

# SPRING/SUMMER 2018

# JUMP INTO SPRING

## with Kangaroo Kids

This sport quickly improves fitness levels, builds self-esteem, and – most importantly – demonstrates that exercise can be fun and enjoyable! Jumping rope is effective, easy to learn, inexpensive, portable, great for any age and the most fun you can have on two feet!

### Junior Jumpers with Kangaroo Kids **flickr**

This beginner jump rope class is all about fun and fitness. Jumpers learn basic single rope, Double Dutch and long rope skills. Returning jumpers, bring your beaded jump ropes. Jump rope fee of \$9 for first-time participants due at first class.

6-14 yrs Classes: 8

RP6361.701	Meadowbrook Ath Comp	Apr 17	4:25-5:25pm	Tu	\$116
RP6361.702	Meadowbrook Ath Comp	Apr 17	5:30-6:30pm	Tu	\$116
RP6361.703	Meadowbrook Ath Comp	Apr 18	4:25-5:25pm	W	\$116
RP6361.704	Meadowbrook Ath Comp	Apr 18	5:30-6:30pm	W	\$116

### Intermediate Jumpers with Kangaroo Kids

Jumpers build on basic single and long rope skills and are introduced to precision group routines. Prerequisite: Minimum of two sessions of Junior Jumpers and/or coach's approval.

6-14 yrs Classes: 8

RP6363.701	Meadowbrook Ath Comp	Apr 17	4:25-5:25pm	Tu	\$116
RP6363.702	Meadowbrook Ath Comp	Apr 17	5:30-6:30pm	Tu	\$116
RP6363.703	Meadowbrook Ath Comp	Apr 18	4:25-5:25pm	W	\$116

### Preparation to Perform

Jumpers with a desire to ultimately perform at public events can build their single and long rope skills, learn precision routines and develop showmanship skills. No performing requirements.

6-14 yrs Classes: 8

RP6364.701	Meadowbrook Ath Comp	Apr 17	4:25-5:25pm	Tu	\$116
RP6364.702	Meadowbrook Ath Comp	Apr 18	5:30-6:30pm	W	\$116



### Jump Rope by Kangaroo Kids **flickr**

Want to learn basic single rope, Double Dutch and long rope skills? This camp is all about fun and fitness. Come improve your cardiorespiratory endurance, balance, coordination and muscular strength. Bring your beaded jump ropes or purchase one at camp for \$9.

6-16 yrs Days: 5

RP7360.801	Meadowbrook Ath Comp	Jul 9	9am-noon	M-F	\$133
RP7360.802	Meadowbrook Ath Comp	Jul 9	1-4pm	M-F	\$133

**Information:** Will Dunmore, 410-313-1697 or [wdunmore@howardcountymd.gov](mailto:wdunmore@howardcountymd.gov)

**Registration:** 410-313-7275, (voice/relay), [www.howardcountymd.gov/rap](http://www.howardcountymd.gov/rap) or 7120 Oakland Mills Road, Columbia, MD 21046

#### Concussion & Sudden Cardiac Arrest Information

Read concussion and sudden cardiac arrest information at [www.howardcountymd.gov/concussion](http://www.howardcountymd.gov/concussion) and [www.howardcountymd.gov/suddencardiacarrest](http://www.howardcountymd.gov/suddencardiacarrest). Review of this information is required by law before you are allowed to register for youth sports programs.

#### Financial Assistance

Limited financial assistance available for Howard County residents that qualify. Information: 410-313-7275.

#### Refund Policy

[www.howardcountymd.gov/Programs/Sports-Leagues](http://www.howardcountymd.gov/Programs/Sports-Leagues)



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