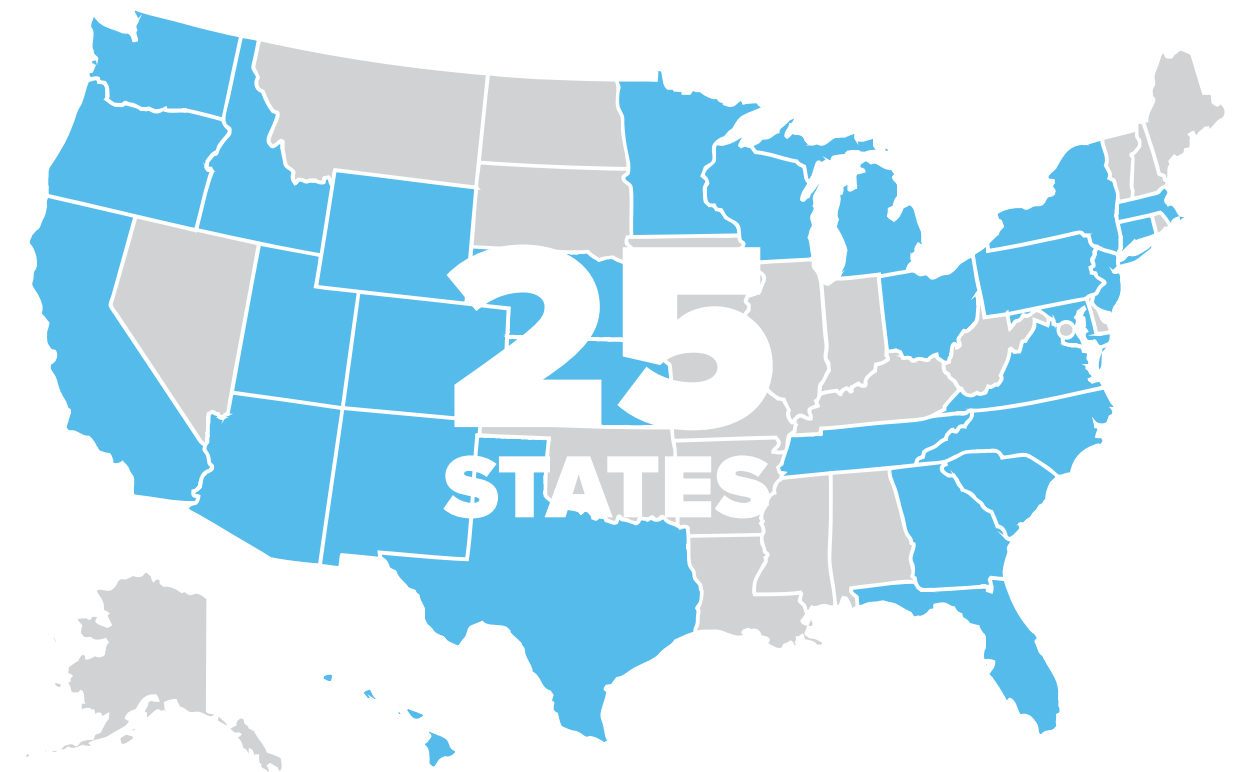


# PARKOUR VISIONS 2019

Our mission is to ensure people of all backgrounds have access and opportunity to participate in play, parkour, and the movement arts in order to achieve whole-human health. With the guiding mantra of 'Movement for All', in 2019 we were able to provide educational programs, community design support, and leadership education to people all over the country and world.

**1200+**  
**PARTICIPANTS ACROSS  
ALL PROGRAMS**



- **56 Movement organizations representing 25 states and 26 countries**
- **13 Public and Private Schools**
- **11 Seattle Community Centers**



## MOVEMENT FOR ALL CLASSES

112 free weekly outdoor classes for youth & adults across seattle

## 17 FREE PLAYSHOPS

17 free introductions to parkour for low-income or under-served community centers and public schools, reaching approx. 250 students

## 29 SUMMER CAMPS

Including 25 reduced-cost summer camps in partnership with the Associated Recreation Council, reaching approx. 200 students

## ADAPTIVE PARKOUR PROGRAM

3 free introductory workshops for individuals with mental disabilities, in partnership with Seattle Parks

## LEAP TO LEAD CURRICULUM

Development, testing, and launch of our new curriculum blending movement learning with leadership education.

