

# FREE SESSIONS • FREE SESSIONS PARKOUR AND FREE RUNNING TRAINING

AT VERDON STREET RECREATION CENTRE, S3 9QS  
THURSDAYS 4.30PM - 5.30PM. AGES 6-16

Try this exciting fun new sport in a safe environment with professional coaches

IMPROVE  
strength, balance,  
confidence and more!

LEARN  
safe jumps, landing,  
gymnastic moves and more!

## FUN AND FREE!

email: [info@unitedinsports.co.uk](mailto:info@unitedinsports.co.uk)

