



JUMP ROPE CLASSES

May 2018



Taught by Foothill Force Jump Rope Team.

For: All boys and girls in 2nd through 12th grade & adults of any age to learn single rope and double dutch jump rope skills

Dates: May 16, 23, 30 (**3** Wednesdays)

Time: 5:30-6:25 pm

Location: FIS Gym, 4490 Cornishon Avenue, La Cañada Flintridge

Cost: \$38

Please mail registration form with payment
(check made to "FFJRT") to:
FFJRT Jump Rope Class
P.O. Box 1483
La Canada, CA 91012-1483

For more info see our website
www.foothillforce.org
or contact Coach Kathy Weninger at
team@foothillforce.org
or (818) 468-6778

IMPORTANT! ALSO REQUIRED

For insurance purposes all participants **must** be members of the USA Jump Rope (USAJR)

- Go to www.usajumprope.org or phone 936-295-3332 and get **2017-2018 Recreational Membership** for \$20. USAJR Membership is valid until September 30, 2018. Make sure you give team affiliation as Foothill Force.
- Bring proof of USAJR Membership to the 1st day of class or email it to Foothill Force Jump Rope Team at team@foothillforce.org

separate here and return bottom portion with payment on or before **May 16**



MAY 2018 JUMP ROPE CLASSES – REGISTRATION FORM

(returning jumpers need only fill in the Jumper's Name unless info has changed)

Jumper's Name:			
Jumper's Age:		Jumper's Birth Date:	
(If Jumper < 18 yrs old) Parent's Name:			
Phone Number (where you can be reached when child is in class):			
Home Address:			
E-mail Address:			
How did you find out about the class?			

Remember to enclose your payment - check made out to "FFJRT"