

# PARKOUR and FREERUNNING Summer Camp Enrolling (North Raleigh)



Location **North Carolina**  
<https://www.genclassifieds.com/x-443725-z>

More info here: <http://ensomovement.com/summer-camp>

Does your child love running, jumping, flipping, or climbing? This is the PERFECT camp for them to learn how to use their bodies, master parkour/freerunning/tricking skills, build confidence, and to make friends. Throughout each summer camp, we focus on physical skills that help improve their fitness, leadership skills, teamwork, and problem solving skills. Work on your coordination through balance, bound between obstacles, and have fun flipping as we master the skills of parkour and freerunning.

WHO: Kids and Teens (Ages 6-16) instructed by APEX Parkour Certified Level 1 and ADAPT Parkour Certified Level 1 Coaches

WHEN: Every week starting June 8th to August 21st from 9am to 4pm. Half day options run 9am to 12pm -- OR -- 1pm to 4pm. Extended hour options start at 8am and end at 5pm.

WHERE: Enso Movement Gym of North Raleigh located at 3200 Wellington Court Suite 115, Raleigh, NC 27615

HOW: Each full day camp costs \$250. AM or PM Extended hours are \$30 each or \$50 for both. Half day options are \$135. Initial deposit for camps is \$50.

**THEMES:**

- June 8 -- June 12 -- Super Heroes
- June 15 -- June 19 -- Into the Wild
- June 22 -- June 26 - Knights of the Enso
- June 29 -- July 3 -- Pure Parkour

July 6 -- July 10 -- Jedi Academy

July 13 -- July 17 -- Martial Arts Training Camp

July 20 -- July 24 -- Video Production Week

July 27 -- August 1 -- Freerunning, Parkour and Fitness











August 4 -- August 8 -- Sports and Fitness

August 10 -- August 14 -- Video Production Week

August 17 -- August 21 -- Warrior

August 24 -- August 28 -- Summer Camp

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