

# FALL 2017

# 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 10/31, 11/22.)

6-14 yrs Classes: 12

RP6361.501	Meadowbrook Ath Comp	Sep 12	4:25-5:25pm	Tu	\$175
RP6361.502	Meadowbrook Ath Comp	Sep 12	5:30-6:30pm	Tu	\$175
RP6361.503	Meadowbrook Ath Comp	Sep 13	4:25-5:25pm	W	\$175
RP6361.504	Meadowbrook Ath Comp	Sep 13	5:30-6:30pm	W	\$175

### 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 10/31, 11/22.)

6-16 yrs Classes: 12

RP6363.501	Meadowbrook Ath Comp	Sep 12	4:25-5:25pm	Tu	\$175
RP6363.502	Meadowbrook Ath Comp	Sep 12	5:30-6:30pm	Tu	\$175
RP6363.503	Meadowbrook Ath Comp	Sep 13	4:25-5:25pm	W	\$175

### 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 10/31, 11/22.)

8-16 yrs Classes: 12

RP6364.501	Meadowbrook Ath Comp	Sep 12	4:25-5:25pm	Tu	\$175
RP6364.502	Meadowbrook Ath Comp	Sep 13	5:30-6:30pm	W	\$175



**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

**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: 410-313-4659.

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