



2019/2020 PARKOUR SCHEDULE

MONTHLY CLASSES – Starting September 3, 2019

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE NINJA TRAINING (Ages 4 & 5)						
NINJA TRAINING (Ages 6 – 7)		3:30-4:15pm		3:30-4:15pm		
MIX NINJA (Ages 5 - 7)						9:45-10:30am
JUNIOR BEGINNER Obstacle Course Class (Ages 8 - 12)			3:30-4:30pm			10:30-11:30am
JUNIOR BEGINNER Training Class (Ages 8 - 12)		4:30-5:30pm		4:30-5:30pm		
JUNIOR PRE-INTERMEDIATE Training Class (Ages 8 - 12)		5:30-6:30pm (Jr. & Teen Mixed Class)		5:30-6:30pm (Jr. & Teen Mixed Class)		
TEEN BEGINNER Training Class (Ages 13+)						
TEEN PRE-INTERMEDIATE Training Class (Ages 13+)		5:30-6:30pm (Jr. & Teen Mixed Class)		5:30-6:30pm (Jr. & Teen Mixed Class)		
FLIP Parkour Class						11:30am-12:30pm
INTERMEDIATE Parkour & Freerunning *Skill requirement				6:30-7:30pm		AIRTIME EXPRESS Drop-In Hours ALL LEVELS Ages 5- 12 1:00 – 3:00PM
PRE-INTERMEDIATE & INTERMEDIATE Open Class		6:30 – 7:30 pm				

MONTHLY TUITION

45 min = \$92 + GST
 60 min = \$105 + GST
 75 min = \$118 + GST
 20% discount: 2+ classes (multi-class discount off lower tuition) OR
 20% discount: 2+ siblings (multi-family discount off lower tuition)

REGISTER ONLINE at www.AmbitionParkour.ca

\$36.60 annual GYM BC Membership and Kelowna Gymnastix Registration fee \$15 is required for all participants. \$25 fee for any declined payments (NSF or declined credit card payments). 30 day written cancellation required (\$35 cancellation fee will be charged). Two month minimum commitment. Tuition paid by credit card on file monthly or cash in (3) mon segments. Note: Tuition fees do not include GST

2035C Louie Drive Westbank, BC V4T 1Y2 Phone 778-754-7716

ninja training parties available!

Ninja & Parkour Birthday Parties

To see availability and to book your birthday party online, go to www.ambitionparkour.ca/parties/