

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 **flicker**

This beginning 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 \$7 for first-time participants due at first class.

6-14 yrs Classes: 8

RP6361.301	Meadowbrook Ath Comp	Apr 18	4:25-5:25pm	Tu	\$116
RP6361.302	Meadowbrook Ath Comp	Apr 18	5:30-6:30pm	Tu	\$116
RP6361.303	Meadowbrook Ath Comp	Apr 19	4:25-5:25pm	W	\$116
RP6361.304	Meadowbrook Ath Comp	Apr 19	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

RP6363.301	Meadowbrook Ath Comp	Apr 18	4:25-5:25pm	Tu	\$116
RP6363.302	Meadowbrook Ath Comp	Apr 18	5:30-6:30pm	Tu	\$116
RP6363.303	Meadowbrook Ath Comp	Apr 19	4:25-5:25pm	W	\$116

Preparation to Perform

Jumpers with a desire to ultimately perform at public events, build on your single and long rope skills, learn precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum of two sessions of Intermediate Jumpers and/or coach's approval.

6-14 yrs Classes: 8

RP6364.301	Meadowbrook Ath Comp	Apr 18	4:25-5:25pm	Tu	\$116
RP6364.302	Meadowbrook Ath Comp	Apr 19	5:30-6:30pm	W	\$116

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 who qualify. Information: 410-313-4659.



Summer Camp

Jump Rope by Kangaroo Kids **flicker**

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 \$7.

6-17 yrs Days: 5

RP7360.401	Meadowbrook Ath Comp	Jul 10	9am-noon	M-F	\$133
RP7360.402	Meadowbrook Ath Comp	Jul 10	1-4pm	M-F	\$133

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

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



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