

~ COME LEARN SOMETHING NEW ~



JUMP ROPE WORKSHOP

No jumping experience required.



Conducted By: Extreme Air of New Hampshire

New Hampshire's only Nationally Competitive Jump Rope Team with USA Jump Rope certified judges, speed and freestyle coaches, and nationally competitive members of Extreme Air.

- DATE:** Friday, February 2nd 2018 (snow date- February 9th)
- TIME:** 5-7 pm (Registration @ 4:30 p.m.)
Session 1: 5-6 pm skills open to K-5
Session 2: 6-7 pm - Grades 2-5 (K-1st with Mrs. Lane's permission)
(Double Dutch/Cotton Eyed Joe/ Wheel tricks)
- PLACE:** Swasey Central School
- COST:** \$10.00 per jumper (One session only)
\$15.00 per jumper (For Both Sessions)
- REGISTER:** www.FamilyID.com Program Name: Swasey Central School Workshop

The workshop is open to jumpers to both boys and girls. No experience required. Jumpers must be willing to learn and have fun!

Jumpers:

- Wear comfortable clothing & athletic shoes; bring water bottle.
- Please tie hair back and remove all jewelry
- A parent or legal guardian **must** complete online registration in order to participate. Complete registration and payment by **Friday, February 2nd, 2018**. If you have any questions please call or e-mail, Mrs. Lane. 642-3487 or slane@sau16.org

****Jump ropes and light snacks will be available for purchase.**

Extreme Air of New Hampshire is a nonprofit (501(c)(3)) organization dedicated to promoting the sport of jump rope by training amateur athletes for national competition and by educating the public about the benefits of jump rope as a fun, physically challenging and rewarding activity for individuals of all ages and abilities.