



# JUMP ROPE CLASSES

January 2019



*Taught by Foothill Force Jump Rope Team.*

For: All boys and girls in 2<sup>nd</sup> through 12<sup>th</sup> grade & adults of any age to learn single rope and double dutch jump rope skills  
 Dates: January 9, 16, 23, 30 (4 Wednesdays)  
 Time: 5:30-6:25 pm  
 Location: FIS Gym, 4490 Cornishon Avenue, La Cañada Flintridge  
 Cost: \$50

<p>Please mail registration form with payment (check made to "FFJRT") to:  <b>FFJRT Jump Rope Class</b>  <b>P.O. Box 1483</b>  <b>La Canada, CA 91012-1483</b></p>	<p>For more info see our website <a href="http://www.foothillforce.org">www.foothillforce.org</a>          or contact Coach Kathy Weninger at <a href="mailto:team@foothillforce.org">team@foothillforce.org</a>          or (818) 468-6778</p>
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**IMPORTANT! ALSO REQUIRED**

For insurance purposes all participants **must** be members of the American Jump Rope Federation (AMJRF)

- After Aug 1, go to [www.amjrf.org](http://www.amjrf.org) to get **2018-2019 Individual Membership** for \$25. AMJRF Membership is valid until August 31, 2019. Make sure you give team affiliation as Foothill Force.
- Bring proof of AMJRF Membership to the 1<sup>st</sup> day of class or email it to Foothill Force Jump Rope Team at [team@foothillforce.org](mailto:team@foothillforce.org)

separate here and return bottom portion with payment on or before **January 9**

## JAN. 2019 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"