



## Specialist Workshops

***“Parkour pour tous!”***

***“Parkour for all!”***

**PK Silver® Specialist Workshops** are designed for commercial gyms who want their staff to learn the fundamentals of teaching parkour and falls prevention to an active 50+ population. Learn more about [PK Silver](#).

**Includes:**

- 8 total hours of training - parkour history & methodology, modified parkour for older adults and falls prevention. Available online (1 day/4 hours) or in-person (2 days/8 hours)
- The PK Silver Coaching Manual - a comprehensive guide to understanding PK Move's philosophy, curriculum, programming, and knowledge base (with free updates)
- PK Silver Coaching Specialist Curriculum - Everything you need to build your own class and begin sharing the power of parkour with older adult populations (50+).
- 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](#).
- Access to additional curriculum from the PK Move store - More games, exercises, and techniques to help keep your classes fresh!
- Listing on [PK Move.org](#) searchable database - An easy way for people to find PK Silver coaches near them!

**Price:** \$299 per coach

*There is a minimum of 5 coaches for in-person workshops. PK Move will assist with marketing & promotion of the workshop to meet the minimum requirement.*

**Prerequisites:** Every coach must have current CPR/AED/First Aid training 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*
- *An existing background in parkour coaching (online only)*

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