



# JUMP ROPE CLASSES

## January/February 2018



*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 17, 24, 31, February 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:  <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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<p align="center"><b>IMPORTANT! ALSO REQUIRED</b></p> <p>For insurance purposes all participants <b>must</b> be members of the USA Jump Rope (USAJR)</p> <ul style="list-style-type: none"> <li>Go to <a href="http://www.usajumprope.org">www.usajumprope.org</a> or phone 936-295-3332 and get <b>2017-2018 Recreational Membership</b> for \$20. USAJR Membership is valid until September 30, 2018. Make sure you give team affiliation as Foothill Force.</li> <li>Bring proof of USAJR Membership to the 1<sup>st</sup> day of class or email it to Foothill Force Jump Rope Team at <a href="mailto:team@foothillforce.org">team@foothillforce.org</a></li> </ul>	
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separate here and return bottom portion with payment on or before **Jan 15**



### JAN/FEB 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"