**41** FREE COMMUNITY OUTREACH EVENTS

**112** FREE CLASSES

## CULTIVATING LEADERSHIP



## 3 INTERNATIONAL EVENTS

reaching over 181 coaches, business owners, and community organizers

## 9 VISITING COACHES

sharing their unique perspectives through workshops, camps, and classes

## 8 TEACHING/SPEAKING EVENTS

including The US Play Conference, American Rendevous, WamJam Australia, and Gerlev Denmark



## 23 REQUESTS FOR DESIGN

from park and gym design to free consulting on community project builds and presentations.

- 4 Projects built
- 14 Provided with free project support
- 7 Design proposals issued

# ADAPTIVE PARKOUR

Jefferson Community Center  
Seattle, Washington  
3 Workshops, Fall 2019

In 2019, Parkour Visions partnered up with Seattle Parks and Recreation Specialized Programs division to provide an accessible and affordable parkour recreation program for individuals with disabilities and their families. Our mission is to empower people with disabilities to push beyond their limits and reach their full potential through the practice of parkour.

Our coaches worked alongside specially trained staff to develop the curriculum and tools, which will be made publicly available as a part of our open-source online curriculum in 2020. We also will be continuing our work with SPD to provide more workshops and a full seasonal program in the new year.



## PILOT ADAPTIVE WORKSHOPS

*" I love that my son can take risks in a safe, instructional environment and that he is developing balance, along with body and spacial awareness--and having a lot of fun!"*

- Alice M, parent



# ART OF RETREAT EUROPE

Milleport FSC Learning Center  
Scotland, UK  
April 2019

The Art of Retreat is an idea-exchange platform supporting education, development, and leadership within the global Parkour community.

In 2019 Parkour Visions partnered with Access Parkour in the UK to organize a European-located Art of Retreat in hopes of increasing access and opportunity for international organizations and coaches to join this world-wide knowledge sharing community.

The EU & NA Retreats now intersect in the exchange of presentation boards, online resources, and ongoing online dialogue, linking 13 governing bodies and 48 countries.

**73** Attendees

**26** Organizations

**20** Countries

**21** Educational Resources Released Online

**11** Governing Bodies Represented

*"As someone whose motivation for coaching has been low, the retreat has been a life saver... to know there is a whole world out there of people who are thinking critically, experimenting, applying our discipline to a variety of problems, and that these are people I can connect with."*

- Kel Glaister, Australia

*Having so many both familiar and new faces from all across the world gathering together to talk was an incredible opportunity.*

- Sonia Marshall, Participant

*Art of Retreat helped me see coaching from a different perspective, as well as another way to approach the difficulties of our work as community Leaders*

- Benat Artola, Spain

*My experience really served to help me build a more global picture of what we are doing and why it's worth doing.*

- Jana Tuchewicz, Poland



# ART OF RETREAT EUROPE



# ART OF RETREAT NORTH AMERICA

Lake Wenatchee YMCA, Washington  
September 2019

The Art of Retreat is an idea-exchange platform supporting education, development, and leadership within the global Parkour community.

Passionate, Coaches, Business Owners, Students, and Community Builders from across the world come together to engage in thoughtful conversation, startup projects for community benefit, tackle challenges jointly, and create new ways of bringing the power of parkour and play out into the world.

Art of Retreat is the only parkour conference and leadership gathering in the world.



