

?Local Youth Jumping for Joy at return of Parkour & Freerunning Club

Wednesday 31 August, 2016

Excitement is building for hundreds of young people across Lincoln, as YMCA Lincolnshire and The Showroom Activity Centre's Parkour & Freerunning Club reveal its new sessions.

The Parkour Club runs on Wednesday and Thursday evenings, at The Showroom Activity Centre on Tritton Road, Lincoln.

With bookings opening at 10am on Thursday 1st September, the club has nearly double the number of spaces on offer and hopes to engage even more individuals in non-competitive physical activity.

Parents have described the club as 'inspiring', 'encouraging' and 'accessible for all'.

Heidi, whose six year old son has been training with the club since March, says how his confidence "has grown so much" through Parkour.

"It has amazed me what he has been able to achieve!"

Oscar Coombes, The Showroom Parkour Club's new coach, explains how; "Parkour and Freerunning are simply the disciplines of movement. All you need is yourself and some imagination!"

Parkour involves elements of running, jumping, climbing, rolling and inspires controlled, adaptive movement relative to the individual.

"Our clubs hope to teach young people how to realise what they are capable of" says Head Coach, Joe Hicks, who started coaching Parkour in Lincoln seven years ago.

The Showroom Parkour Club has worked with various partners, delivering sessions on behalf of Childrens' Services, Youth Offending, Lincoln City and Lincolnshire County Councils, as well as many schools and activity groups across the county.

Alongside the club's main weekly sessions, a further four upcoming sessions have been funded through the Sportivate programme.

The project, named Movin' On Up, is targeted as an Inclusive club for those with social and cognitive difficulties or disabilities, such as ADD, ADHD and Autism. These sessions offer a quieter, more relaxed training environment.

For information about The Showroom Parkour Club, our projects and details on how to book, please visit: www.lincsymca.co.uk/parkour

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