

MonarX Private Parties

BOOK YOUR PARTY:

\$395 / 18 Children (6yrs+)

- 2 hours of outrageous fun for 18
- A two person event staff
- **1hr 20min of gym time:** complete with customized music, games and activities
- **40 minutes of table time:** choose to provide your own refreshments or let Monarchs do it for you!
- Table Cloths, Plates, Napkins, Utensils, Candles... ALL INCLUDED!
- Use of our refrigerator, freezer, microwave

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CHOOSE A PARTY STYLE:

Parkour Style

(A PARTY FOR TRAKOURS WITH OBSTACLES, AGILITY & SPEED)

GROUP WARM-UP
PARKOUR OBSTACLES
PARKOUR GAMES
RELAYS & RACES
FREESTYLE STATIONS
CAKE & PIZZA TIME

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NERF / TAG STYLE

(VELCRO TAG WITH CRAZY OBSTACLES & BARRICADES)

GROUP WARM-UP
AGILITY OBSTACLES
NERF / TAG GAME
FREESTYLE STATIONS
CAKE & PIZZA TIME

We can also customize a party style for you, if you have a particular idea in mind!

eventconciierge@monarchsgym.com

MonarX Parkour

PARKOUR:

THE PHYSICAL DISCIPLINE OF TRAINING TO OVERCOME ANY OBSTACLE WITHIN ONE'S PATH BY ADAPTING ONE'S MOVEMENTS TO THE ENVIRONMENT.

ALL OUR PROGRAMS ARE SPECIFICALLY DESIGNED TO FACILITATE THE CONTINUED ADVANCEMENT OF PARKOUR THROUGH OUR STRATEGIC FOCUS:

PRIMARY FOCUS:

VAULTING, ROLLING, CLIMBING, JUMPING & LANDING

SECONDARY FOCUS:

SPEED, EFFICIENCY, STRENGTH, AGILITY, PRECISION, FLEXIBILITY, COORDINATION, BALANCE, CONTROL

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MonarX Camp

3 HRS OF CAMP ACTIVITY

<i>Time</i>	<i>Activity</i>
15 Minutes	Running Drills
15 Minutes	Roll Call / Safety Rules / Warm-Up
20 Minutes	1st Obstacle / Stations
20 Minutes	2nd Obstacle / Stations
30 Minutes	Games
15 Minutes	Conditioning Stations
20 Minutes	Snack / Lunch
30 Minutes	3rd Obstacle / Stations
15 Minutes	Games & Sign Out

EARLY DROP OFF BEGINS AT 8:30AM

LATE PICK UP ENDS AT 5:00PM

MonarX Parkour is a sports complex specifically designed to facilitate the continued advancement of Parkour.



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info@monarchsgym.com

FONDAMENTAL PARKOUR

*Developing Essential Skills &
Basic Groundwork For
The Practice Of Parkour*

Classes are 1 Hr

6-9yrs, 9-14yrs, 14+ Age Groups

No Prerequisite Requirement

This Class Includes:

Rolling:

Forward, Backward, Shoulder

Vaulting:

Safety, Dash, Kong, Speed, Lazy, Pop

Climbing:

Cat Crawl, Muscle-Up,
(Net, Rope, Rings & Rails)

Jumping:

Precision, Hurdle, Distance,
Gap, Underbar, Tic Tac

Landing:

Reception, Safety Falling

Falling:

Lâché

Sport Specific Drills:

Dropping, Low Vaulting,
Precision Jumping,
Scaling & Mounting, Swinging

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Gymnastics Skills:

Handstands

Cartwheels

Front Support On Bars

Cast On Bars

INTERMÉDIAIRE PARKOUR

*Improving Essential Skills &
Transitional Groundwork For
The Practice Of Parkour*

Classes are 1 Hr

6-9yrs, 9-14yrs, 14+ Age Groups

Prerequisite Requirement:

***Successful Completion of
Fondamental Parkour***

This Class Includes:

Rolling:

Dive Rolls

Vaulting:

Wallhop, Popvault, Half Turn,
Side, Reverse, Dash, Kash, 360°

Climbing:

Cat Crawl, Muscle-Up,
(Rope, Rings & Rails, Climbing Wall)

Jumping:

Precision, Underbar, Tic Tac,
Catleap, Gap, Blind

Landing:

Atterrissage/Reception, Safety Falling

Falling:

Lâché

Sport Specific Drills:

Dropping, High Vaulting,
Scaling & Mounting, Swinging
Équilibre Balance

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Gymnastics Skills:

Straddle, Pike, Dive Rolls

Headstand

Round-Off

AVANCÉ PARKOUR

*Refining Essential Skills &
Advancing Through Obstacles In
The Practice Of Parkour*

Classes are 1.5 Hr

6-9yrs, 9-14yrs, 14+ Age Groups

Prerequisite Requirement:

***Successful Completion of
Intermédiaire Parkour***

This Class Includes:

Connecting Elements Through Obstacles

Vaulting:

Reverse, 360°, Kash, Double Kong,
King Kong, Dash Bomb, Cast Bomb,
Rail Flip, Kong Gainer

Climbing:

Cat Crawl, Muscle-Up,
(Rope, Rings & Rails, Climbing Wall)

Jumping:

Underbar, Upperbar, Catleap,
Cat To Cat, Blind Jump

Sport Specific Drills:

Dropping, Weaving,
High Vaulting,
Precision Jumping,
Scaling & Mounting,
Équilibre Balance,
Swinging, Grabbing,
Lâché, Atterrissage/Reception,
Safety Falling

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Gymnastics Skills:

Front Flip, Back Flip

Front Handspring, Gainer Flip