Sunday 23 April 2017

**FREE Parkour Taster Session for Boys Year 3 to 6**

Dear Parents

As we continue to grow our community programme, we are excited to offer a free Parkour taster session for boys in Year 3 to 6. Parkour is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement.

Coach Simo lives in Al Khor and has over 15 years’ experience in martial arts. He combines martial arts with his love of dance, acrobatics and music. The aim of the free taster session is to ignite boys’ interest in this activity. Boys have shown a real enthusiasm for gymnastics during PE lessons and we think they will really enjoy this new opportunity.

Following the free taster, Coach Simo would like to offer a club for the following 4 weeks, from 3 May to 24 May. The sessions will focus on:

* Parkour Tricks,
* Body Movement and
* Stretching and Flexibility

Sessions will take place on a Wednesday from 14:30 to 15:30 and the total cost will be QAR 400, which will include a t-shirt.

If you would like your son to take part in the free taster session, please email Ms Libby to register your interest, at [libby.bridge@nais.qa](mailto:libby.bridge@nais.qa)

Yours faithfully

Ms Libby Tremere

Director of Sport and Community

Tel: 44379609