



JUMP ROPE CLASSES

October/November 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: October 17, 24, 31, November 7 (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: FFJRT Jump Rope Class P.O. Box 1483 La Canada, CA 91012-1483</p>	<p>For more info see our website www.foothillforce.org or contact Coach Kathy Weninger at team@foothillforce.org or (818) 468-6778</p>
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<p align="center">IMPORTANT! ALSO REQUIRED</p> <p>For insurance purposes all participants must be members of the American Jump Rope Federation (AMJRF)</p> <ul style="list-style-type: none"> • After Aug 1, go to 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 1st day of class or email it to Foothill Force Jump Rope Team at team@foothillforce.org 	
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separate here and return bottom portion with payment on or before **Oct 17**



OCT/NOV 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"