

Youth Parkour & Freerunning Workshop

Parkour is the ability to move from point "A" to point "B" as quickly and efficiently as possible. Freerunning adds tricks, style, and creativity to the Parkour philosophy. Using the environment that surrounds us, natural and man-made obstacles, we run, jump, roll, climb, explore movement in creative problem solving, team building ways. Always taught with a focus on safety first.

Presented By:

Mark Nutting, CSCS, NSCA-CPT-AR, NSCA's 2009 Personal Trainer of the Year, Personal Training Manager and Master Level Trainer at Saco Sport & Fitness is the creator of YEOP! (Youth Environmental Obstacle Play) a kids Parkour/freerunning class.



Clinic Information:

Date: February 18th, 2012

Time: 12:30-1:30pm

Cost: \$10/participant

Age: 8-16yrs

Registration Info:

Deadline: February 15, 2012

Contact Dudziak's Gymnastics

Phone: 207-286-3685

e-mail: DudziaksGym@gmail.com

Dudziak's School of Gymnastics

Offering developmental benefits to youth and young adults since 1994

www.DudziaksGymnastics.com