

PARKOUR LESSONS

WHEN: 4pm - 6pm, Wednesdays

**WHERE: meet at WAYS,
63a Wairoa Avenue**

WHO: 11 To 19 year olds

HOW MUCH: Free



A philosophy and method of movement through any environment with speed and efficiency. The concept is to overcome all physical and mental obstacles in your path by using your body and mind to run, climb, jump and vault



**FOR MORE INFORMATION CONTACT DAVID:
(02) 9365 2500 OR david@ways.org.au**



WAYS Youth Services

WWW.WAYS.ORG.AU



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