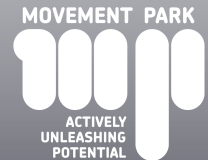


# MOVEMENT PARK

Our Attitude Determines Our Destination

**OUR VISION** - A cohesive community where physical activity, wellbeing and social engagement is a vital part of everyday life.



## URBAN SPORTS FESTIVAL!

The wait is over.....our **URBAN SPORTS FESTIVAL IS BACK!!**

On **Sunday 24<sup>th</sup> September**, we will be over at Victoria Park, in Whiteinch with lots of things for you to come and try for FREE...so if you're already a Movement Park member, **why not bring a friend** and show them what Movement Park is all about!

We will have stations set up where you can come and try:

1. Parkour
2. Skateboarding
3. Ninja
4. BMX

If you are looking to come and try BMX, please remember that you will need your helmet and a bike!

Confidence in the past, gives us the courage to look forward to the future!

### Events

24<sup>th</sup> Urban Sports Festival  
Sept @ Victoria Park

10 – 16<sup>th</sup> Parkour Grading  
Oct Week

17 – 21<sup>st</sup> October Camp Week  
Oct



# \*\* Movement Park!! \*\*

## Family Parkour

Family Parkour is a session we are very passionate about, as we think it is really important for you and your child to not only work together, but to also work separately to learn new skills individually to then teach one another outside of the class setting. These sessions on Sunday's are ready for all those adults (it doesn't have to be Mum or Dad, it can be any adult!) looking to work and play alongside their children....as well as learning individual skills too.

## UPDATES REQUIRED!

Just a reminder that you need to ensure that not only are your details correct when booking in for sessions (in particular your emergency contact details), but also your SCHOOL YEAR! Please remember to change from P1 → P2 and so on... 😊

## Parkour Gradings

For those of you who are P4+ and know about parkour gradings, the next one will be running **W/C 10<sup>th</sup> October**. Over the coming weeks, you will be learning all the skills required, and grading slips will be handed out. If you are NEW and unsure as to how these gradings work, please speak to the parkour coaches who will be able to give you more information!

## A FEW GOODBYES and a HELLO!

Firstly, we would like to say a massive thank you and goodbye to Matt who has sadly left Movement Park and is heading off to uni. Good luck, keep skating, and we hope to see you soon! Rudy is also leaving us, as its time for her to also concentrate on university. Good luck with your primary teaching, we will miss you!

....and a Hello to Kyle who is joining our skate team at Movement Park! Welcome to Movement Park!



# \*\* EXCITING OPPORTUNITIES \*\*



**FREE COMMUNITY  
EVENT**

**1pm-5pm**



## **Skateboarding**

Learn how to balance on the board, control the board and learn some cool tricks



## **BMX**

Bring your BMX and learn new riding skills

## **Parkour**



Explore and push your limits! Learn to challenge yourself whilst vaulting, climbing and jumping around various obstacles.



## **Ninja**

Everyone wants to be a NINJA! Fun movement based activities that focus on various movement patterns, such as falling & rolling, hopping, skipping, jumping & leaping.

# **MOVEMENT PARK**

# **URBAN SPORTS DAY**

**September 24th 2022: Victoria Park, Glasgow**

**Our Urban Sports Day is free to all who would like to come and see what Movement Park is all about!**

**Urban Sport Day is suitable for all children 5+**



Movement Park  
813 South Street,  
Whiteinch  
Glasgow, G14 0BX

**A MOVEMENT PARK PARTNERSHIP PROJECT**



**\*\* Let's see some NEW faces!! \*\***

# **MOVEMENT PARK SPECIAL OFFER Come & Try**

**Parkour, Skateboarding, Ninja, or a Tots session**

**THEN**

**Two months half price membership**



**A MOVEMENT PARK PARTNERSHIP PROJECT**

**To book your session email [matthew.lee@movementpark.org.uk](mailto:matthew.lee@movementpark.org.uk)**

**Name, primary class, and what activity you would like to try.**

**See full programme for session times.**

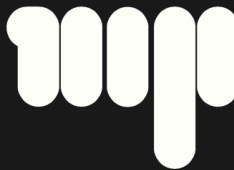
**OUR ATTITUDE WILL DETERMINE OUR DESTINATION**

# \*\* OUR PROGRAMME!! \*\*

Our new programme is here, and is live!

