

# JUMP INTO FALL

## 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 flickr

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: \$7 for first-time participants due at first class. Returning jumpers should bring their beaded jump ropes. (No class 10/25, 11/23.) Info: Will Dunmore, 410-313-1697 or [wdunmore@howardcountymd.gov](mailto:wdunmore@howardcountymd.gov).

6-14 yrs Classes: 12

|            |                      |        |             |    |       |
|------------|----------------------|--------|-------------|----|-------|
| RP6361.101 | Meadowbrook Ath Comp | Sep 13 | 4:25-5:25pm | Tu | \$172 |
| RP6361.102 | Meadowbrook Ath Comp | Sep 13 | 5:30-6:30pm | Tu | \$172 |
| RP6361.103 | Meadowbrook Ath Comp | Sep 14 | 4:25-5:25pm | W  | \$172 |
| RP6361.104 | Meadowbrook Ath Comp | Sep 14 | 5:30-6:30pm | W  | \$172 |

### Intermediate Jumpers flickr

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. (No class 10/25, 11/23.)

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

6-16 yrs Classes: 12

|            |                      |        |             |    |       |
|------------|----------------------|--------|-------------|----|-------|
| RP6363.101 | Meadowbrook Ath Comp | Sep 13 | 4:25-5:25pm | Tu | \$172 |
| RP6363.102 | Meadowbrook Ath Comp | Sep 13 | 5:30-6:30pm | Tu | \$172 |
| RP6363.103 | Meadowbrook Ath Comp | Sep 14 | 4:25-5:25pm | W  | \$172 |

### Preparation to Perform

Jumpers with a desire to ultimately perform at public events build on single and long rope skills, precision routines and develop showmanship skills.

No performing requirements. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval. (No class 10/25, 11/23.)

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

8-16 yrs Classes: 12

|            |                      |        |             |    |       |
|------------|----------------------|--------|-------------|----|-------|
| RP6364.101 | Meadowbrook Ath Comp | Sep 13 | 4:25-5:25pm | Tu | \$172 |
| RP6364.102 | Meadowbrook Ath Comp | Sep 14 | 5:30-6:30pm | W  | \$172 |

### 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 who qualify.

Information: 410-313-4659.



**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