



SWISS PARKOUR ASSOCIATION

INFO Youth Program @SwissJam26

29./30. August 2026 | Irchelcampus Zürich

Swiss Jam is a two-day parkour festival of jams, workshops and the Swiss Parkour Championships – celebrating Parkour culture. There is also a cool program especially for the younger parkour enthusiast.

Website: [Swiss Jam 2026](#)

General Infos:

Age	8 -16 years <i>Note: after the age of 14 and depending on your experience it can also be a cool idea to join the adults program as well on Sunday.</i>
Ticket-Options Ticket-Site	Single Ticket – you love parkour and want to join the event
	Organization-ticket – if you're a member of a parkour organization, check with your organization. In most cases they'll buy the ticket for you

Youth Program: 29. August 2026

09.00 -10.00:	Check-In / Group Assignment <i>Note: Groups will be finalized one week before the event. They will be arranged according to age and experience. People from same locations/orgs will usually stay in the same group to make sure everybody knows someone. It's possible to change a group on-site, if someone is very unhappy with their group assignment.</i>
10.00 – 12.00:	Workshops in groups with experienced parkour teachers
12.00 – 12.30:	Community-Movement Game & Group-Picture (all Swiss Jam participants)
12.30 - 13.30	Lunch (lunch is included in the ticket)
13.30 – 14.30	Workshop in groups: Introduction into parkour Jam
After 14.30	End of official and supervised program. <i>You can stay for jamming, exploring, watching the Swiss Parkour Championships and all the other things that are happening at Swiss Jam</i>