

PARKOUR - THURSDAYS

When: Thursday 15:15-16.15 (Gr 2-4) & 16.15 - 17.15 (Gr 5-7)

Instructor: Jean-Michael Amtoft

Where: Primary School Gym

First Session: Thursday 4th September, 2025

Last session: Thursday 4th December, 2025

Price: 1500 dkk

What: This is the practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, jumping, climbing, rolling, and other movements in order to travel from one point to another in the quickest and most efficient way possible without the use of equipment.