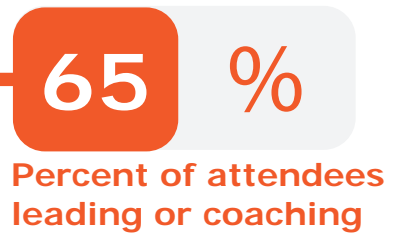
*It was inspiring to hear how our discipline can contribute to improve peoples lives in so many different ways*

- Benjamin Priyadamkol, Canada



*The talks and sparks about community engagement, civic partnership and playspace building were incredibly powerful and definitely will guide how I help grow my community back home.*

- Alana Reis, Hawaii Parkour



# EXPERT COACH EXCHANGE

Seattle, Washington  
May - October 2019

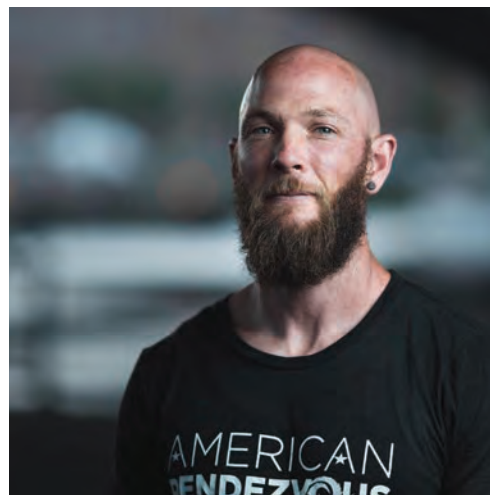
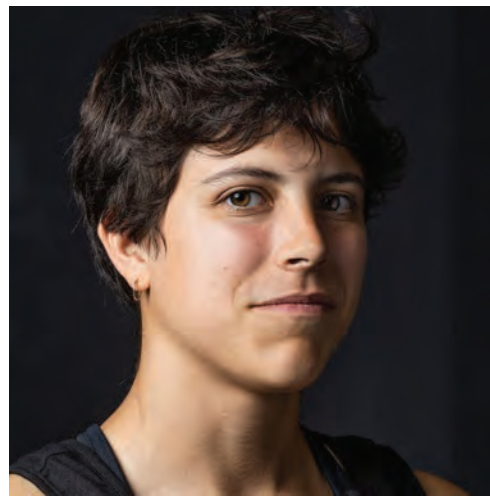
The Expert Coach Exchange program was first piloted in the summer of 2018. Parkour Visions is committed to supporting the growth of our community leaders and to diversifying the perspectives of our students and practitioners.

This past year we facilitated the travel and teaching of 9 visiting coaches. Some came from close to home--Oregon and California--while others travelled across the country and ocean--Tennessee, North Carolina, Massachusetts, Australia, and the UK. All brought their own approaches and philosophies to our organization.

Our EXE coaches lead workshops, camps, and free classes for the public during their stay.

## 9 EXPERT COACHES

- Isabel Andrews, Massachusetts
- Evan Beyer, Massachusetts
- Daniel Brogli, Oregon
- Paula Flinn, Australia
- Payton Hanna, New Mexico
- Jonathan McCarver, Tennessee
- Harry Sutton, Australia
- Alan Tran, North Carolina
- Steve Zavitz, New York



# TEEN TEAM

Seattle, Washington  
Year Round, 2019

The Teen Team is a new program that pushes teens in their physical practice while also encouraging community service and supporting leadership learning.

The Team meets twice weekly, once outdoors for parkour skill training and once in a classroom setting to talk on different topics. We also support participation in the West Coast Parkour League-a series of open parkour competitions.





# AFTERSCHOOL & PLAYSHOPS UNDERSERVED COMMUNITIES

September 2018 - December 2019  
Seattle, Washington

In 2018 Parkour Visions was awarded a generous \$50,000 grant to facilitate a series of afterschool classes in partnership with a local, underserved community center Van Asselt.

The afterschool program ran twice a week from January 2018 to June 2019 and was free for all those who wished to attend.

The remainder of the grant was utilized for running 16 free outreach workshops with other partner sites including Yesler, Community Center Thurgood Marshall Elementary, Bailey Gatzert Elementary, Rainier Community Center, Garfield Community Center, and South Park Community Center.

