

PARKOUR

Parkour is the art of moving from one point to another as efficiently and quickly as possible in one graceful motion.

Similar to martial arts, parkour focuses on developing body and mind to overcome obstacles.

Every Thursday
starting 5 March 2009
4.00-6.00pm
at Ham Youth Club
Open to 11-19s

FREE

Ham Youth Club
Ham Close
Ham
TW10 7PL

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