



# Thoreau JUMP ROPE CLASS

**When: Tuesdays, Sept. 29<sup>th</sup> – Nov. 3<sup>rd</sup>**

**Time: 3:30 PM – 4:30 PM**

**Price: \$42 for 6 classes**

**Where: School Gym**

(Classes are for EVERYONE -Boys and Girls Kindergarten thru 6<sup>th</sup> grade)

Members of Hot Dog USA, a World Champion Jump Rope team, will be teaching a Jump Rope class. Hot Dog USA has traveled all around the world performing and teaching Jump Rope skills to thousands of students and adults. They have been featured on over 30 different television shows such as Bill Nye the Science guy, Good Morning America, and ESPN. They have led hundreds of Jump Rope workshops and have performed at various events such as professional basketball halftime games, company picnics and school assemblies.

During these fun-filled classes the children will learn a variety of Jump Rope skills catered to their skill level. Emphasis will be based on learning new Jump Rope skills, finding fun ways to stay healthy through exercise, making friends and having fun! The Children will learn skills such as single rope, partner skills, double dutch and long rope. They will play Jump Rope games and learn performance technique through sharing jump rope skills to the class.

**Spaces fill up fast so register early by taking the following registration form to the office with a check payable to Thoreau Elementary PTA**

**Questions? Please contact Polly Blanchard [pollyjune@comcast.net](mailto:pollyjune@comcast.net) 425-820-8909**

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## **Jump Rope Registration Form**

Participants Name: \_\_\_\_\_

Teacher/Grade \_\_\_\_\_

Parents Name: \_\_\_\_\_ Contact Phone #: \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact # \_\_\_\_\_