**170+**  
youth served

**84**

**FREE  
AFTERSCHOOL  
CLASSES**

**16**

**FREE  
WORKSHOPS**

**7**

**COMMUNITIES**



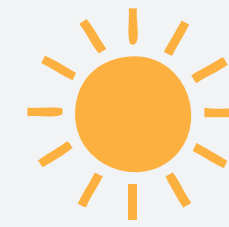
# AFFORDABLE SUMMER CAMPS

Seattle & Tacoma, Washington  
June, July, August 2019

PKV is dedicated to providing youth an opportunity to get outside to play and learn in the summer months. When school is out, kids often have more free time but less freedom because their parents work. Further, camps are often prohibitively expensive.

Entering our second year, Parkour Visions partners with the Associated Recreation Council to increase access and opportunity to participate in summer camp!

Our week long camps help kids aged 8-14 develop physical literacy and resiliency, while also deepening their connection to their parks.



**21** Affordable Summer Camps

+ 4 STEAM Camps



pna miller ravenna  
magnuson laurelhurst  
metroparks hiawatha

**6** COMMUNITY CENTERS

SERVING

**150+** STUDENTS

*"My son has grown from avoiding all physical risks, to gaining confidence in trying something new, because he is learning how to assess a situation and make decisions in how to approach it."*

- Parent of camp student

*We're LOVING having your team out running programs with us -- we've got kids enthusiastically asking about next week in Seattle already! So thankful for this partnership!"*

- Steve & Kate Camp Partners

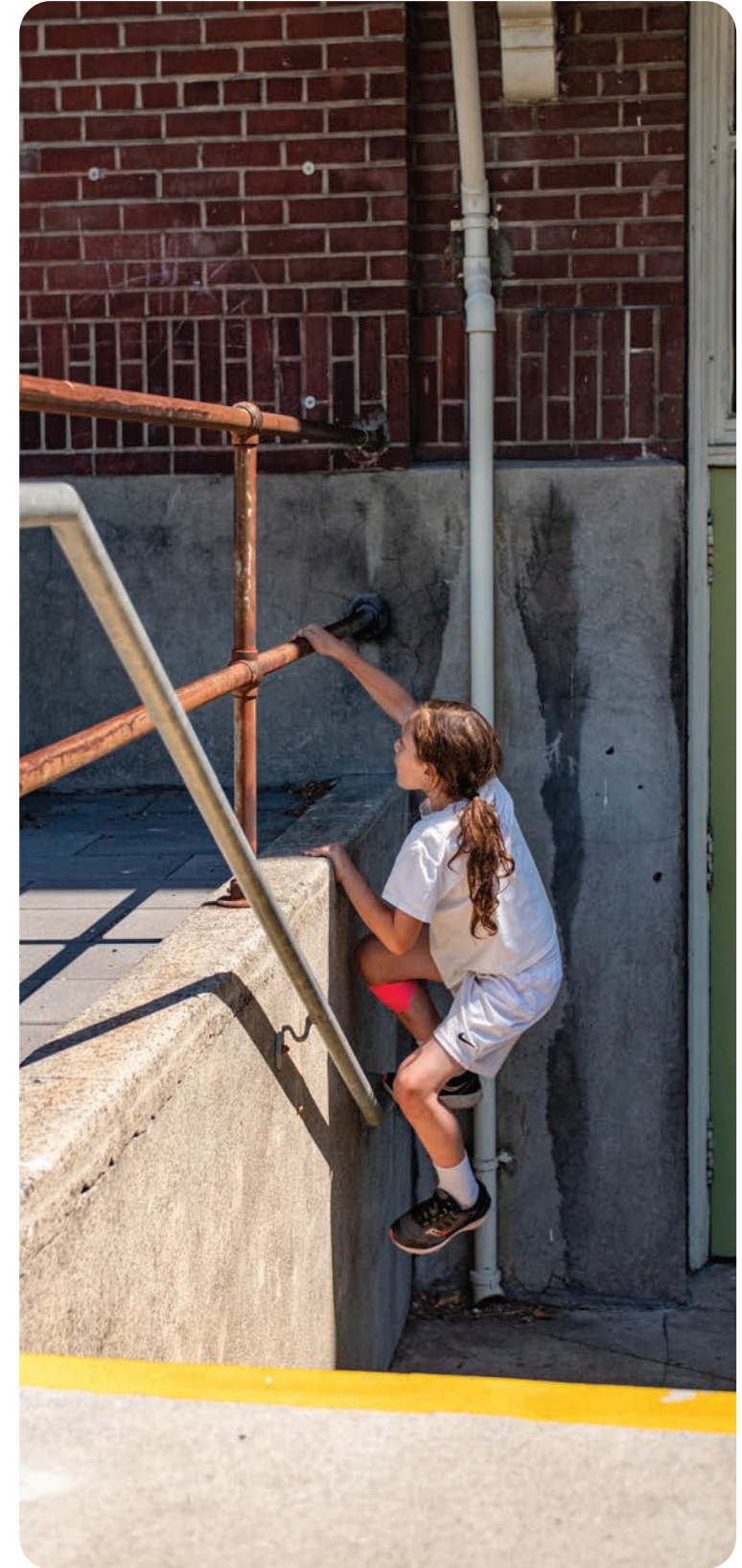
# STEAM+M Programs: Integrated Media & PK

