

Key City Gymnastics Club
415 Industrial Road A
Cranbrook BC V1C 4X8



Advanced Placement Parkour

Hello advanced placement athletes and parents!!

Things will be changing to the format of advanced placement for the September 2017 season and beyond!! The program will now be a three day a week on Tuesdays, Wednesdays and Thursdays. Each day will have a different focus. Tuesdays will be dedicated to conditioning and improving your physical body. Wednesdays will now be completely dedicated to skills, and Thursdays will include rehabilitation exercises, mental exercises and nutrition information.

Day:	Time:	Focus:
Tuesday	3:30-4:30pm	Conditioning
Wednesday 10-12yrs	8:30-9:30pm	Skills
Wednesday 13+	8:30-10:00pm	Skills
Thursday	7:00-8:00pm	Rehab

Please remember if you have any questions or concerns you can reach me at keycity.bryce@shaw.ca

Cheers,

Bryce