


# THURROCK

## PARKOUR

### PROJECT 2012

in association with Team Traceur



Parkour is the art of forward movement. Being able to interact with your environment, it's being able to get to one place to another in the most efficient quickest way possible. This involves running, jumping, vaulting, and climbing obstacles in natural or urban environments to get to your destination in the quickest time.

**Venue:** Hassenbrook Academy (Sports Hall),  
Hassenbrook Road, Stanford-le-Hope, SS17 0NS

**When:** Thursdays from Thursday 26th January 2012

**Time:** 4.30pm – 6pm

**Ages:** 11 - 19 years

For more information, please contact Pat Kieley on 01375 652562. Alternatively, email [positive.activities@thurrock.gov.uk](mailto:positive.activities@thurrock.gov.uk)