Greenwood Neighborhood  
July 2019

Movement powers learning! These programs combine STEAM learning projects with parkour: In this case, students learned how to shoot and edit video and photo!

Along with improving their parkour abilities, students learned how to creatively share those skills through media. Students storyboarded, shot and edited photos, and created videos in this week long camp.

We were so excited to welcome out Steve Zavitz from New York as our Expert Coach Exchange Program. He co-lead the program alongside Bryan Riggins.



# STEAM+M Programs: Playground Design & PK

Greenwood Neighborhood  
July 2019

Movement powers learning! These programs combine STEAM learning projects with parkour: In this case, students designed and built playgrounds!

Over 5 days students learned the basics of architectural drawing, modeling, and structures, while also exploring their local environment through parkour. Early week challenges included building the tallest, free standing structure... and culminated in designing and building a playground!

We were so excited to welcome out Daniel Brogli from Oregon as our Expert Coach Exchange Program and lead on the camp.



# STEAM+M Programs: Survival Skills & PK

Greenwood Neighborhood  
August 2019

Our Urban Survival and Parkour camp began with learning stealth movement techniques, navigation, and face painting and ended with major laughter, new friendships, and enough new adventure ideas to get us through until next summer.

Each day was packed full of outdoor survival challenges and parkour learning. We built shelters, made disguises out of leaves and sticks, and learned how to camouflage.

We were so excited to welcome out Evan Beyer of Parkour Generations Americas as our Expert Coach Exchange Program and lead on the camp.



# JUMP & EAT MEETUP

Seattle, Washington  
April, June, Sept 2019

In partnership with Greenwood Community Center, and under the initial guidance of Eric Jusino, PKV organized a series of pilot 'jump & eat' events.

Jump & Eats are community evenings of building and play. We build a pop-up playground and invite the community to come play. In the colder and rainier months of Seattle, we hope to provide a more comfortable and well-lit space to train. More importantly, it is an opportunity to see and intersect with others in the community.

We hope to run one a quarter in 2020 at different locations in Seattle.



## FREE MONTHLY OUTREACH EVENTS

Seattle, Washington  
Year Round 2019

Every month our community of volunteers help facilitate free outreach events to increase awareness and participation in parkour.

The monthly womens meetup seeks to grow the womens community and invovlement of women in parkour in general.

The monthly beginners jam provides a low-risk, low-barrier entry into the discipline and the community, and teaches participants a degree of self-direction in their own personal practice.



## FREE WEEKLY CLASSES

Seattle, Washington  
Year Round 2019

Every week PKV offers a series of free classes that are entirely funded by donations from the community. These weekly classes are open to adults of all ability levels.

Currently PKV offers three free classes a week, one that currently runs up north and one more center seattle, and one that is slowly moving further south into the new year. Our hope is that if someone truly wished to participate in parkour and connect to our community that there would be no financial barrier to do so.

In 2020 we anticipate doubling the total number of annual classes run.



