

WINTER 2019

JUMP INTO WINTER

Youth/Adult Jump Rope Classes

Jumping rope is easy to learn, portable, and the most fun you can have on two feet. Improve fitness levels and build self-esteem with Kangaroo Kids!

Junior Jumpers with Kangaroo Kids

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

6-14 yrs Classes: 12

RP6361.201	Meadowbrook Ath Comp	Jan 8	4:25-5:25pm	Tu	\$175
RP6361.202	Meadowbrook Ath Comp	Jan 8	5:30-6:30pm	Tu	\$175
RP6361.203	Meadowbrook Ath Comp	Jan 9	4:25-5:25pm	W	\$175
RP6361.204	Meadowbrook Ath Comp	Jan 9	5:30-6:30pm	W	\$175

Intermediate Jumpers with Kangaroo Kids

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

6-14 yrs Classes: 12

RP6363.201	Meadowbrook Ath Comp	Jan 8	4:25-5:25pm	Tu	\$175
RP6363.202	Meadowbrook Ath Comp	Jan 8	5:30-6:30pm	Tu	\$175
RP6363.203	Meadowbrook Ath Comp	Jan 9	4:25-5:25pm	W	\$175

Preparation to Perform with Kangaroo Kids

Jumpers with a desire to perform at public events build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Returning jump ropers should bring their beaded jump ropes. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval.

8-16 yrs Classes: 12

RP6364.201	Meadowbrook Ath Comp	Jan 8	4:25-5:25pm	Tu	\$175
RP6364.202	Meadowbrook Ath Comp	Jan 9	5:30-6:30pm	W	\$175

Jump Rope Fit for Adults

Jump into fitness! Increase cardiorespiratory endurance, balance, coordination, and agility! Class is great cross training for basketball, soccer, volleyball and other activities. Jump rope fee is \$9 and can be purchased at first class.

16 yrs + Classes: 12

RP6369.101	Meadowbrook Ath Comp	Jan 8	5:30-6:30pm	Tu	\$176
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Information: Will Dunmore, 410-313-1697 or wduunmore@howardcountymd.gov

Registration: 410-313-7275 (voice/relay), www.howardcountymd.gov/rp 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 and 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