

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!

New:

- Monthly payments
- Flex Class program - here's how it works:
Register for your preferred day of the week. If the student can't make that day during some weeks, just come another day (no need to call in)
This is ideal for students involved in other sports and/or with changing schedules!

*Please note, 'Flex Class' program doesn't apply to Preschool Parkour Play classes due to small class sizes

6 - 16 yrs Level 1 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	Mar 21 - Jun 27	4:45 - 5:45pm	\$100
6 - 8 yrs Level 1	Tuesdays	Mar 22 - Jun 28	4:15 - 5:15pm	\$100
6 - 8 yrs Level 1	Wednesdays	Mar 23 - Jun 29	4:45 - 5:45pm	\$100
6 - 8 yrs Level 1	Fridays	Mar 25 - Jul 1	5:45 - 6:45pm	\$100
8 - 13 yrs Level 1	Mondays	Mar 21 - Jun 27	7 - 8pm	\$100
8 - 13 yrs Level 1	Thursdays	Mar 24 - Jun 30	4:15 - 5:15pm	\$100
8 - 13 yrs Level 1	Fridays	Mar 25 - Jul 1	4:30 - 5:30pm	\$100
11 - 16 yrs Level 1	Fridays	Mar 25 - Jul 1	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	Wednesdays	Mar 23 - Jun 29	6 - 8pm	\$175
8 - 16 yrs Level 1 Intermediate	Thursdays	Mar 24 - Jun 30	6:25 - 7:25pm	\$100
11 - 16 yrs Level 1 Intermediate	Fridays	Mar 25 - Jul 1	7 - 8pm	\$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	Mar 22 - Jun 28	5:30 - 7:30pm	\$175

**Plus gst