# WOMENS PARKOUR GATHERING

Washington, DC  
July 2019

The North American Womens Gathering and the Womens Parkour Movement organizing team are focused on increasing the involvement of women and girls in all aspects of parkour, including practice, coaching, and community leadership.

It has been running for 9 years, each time switching to a new location to increase our reach into localized communities.

The event is organized, run, and taught entirely by women volunteers in the host city.

*"WPKM is full of incredible learning experiences. Teaching us to be mindful of our motivation, intention and purpose as we move makes movement more meaningful."*

- Christie Thomas



**65+**  
women and girls  
participating

**AGES**  
**17-57**

3 Local Leaders  
9 Coaches  
11 Volunteers

*"I was so inspired to see so many women sharing the same interests, yet at the same time exploring a different experience. This was also an amazing event that will help with my progressions in the future."*

- Gabby St. Martin



**4 COUNTRIES**  
**12 STATES**

**9**



**NEW NATIONAL DIRECTORS**

Establishing first organizing board, representing 9 states.



# COMMUNITY DESIGN SUPPORT

14 Projects Supported in 2019

Parkour Visions design arm offers free consulting and project support to small communities interested in getting parks and playgrounds built.

We volunteer 10 hours a month to supporting city officials and private citizens in the early stages of researching or advocating for the construction of new parks and alternative play spaces in their cities.

We guide our community outreachers to free online resources, past projects and precedent to draw upon, presentation samples, and even guidance on securing funding, space, and public support.



# HERITAGE ADVOCACY

Denver, Colorado  
October 2019

In addition to providing support and services for new design, Parkour Visions has begun supporting heritage-advocacy projects. In September, we collaborated with community members in Denver on preserving the famous Skyline Park (known colloquially as Cat Fountain.)

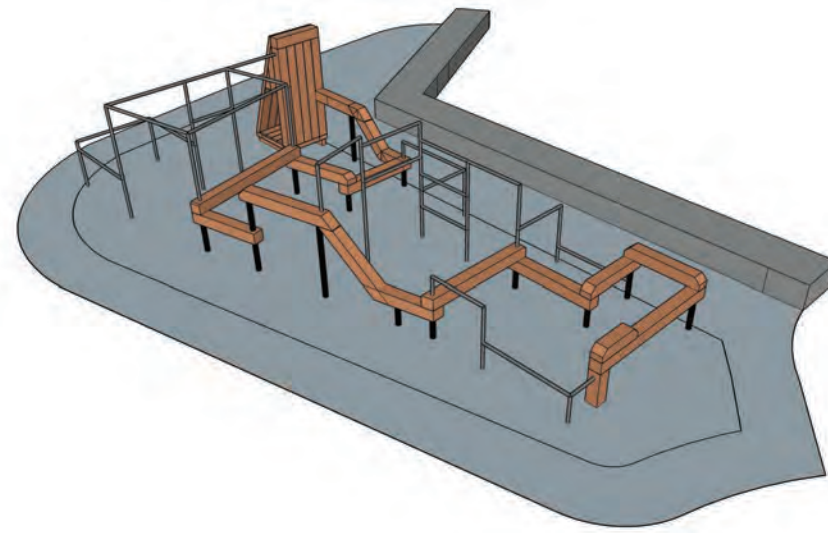
In addition to providing background research on the park, we also provided presentation materials and organizational guidance as the community arranged for a public demonstration for officials.

# PARK & GYM DESIGN

23 Requests for Design  
7 Proposals Issued, 4 Built

We don't just design parkour parks and playgrounds, we design adventure and connection. We think outside the box and push play into new shapes and spaces—spaces where obstacles are conquered, minds and bodies are strengthened, friendships are forged, and memories are made.

We listen carefully and work closely with our clients, partners, and their communities to dream up their next great play space — because we take our work seriously when it comes to making the world just a little less serious.



**Under Construction:**  
Moodyville, CAN



**Above: Brighton Creek Pocket Parks**

**Left: Concept for park on Dulwich College, Shanghai**



**Built: Centennial Park, CA**