



CAN YOU FRONT FLIP?

<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjo3aq01ZfdAhXFGTQIHZzyDF4QJRx6BBAgBEAU&url=http%3A%2F%2Favante.biz%2Fwp-content%2Fuploads%2FParkour-Backgrounds%2FParkour-Backgrounds-021.html&psig=AOvVaw3RltP3blh3jpRCG8QV3f7p&ust=1535817735521267>

Whether you can already front flip easily or have never tried in your life, our coaches at the Airdrie Edge can help you to increase your skill and technique.

Learn not only a front flip, but different variations on entries and positions so you can show off the flare of this diverse skill.

Ages 8+

November 9th 6:30 - 7:45 \$22

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