



License Program

“Parkour pour tous!”

“Parkour for all!”

The PK Silver® License Program provides the activities staff of assisted living centers, retirement communities, and other non-gym facilities the in-depth training and ongoing support needed to run an official PK Silver® program.

Learn more about [PK Silver](#).

Includes:

- 16 total hours of training - parkour history & methodology, modified parkour & falls prevention for seniors, full curriculum tutorials. Available on-site only.
- The PK Silver Coaching Manual - a comprehensive guide to understanding PK Move's philosophy, curriculum, programming, and knowledge base (with free updates).
- The PK Silver Four Seasons Curriculum - An entire year of detailed programming written specifically for senior populations (65+).
- Use of the PK Silver Coaching Specialist credential - Tell your students you've been trained in the world's *first and only* [evidence-based parkour program for older adults](#).
- Use of official PK Move trademarks and marketing materials - Classes may be advertised as an officially-licensed PK Silver® program. PK Move also assists with marketing and promotion of licensee's PK Silver events and programs.
- Ongoing Support - PK Move is available to licensees year-round, with online and on-site support designed to keep coaches' knowledge current and programs safe, fun, and effective!
- Listing on [PK Move.org](#) searchable database - An easy way for people to find official PK Silver® programs near them!

Price: \$1500 for the first year, \$500 annual renewal. Please note that official PK Silver® programs require *two coaches for any class with more than 5 students*.

Prerequisites: Every coach must have current CPR/AED/First Aid training, ability to comfortably lift 50 lbs (for effective spotting, and one of the following*

- *a nationally-recognized fitness certification (NASM, ACSM, ACE, etc.)*
- *a university or college degree in exercise science or related field of study*

*If you have fitness training that does not fit into either one of these categories, please contact us at admin@pkmove.org. Please note that parkour, natural movement, yoga training, et al. DO NOT meet our criteria for attending this workshop.