

RECOMMENDED AGES

UNDER 5 YEARS

SOFT PARKOUR	3 - 5.5 years	3:30pm - 4:15pm 4:30pm - 5:15pm
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TUMBLING

RECREATIONAL TUMBLING	4.5 - 8.5 years	3:30pm - 4:30pm
	8.5 - 12.5 years	4:30pm - 5:30pm OR 5:30pm - 6:30pm
EXTENSION TUMBLING	6.5 - 15.5 years (skill depending)	5:30pm - 7:00pm
TEEN TUMBLING	11.5 - 15.5 years	5:30pm - 7:00pm

TRAMPOLINE

STANDARD TRAMPOLINE	4.5 - 8.5 years	3:30pm - 4:30pm
	8.5 - 12.5 years	4:30pm - 5:30pm OR 5:30pm - 6:30pm
EXTENSION TRAMPOLINE	6.5 - 15.5 years (skill depending)	5:30pm - 7:00pm

PARKOUR

STANDARD PARKOUR	4.5 - 8.5 years	3:30pm - 4:30pm
	8.5 - 12.5 years	4:30pm - 5:30pm OR 5:30pm - 6:30pm
ADVANCED PARKOUR	6.5 - 15.5 years (skill depending)	5:30pm - 7:00pm
TEEN PARKOUR	11.5 - 15.5 years	5:30pm - 7:00pm