdays	Sept - Jun/23	6:15 - 8:15pm	\$175

**Plus gst