

WINTER 2017

JUMP INTO WINTER

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

This beginning jump rope class is all about fun and fitness. Learn basic single rope, Double Dutch and long rope skills. Jump rope fee is \$7 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 10	4:25-5:25pm	Tu	\$172
RP6361.202	Meadowbrook Ath Comp	Jan 10	5:30-6:30pm	Tu	\$172
RP6361.203	Meadowbrook Ath Comp	Jan 11	4:25-5:25pm	W	\$172
RP6361.204	Meadowbrook Ath Comp	Jan 11	5:30-6:30pm	W	\$172

Intermediate Jumpers with Kangaroo Kids

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

6-16 yrs Classes: 12

RP6363.201	Meadowbrook Ath Comp	Jan 10	4:25-5:25pm	Tu	\$172
RP6363.202	Meadowbrook Ath Comp	Jan 10	5:30-6:30pm	Tu	\$172
RP6363.203	Meadowbrook Ath Comp	Jan 11	4:25-5:25pm	W	\$172

Preparation to Perform

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. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval.

8-16 yrs Classes: 12

RP6364.201	Meadowbrook Ath Comp	Jan 10	4:25-5:25pm	Tu	\$172
RP6364.202	Meadowbrook Ath Comp	Jan 11	5:25-6:25pm	W	\$172



Concussion & Sudden Cardiac Arrest Information

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiaccarrest. 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: 410-313-4659.

Refund Policy

www.howardcountymd.gov/Programs/Sports-Leagues

Information: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

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



Howard County
RECREATION & PARKS



flickr



HoCo Parks
APP

