

POWERHOUSE

PARKOUR

ROSEBERY SCHOOL, EPSOM

CLASS TYPE	Monday	Tuesday	Thursday	Friday	Saturday	Sunday
Mini Parkour Age 4-6	17:15 - 18:15	17:15 - 18:15		17:15 - 18:15		9:15 - 10:15
Parkour Age 7-9	18:15 - 19:15	18:15 - 19:15		18:15 - 19:15	11:00 - 12:00	10:15 - 11:15
Parkour Age 10+	19:15 - 20:15	19:15 - 20:15		19:15 - 20:15	12:00 - 13:00	11:15 - 12:15
The Powerhouse Parkour Team Age 6-9					13:30 - 15:00	
The Powerhouse Parkour Team Age 10 - 12					15:00 - 16:30	
The Powerhouse Parkour Team Age 13+					9:00 - 11:00	
Somersaults, Flips and Tricks (7+)			18:30 - 19:30			
Somersaults, Flips and Tricks (11+)			19:30 - 20:30			12:15-13:15 10+

TADWORTH LEISURE CENTRE

CLASS TYPE	Wednesday
Mini Parkour (AGE 4-6)	16:00 - 17:00
Parkour AGE 7+	18:00 - 19:00



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CLASS NAME	POWERHOUSE PARKOUR CLASSES
<p>Powerhouse Mini Parkour</p> <p>Age 4-6</p>	<p>Mini Parkour is a fun and safe class suitable for athletes aged 4-6 years. We work on building the athletes confidence and spatial awareness through teaching them the fundamental movements used in Parkour, such as, running, jumping, climbing, vaulting and safe landings. The athletes will get to explore all our specialist Parkour equipment such as vaults, towers, blocks, bars and trampettes. The athletes will also work on their floor skills such as parkour rolls, handstands, and cartwheels.</p>
<p>Powerhouse Parkour</p> <p>Age 7-9</p>	<p>This class is suitable for athletes aged 7-9 years old, it is a fun and progressive class that builds on the fundamental movements used in Parkour, such as, running, jumping, climbing, vaulting and safe landings. The athletes have the opportunity to learn somersaults and tricks, as well as continuing to build their confidence whilst becoming more independent in their movements. The athletes will be able to use all of our specialist Parkour equipment such as vaults, towers, blocks, bars and trampettes.</p>
<p>Powerhouse Parkour</p> <p>Age 10+</p>	<p>These classes are suitable for athletes aged 10 plus and 13 plus; they are fun and challenging classes that increases the skill difficulty whilst continuing to build on the fundamental movements of Parkour, such as, running, jumping, climbing, vaulting, safe landings and tricking. These classes will push the athletes to their own limits in a competitive and safe environment. With age and experience the athletes will be encouraged to create their own runs using our specialist Parkour equipment, such as, vaults, towers, blocks, bars and trampette.</p>
<p>The Powerhouse Parkour Competition Teams</p>	<p>Our Competition teams are trial / invite based classes.</p> <p>Athletes in our competition teams will work towards competing at a variety of competitions throughout the year. In class they will work on gaining confidence in-front of a crowd and improve skills on all of our specialist parkour equipment such as vaults, towers, blocks, and bars. The athletes will be encouraged to build their independent on equipment, building their own routes and challenges.</p> <p>Our Parkour Team will embody a strong team spirit, encouraging their teammates as individuals whilst also being enthusiastic competitors.</p>
<p>Flips and Tricks Classes</p>	<p>These classes have age limits on the timetable. They are suitable for athletes that would like to learn the fundamentals for flips in parkour. It is a fun and progressive class that builds rolls, somersaults and tricks, as well as continuing to build their confidence whilst becoming more independent in their movements. The athletes will still have the opportunity to use all of our specialist Parkour equipment such as vaults, towers, blocks, bars and trampettes.</p>

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CLASS FEES

How Many Hours?	Total Cost Per Month	10% Off For Second Athlete
1 Hour	£35.70	£32.13
1.5 Hours	£49.21	£44.29
2 Hours	£64.89	£58.40
2.5 Hours	£80.20	£72.18
3 Hours	£95.17	£85.65
3.5 Hours	£109.78	£98.80
4 Hours	£124.01	£111.61
4.5 Hours	£137.89	£124.10
5 Hours	£144.20	£129.78
5.5 Hours	£153.66	£138.29
6 Hours	£167.63	£150.87



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Membership Fee

As part of signing up, we would like to remind you that the membership fee of £35 renews annually on the 1st July.

The membership fee covers a free T-shirt, insurance and association with Powerhouse Parkour. The Annual membership fee is £35 per year 1st July – 30th June (decreased by £2.50 per month missed).

Club Clothing

All members receive a free Powerhouse T-shirt which can be personalised for £4.50. Please note this is not offered when there is less than 3 months until membership renewal (April – June).

Please order your membership t-shirt on our website.
You can always purchase more merchandise from our online shop too.

Catch Up Classes

We like to offer our members a maximum of 6 catch up classes a year. If you miss a session due to a holiday or other commitment you can catch up in our Holiday Camps. Catch up classes cannot be used towards other lessons, 121's or other credit. Please email us to ask for your catch up codes.

Monthly Fees

You will be asked to pay your membership fee and set up your Direct Debit after your trial. Your fees for classes will be via the London and Zurich site.

Sliding Scale Fees

Our Fees reduce per number of classes that each member attends. The system will work out your fees per month for you based on which classes you choose to sign up for, hopefully making it easier, again.

The more hours your athlete does the cheaper each class becomes. Siblings also receive 10% off for all classes within Powerhouse. The discount applies to the sibling with the least amount class of hours.



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