



JUMP ROPE CLASSES

November/December 2017



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: November 29, December 6, 13, January 10 (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 style="text-align: center;">IMPORTANT! ALSO REQUIRED</p> <p>For insurance purposes all participants must be members of the USA Jump Rope (USAJR)</p> <ul style="list-style-type: none"> 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 **Nov 25**



NOV/DEC 2017 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"