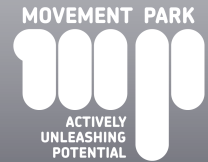


# MOVEMENT PARK

Our Attitude Determines Our Destination

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



## OCTOBER CAMP!

It's that time of year again, and our October Camp is back!

We will be running our October Camp from **10 – 3pm, Monday 17<sup>th</sup> October – Friday 21<sup>st</sup> October** for all those in P1+.

This year, our October Camp will be a **Parkour and Ninja** camp, with activities throughout each and every day, as well as games and team building activities mixed in.

Please remember if you are looking to attend, you must be booked in, and don't forget your packed lunch, and a water bottle, also bring a coat in case we play outside!

Don't forget: October Camp is open to Members and Non-Members, and spaces are limited, so please ensure you book ASAP!

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

We hope to see lots of you over the holidays!

New Names, New Faces, and those just getting back into the groove of things! We love having you all here at Movement Park!

### Events

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

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

30<sup>th</sup> Oct Volunteer Programme Modules



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

## Urban Sports Day!

WOW!

Our Urban Sports Day was so so so much fun!! The sun was shining, and we saw over 100 families visit us at Victoria Park, having fun, and trying our activities, such as Parkour, Skateboarding, and our ever favourite Ninja skills!

If you missed out, we have an offer on at the moment for a **free come and try session!** Please see the leaflet on page 4 of our newsletter for more details!

## WANTED!

Are you a joiner? Are you a shop fitter?  
Do you think you could build some wooden Parkour boxes for us?  
If so, please give us a shout, as we would like to talk to you!

## Home Ed Sessions

Are you looking for Home Ed sessions?  
If so, look no further! We have our fantastic Parkour / Ninja sessions for all those school age (P1+) on a Monday from 11.30am.

These sessions are available to all members and non-members, with a new block starting on 24<sup>th</sup> October. Please book online today –

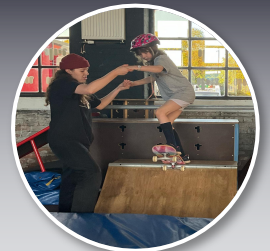
[www.bookwhen.com/movementpark](http://www.bookwhen.com/movementpark)

## 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!

## Breakdancing!

A reminder that we have our Breakdancing block available to all those in P1+ and is open to both members and non-members. Breakdancing is in blocks, and runs on a Tuesday from 4 – 4.45pm. Book your space now!



**\*\* EXCITING HOLIDAY OPPORTUNITIES \*\***



# MOVEMENT PARK

## PARKOUR - OCTOBER CAMP 22

BOOK ONLINE AT [WWW.BOOKWHEN.COM/MOVEMENTPARK](http://WWW.BOOKWHEN.COM/MOVEMENTPARK)

DAYS: MONDAY- FRIDAY

DATES: 17TH -21ST OCTOBER

SUITABLE AGE: P1 +

TIME: 10-3PM

COST PER DAY: £20 MP MEMBERS

£30 NON MEMBERS

#MPCAMPS2022

**\* Limited spaces, book online ASAP! \***

**\*\* 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.**

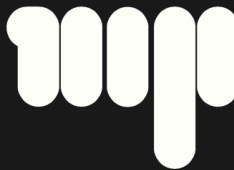
**OUR ATTITUDE WILL DETERMINE OUR DESTINATION**

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

Our latest 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 10.30-11.20AM	GYM TOTS 10.30-11.20AM		WHEELIE TOTS 10.30-11.20AM	NINJA TOTS 10.30-11.20AM		
HOME SCHOOL* 11.30.12.20PM					ROLLERSKATING P1+ 1-1.45PM	PARKOUR FAMILY P1+ 1-1.45PM
					SKATEBOARDING P1-2 2-2.45PM	PARKOUR P3-4 2.245PM
PARKOUR P1-2 4-4.45PM	BREAK DANCING P1+ 4-4.45PM	SKATEBOARDING P1-2 4-4.45PM	PARKOUR P1-2 4-4.45PM	NINJA P1-2 4-4.45PM	SKATEBOARDING P3-4 3-3.45PM	PARKOUR P5-6 3.3.45PM
PARKOUR P3-4 5-5.45PM	PARKOUR P3-4 5-5.45PM	SKATEBOARDING P3-4 5-5.45PM	PARKOUR P3-4 5-5.45PM	NINJA P3-4 5-6.45PM	SKATEBOARDING P5+ 4-4.45PM	PARKOUR P7-S1 4-4.45PM
PARKOUR P5-6 6-6.45PM	PARKOUR P5-6 6-6.45PM	SKATEBOARDING SQUAD SELECT 6-6.45PM	PARKOUR P5-6 6-6.45PM	NINJA P5+ 6-6.45PM	SKATEBOARDING SQUAD SELECT 5-6PM	PARKOUR S2+ 5-5.45PM
PARKOUR S2+ 7-7.45PM	PARKOUR P7-S1 7-7.45PM	SKATEBOARDING P5+ 7-7.45PM	PARKOUR P7-S1 7-7.45PM			
PARKOUR ADULT BLDCK 8-9PM			PARKOUR PARKOUR SQUAD SELECT 8-9PM			
BMX 8YRS+ 7-8PM						

## We look forward to seeing you soon!