



Rochester Lunchtime Parkour

Royal City Cheer, Tumbling & Parkour **OPEN TO ALL ROCHESTER STUDENTS**
www.royalcitycheer.com

WHAT IS PARKOUR?

- Parkour includes running, climbing, swinging, vaulting, jumping, rolling, etc.
- Parkour involves seeing one's environment in a new way, imagining the potentialities for navigating it by movement around, across, through, over and under its features.
- Progressive and safe when taught by professionals.
- Co-ed and excellent fitness for children and adults.
- No experience is necessary to start but no one should attempt Parkour moves without professional instruction.
- Many Professional Freerunners have been seen on "American Ninja Warrior"



DATES: March 27-April 14	PROGRAMS: "Bobcats"	"Leopards"
COST: \$39	<ul style="list-style-type: none"> • Grades K-2 • Mon's & Wed's • March 27, 29 and April 3, 5, 10, 12 • Lunchtime • In the Gym 	<ul style="list-style-type: none"> • Grades 3-5 • Tue's & Thu's • March 28, 30 and April 4, 6, 11, 13 • Lunchtime • In the Gym
LENGTH: Twice/week for 3 weeks		

A chance for children in the school system to access a beginner experience.

Children take lunch to the gym and eat lunch for the last 10 minutes after the 30 minute program. (subject to the length of the school' lunch period)

A FUN FUNDRAISER FOR YOUR SCHOOL PAC - \$5 per child goes back to the Parent Advisory Council.

REGISTRATION DEADLINE = MARCH 15th

PROCEDURE:

1. Visit www.royalcitycheer.com
2. Click "parent portal" & create an account.
3. When logged in under your new account, choose "lunchtime programs".
4. Each child must be registered separately.
5. You will receive a confirmation once registration is complete.
6. Payment instruction will be sent AFTER registration is complete - you are not able to pay online!
7. All others will be notified that they are on the waitlist.
8. Payment confirms enrollment - unpaid registrations that have not followed the payment email will be deleted to make space for waitlist.