



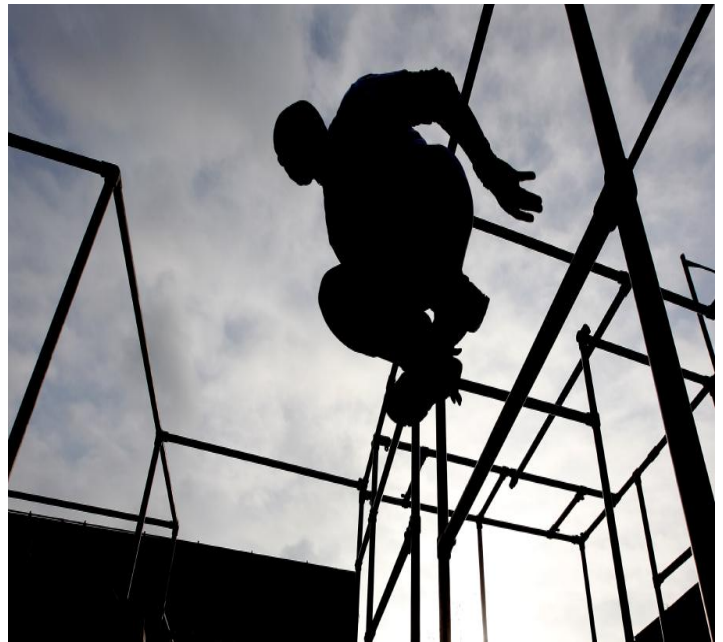
Parkour at the Plaza

Want the opportunity to learn how to move through your city in a new way? Parkour involves movement around, across, through, over and under the urban environment. This could involve, running, jumping, crawling, rolling or climbing: the possibilities are endless.

This project offers 16 young people the chance to learn Parkour in Summer 2016 with coaches from Access Parkour (<http://www.accessparkour.com/>). Based at Westside Plaza, the group would meet once a week for 10 weeks providing a chance to learn new skills and take risks safely. With the guidance and support of fully trained and experienced coaches this group is bound to take you to the edge.

It is hoped this group will:

- Introduce you to highly skilled and enthusiastic Parkour coaches who can show you how it's done.
- Provide a safe space for you to take risks safely.
- Inspire you to be active
- Empower you to make positive use of your city environment.
- Encourage you to step out of your comfort zone safely, challenge yourself and overcome obstacles.
- Promote the Development of Parkour community in South West Edinburgh.



This group is supported by the Wester Hailes Health Agency. This organisation has one clear purpose:

The Agency will seek to enable local people to take action that makes a positive impact on their own and their community's physical, mental and emotional well-being.