

# Jet's Gymnastics Express

## GYMNASTICS & PARKOUR

### AT SI VIEW COMMUNITY CENTER



### Little Flips Gymnastics - Boys and Girls

These eager preschool children learn best in a structured environment where gymnastics, other physical activities and all aspects of learning are combined with a healthy dose of fun. A class filled with movement, music and learning.

Course ID: 12181

Location: Si View Social Room

Dates: Saturdays Jan 5-Mar 23 (no class Jan 26, Feb 23) Times:

10:40AM-11:30AM

Ages: 3-5

Fee: \$165.00



### Big Flips Gymnastics - Boys and Girls

This class will provide an introduction to beginning gymnastics skills. Each student will experience gymnastics including tumbling, bars, beam and vault progressing at his or her own level. Your child will develop advanced balance, flexibility and power through their training. Intermediate students are welcome too.

Course ID: 12179

Location: Si View Social Room

Dates: Saturdays Jan 5-Mar 23 (no class Jan 26, Feb 23)

Times: 11:30AM-12:30PM

Ages: 6-12

Fee: \$165.00



### Parkour Training - Boys and Girls

This fun, high-energy class will provide skills used in Parkour. Parkour is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing, and specialized movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision. Classes are perfect for girls and boys looking for an exciting new activity!

Course ID: 12183

Location: Si View Community Center

Dates: Saturdays Jan 5-Mar 23 (no class Jan 26, Feb 23)

Times: 9:30AM-10:30AM

Ages: 6-12

Fee: \$180.00



[www.siviewpark.org](http://www.siviewpark.org) / 425-831-1900