



21 Ryder Place, East Rockaway, NY 11518

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2018-2019 PARKOUR CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	BREAKDANCING THURSDAY!	FRIDAY	SATURDAY
10:00 – 11:00 am	PARKOUR HOME SCHOOL CLASS 5-6 YRS \$15			PARKOUR HOME SCHOOL CLASS 5-6 YRS \$15			PRE-RUNNERS 3-4 YRS 10:00-11:00 am
11:00 – 12:30 pm	PARKOUR HOME SCHOOL CLASS 7-17 YRS \$20			PARKOUR HOME SCHOOL CLASS 7-17 YRS \$20			PARKOUR 5-6 YRS 11:15 -12:15 PM
4:45 – 5:45 pm	PARKOUR 5-6 YRS	PARKOUR 5-6 YRS	PARKOUR 5-6 YRS	PARKOUR 5-6 YRS		PARKOUR 5-6 YRS	PARKOUR 7-9 YRS 12:15-1:45 PM
4:45 – 6:15 pm	PARKOUR 7-9 YRS	PARKOUR 7-9 YRS	PARKOUR 7-9 YRS	PARKOUR 7-9 YRS	BREAKDANCE 5-8 YRS 6:30-7:30 PM	PARKOUR 7-9 YRS	ADVANCED PARKOUR 10-17 YRS 1:45–3:15 PM
6:30 – 8:00 pm	PARKOUR 7-9 YRS	PARKOUR 10–17 YRS	PARKOUR 7-9 YRS & 10-17 YRS	PARKOUR 10-17 YRS 6:30-8:00 PM	BREAKDANCE 9-13 YRS 7:30-8:30 PM	FRIDAY NIGHT DROP-INS! PARKOUR CLASS 7-12 YRS: 7 - 8:30 PM 13 + YRS: 8:30 - 10PM DROP-IN CLASS FEE: \$28.00 OPEN GYM 7-12 YRS: 8:30 -10 PM 13+YRS: 10– 11:30 PM \$20.00 DROP-IN + OPEN TOGETHER: \$35.00	ADVANCED PARKOUR 10-17 YRS 3:15–4:45 PM
8:00 – 9:30 pm		PARKOUR DROP IN CLASS 18 YRS & UP	PARKOUR DROP IN CLASS 18 YRS & UP	ACROBATIC PARKOUR 8:00-9:00 PM PARKOUR DROP IN CLASS 18 YRS & UP	BREAKDANCE 14YRS & UP DROP-IN 8:30-9:30 PM		
9:30 – 11:00 pm		OPEN GYM 18 YRS & UP \$20.00	OPEN GYM 18 YRS & UP \$20.00	OPEN GYM 18 YRS & UP \$20.00			

FIVE - STAR PARKOUR & BREAKDANCE **CLASS INFORMATION AND DESCRIPTIONS**

Welcome to Five-Stars Parkour & Breakdance program, which is designed to provide quality instruction for beginners through to advanced participants. Each class is developmentally appropriate and follows a curriculum aimed at building confidence and competence in a supportive and professional environment. Classes are grouped according to ability and we monitor our student-staff ratio of 10:1.

PARKOUR

Parkour is the art of moving over, through, under, or around obstacles, utilizing the natural movements of the human body with freestyle and/or gymnastics style techniques. Incorporating quadrupedal movements, vaults, and climbs, the human body trains itself to overcome obstacles in its path while moving from point "A" to point "B". Being taught how to safely and efficiently move over obstacles in one's path, around stumbling blocks, and through any element, Parkour is the essential tool to make the impossible, possible. The Five-Star Parkour program offers several types of classes to fit the needs for any level of participant. Five-Star Parkour invites all beginner, intermediate, and advanced traceurs to try our Parkour program. If you would like to attend a pay as you go "Open Skill Session" you must be enrolled in a Parkour class. Please see the class schedule for tuition details.

BREAKDANCE

Learn the history, basics and foundational elements of true Break Dancing. Classes are designed to teach creativity, confidence, and movement using NEW SCHOOL B-Boy techniques. Our Instructors break down fancy moves into fun to learn easy steps. Learn power moves such as flairs, mills, head spins, and much, much more! Discover how to dance with confidence and style in a friendly, welcoming and social atmosphere. Classes begin at age 5. Come alone or come with friends!

MAKE-UP POLICY

MAKE-UP POLICY: In the event of absences or class closures, students enrolled must make-up their classes **within FOUR WEEKS of the absence**. Classes which are **NOT** made-up within **FOUR WEEKS** are forfeited and will not be credited. Non-attendance for any scheduled make-ups will also be forfeited and will not be credited. In the case of long-term illness, please contact CS&R and arrangements will be made regarding missed classes.

Please call 516-887-6600 to schedule a make-up class.
A pass is required from the front desk prior to entering class.

FIVE-STAR RESERVES THE RIGHT TO CANCEL, COMBINE OR RESCHEDULE CLASSES

OUR FACILITIES

Five-Star Sports & Entertainment

Academy is one of the largest facilities of its type on the South Shore.

Occupying over **20,000 Sq. Ft.** we offer:

- ☆ 2 Full 40' x 40' Spring/Foam Floors
- ☆ Full Size Competitive 7'x14'
- ☆ Floor-Level Trampoline
- ☆ 50' Tumble Track/Trampoline
- ☆ 400 Cu. Sq. Ft. Loose Foam/Resi Pit
- ☆ AA1 Spring Balance Beams
- ☆ Uneven Bars, High Bar
- ☆ Still Rings
- ☆ 2 AAI Vaulting Tables
- ☆ 3 mirrored Dance Studios.
- ☆ Exclusive Rock Climbing Tread Wall
- ☆ Exclusive Trench/Canyon Bar

TUITION FEES & PAYMENT OPTIONS

	Full Tuition	*10%	Monthly
Parkour 1 hr Class	\$1,000	\$900	\$100
Parkour 1½ hr Class	\$1,110	\$999	\$111
Breakdance 1 hr Class	\$770	\$693	\$77

Parkour Drop-in Class: \$28.00

Open Gym: \$20.00

Open Gym + Drop-in Class: \$35.00

2018-2019 Session

Tuesday, September 4th, 2018–Saturday, June 22, 2019

*Classes paid in full at time of enrollment receive a 10% discount. This promotion extends through January 31st.

Choice of the monthly payment plan requires payments to be satisfied by the 1st of every month.

Those who choose the monthly payment plan are required to pay the FIRST AND LAST MONTHS payments at time of enrollment.

A Completed Online Registration Contract and Liability Waiver is required for placement into class.