

# Portland Parkour

## Irvington School Outdoor Classes



Grades K-8 (5 to 14)

Time/Day: Thursdays from 3 to 4PM

Location: Irvington School playground

-meet by the dragon

Dates: Jan 14th to March 17th

Cost: \$100 per student

[www.pdxpk.com](http://www.pdxpk.com)

(503) 396-2372

[contact@pdxpk.com](mailto:contact@pdxpk.com)

Join PDXPK for outdoor parkour classes! This 10 week course will involve learning vaults, rolls, jumps, and other efficient movement related to Parkour and Freerunning. The class is a fun way of staying active while learning the basics of the discipline. The instructors, Joey Adrian and Daniel Brogli are experienced practitioners who have been coaching for many years. Come join the movement!

Watch this video of one of our Parkour students! [https://youtu.be/GkSIWk\\_aGp4](https://youtu.be/GkSIWk_aGp4)



To reserve your space in this class, register online at [www.pdxpk.com/irvington.html](http://www.pdxpk.com/irvington.html) or send attached form by mail to 6476 SW 192nd Ave. Aloha OR, 97078. Write checks out to Daniel Brogli

If applying for scholarship check box. ☐

Students Name: \_\_\_\_\_ Age: \_\_\_\_\_

Legal Guardian(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Authorized pick up list.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

(Your signature acknowledges that you agree to our Release of Liability form found at [www.pdxpk.com](http://www.pdxpk.com))