Please remember to check your details when booking in, and all sessions must be booked online at:

[www.bookwhen.com/movementpark](http://www.bookwhen.com/movementpark)



# MOVEMENT PARK

BIRTHDAY PARTIES  
SUNDAYS  
11-12.30PM

STARTING 15TH AUGUST 2022 "AVAILABLE TO MONTHLY MEMBERS"  
\*BLOCKS BOOKING INCULDE: HOME SCHOOLS\*, ROLLERSKATEING\* AND BMX\*

| MON                             | TUE                              | WED                                       | THU                                      | FRI                         | SAT                                    | SUN                               |
|---------------------------------|----------------------------------|---|--|-----------------------------|--|-----------------------------------|
|                                 |                                  |   |  |                             |  |                                   |
| PARKOUR TOTS<br>10.30-11.20AM   | GYM TOTS<br>10.30-11.20AM        |   | WHEELIE TOTS<br>10.30-11.20AM            | NINJA TOTS<br>10.30-11.20AM |  |                                   |
| HOME SCHOOL*<br>11.30.12.20PM   |                                  |   |  |                             | ROLLERSKATING<br>P1+<br>1-1.45PM       | PARKOUR<br>FAMILY P1+<br>1-1.45PM |
|                                 |                                  |   |  |                             | SKATEBOARDING<br>P1-2<br>2-2.45PM      | PARKOUR<br>P3-4<br>2.245PM        |
| PARKOUR<br>P1-2<br>4-4.45PM     | BREAK DANCING<br>P1+<br>4-4.45PM | SKATEBOARDING<br>P1-2<br>4-4.45PM         | PARKOUR<br>P1-2<br>4-4.45PM              | NINJA<br>P1-2<br>4-4.45PM   | SKATEBOARDING<br>P3-4<br>3-3.45PM      | PARKOUR<br>P5-6<br>3.3.45PM       |
| PARKOUR<br>P3-4<br>5-5.45PM     | PARKOUR<br>P3-4<br>5-5.45PM      | SKATEBOARDING<br>P3-4<br>5-5.45PM         | PARKOUR<br>P3-4<br>5-5.45PM              | NINJA<br>P3-4<br>5-6.45PM   | SKATEBOARDING<br>P5+<br>4-4.45PM       | PARKOUR<br>P7-S1<br>4-4.45PM      |
| PARKOUR<br>P5-6<br>6-6.45PM     | PARKOUR<br>P5-6<br>6-6.45PM      | SKATEBOARDING<br>SQUAD SELECT<br>6-6.45PM | PARKOUR<br>P5-6<br>6-6.45PM              | NINJA<br>P5+<br>6-6.45PM    | SKATEBOARDING<br>SQUAD SELECT<br>5-6PM | PARKOUR<br>S2+<br>5-5.45PM        |
| PARKOUR<br>S2+<br>7-7.45PM      | PARKOUR<br>P7-S1<br>7-7.45PM     | SKATEBOARDING<br>P5+<br>7-7.45PM          | PARKOUR<br>P7-S1<br>7-7.45PM             |                             |  |                                   |
| PARKOUR<br>ADULT BLDCK<br>8-9PM |                                  |   | PARKOUR<br>PARKOUR SQUAD SELECT<br>8-9PM |                             |  |                                   |
| BMX<br>8YRS+<br>7-8PM           |                                  |   |  |                             |  |                                   |

## We look forward to seeing you soon!