



Swift Movement Studio Schedule

August 2020



| Ages | MON | TUES | WED | THU | FRI | SAT | SUN |
|------------------------|-----|------|-----|-----|-----|-----|----------------|
| Getting Started | | | | | | | |
| Trial and Orientation | 5+ | 4-5 | 8-9 | 4-5 | | 4-5 | 9-10am 12-1 |

| Parkour | | | | | | | |
|----------------|------|-----|-----|-----|-----|-----|----------------|
| Parkour Lvl 1 | 5-14 | 5-6 | 7-8 | 5-6 | 7-8 | 5-6 | 10-11 11-12 |
| Parkour Lvl 1 | 15+ | 6-7 | | 7-8 | | 6-7 | 11-12 |
| Parkour Lvl 2 | 7+ | | 5-6 | | 6-7 | | 10-11 |

| Acrobatics <small>Tumbling, Tricking, Freerunning, Trampoline</small> | | | | | | | |
|--|------|-----|-----|-----|-----|-----|---------------------------|
| Acrobatics + Flips Lvl 1 | 5-14 | 6-7 | | 6-7 | | 5-6 | 11-12 10-11 (all ages) |
| Acrobatics + Flips Lvl 1 | 15+ | 5-6 | | | | | 10-11 (all ages) |
| Acrobatics + Flips Lvl 2 | 7+ | | 6-7 | | 5-6 | | |

| Swift Fitness | | | | | | | |
|----------------------|-----|-------|-----|-------|-----|-------|-------|
| Swift Flexibility | 10+ | 10-11 | 6-7 | 10-11 | 6-7 | 10-11 | 11-12 |
| Swift Fit | 15+ | 11-12 | 5-6 | 11-12 | 5-6 | 11-12 | 10-11 |

| Additional Programming | | | | | | | |
|---|----|------------------------------|--|------------------------------------|-------------------------------|--------------------|------------------------------------|
| Online via Zoom | 7+ | 7PM Fit Peveley | | 7PM Parkour Noah | | | |
| Outdoor <small>(Check Swift Instagram or Facebook Story for changes)</small> | 5+ | Riverfront Peveley 6PM | | West Chester Square Seth 6PM | Summit Park Ethan C 1PM | UC Maiki 1pm | Varies. Check IG Ethan G 5PM |

| Day Camp/Classes <small>Parkour Fitness and Fun</small> | | | | | | | |
|--|-----|-------|-------|-------|-------|-------|--|
| Morning | 10+ | 10-12 | 10-12 | 10-12 | 10-12 | 10-12 | |
| Afternoon | 10+ | 1-3 | 1-3 | 1-3 | 1-3 | 1-3 | |

COVID-19 Restrictions/Plans

During this unprecedented time we will be doing our best to ensure the safety of our students and staff by ensuring the highest quality of cleanliness, minimized contact, and limiting our interactions as much as possible. It has been difficult to determine how we can best provide a unique, fun fitness experience while still doing what we believe is best for our community and business. Please do your part to help keep all of our staff and our community safe.

Below are some of the changes we will be making. See links on the back for more details

- Mandatory preregistration by the day prior
- Maximum of 6 Students per class (classes with less than 2 students registered will be cancelled by the morning of the lesson)
- Zoned instruction to enforce social distancing and eliminate shared obstacle interaction
- Daily temperature checks of all students and staff
- Only participants allowed in the facility
- Instructors wearing face masks. Students encouraged to wear masks
- Cleaning between each class and nightly deep cleaning of all equipment

Pricing and Information



**Want to save more?
Ask about our all-access membership options!**

| Program | Summary | Price |
|----------------------|---------------------------------|----------|
| Parkour, Acrobatics | | \$20 |
| Swift Fit | | \$15 |
| Online/Outdoor Class | Cash or PayPal.me/SwiftMovement | Donation |

Family Membership Discounts

| | | |
|--------------------------|---------------------------------|---------|
| Additional Family Member | *Only applicable for membership | 50% OFF |
|--------------------------|---------------------------------|---------|

Aerial Arts by Elevated Aerials

Pricing and Schedule at ElevatedAerials.pike13.com

Private Instruction

| | | |
|------------------|---|---------|
| One Participant | 60 Minute Instructed Lesson. Cost is set by the instructor | \$45-75 |
| Two Participants | 60 Minute Instructed Lesson. 50% more than single participant | |
| Bulk Pricing | Buy 3, Get One Free | |

Please check the following link for more information about
our current offerings and restrictions

swift-movement.com/COVID

Are you enjoying our programs? Give us a review on Facebook, Google, or TripAdvisor
Sign Up for our Newsletter for to stay-tuned on class schedules, events, discounts, and more