

WINTER 2018

JUMP INTO WINTER

with Kangaroo Kids

This sport quickly improves fitness levels, builds self-esteem, and – most importantly – demonstrates that exercise can be fun and enjoyable! Jumping rope is effective, easy to learn, inexpensive, portable, great for any age, and the most fun you can have on two feet!

Intermediate Jumpers with Kangaroo Kids

Jumpers, build on basic single and long rope skills and be introduced to precision group routines. Prerequisite: Minimum two sessions of Junior Jumpers and/or coach's approval.

6-14 yrs Classes: 12

RP6363.601	Meadowbrook Ath Comp	Jan 9	4:25-5:25pm	Tu	\$175
RP6363.602	Meadowbrook Ath Comp	Jan 9	5:30-6:30pm	Tu	\$175
RP6363.603	Meadowbrook Ath Comp	Jan 10	4:25-5:25pm	W	\$175

Junior Jumpers with Kangaroo Kids

This beginning jump rope class is all about fun and fitness. Learn basic single rope, Double Dutch and long rope skills. Jump rope fee is \$7 for first-time participants due at first class. Returning jumpers should bring their beaded jump ropes.

6-14 yrs Classes: 12

RP6361.601	Meadowbrook Ath Comp	Jan 9	4:25-5:25pm	Tu	\$175
RP6361.602	Meadowbrook Ath Comp	Jan 9	5:30-6:30pm	Tu	\$175
RP6361.603	Meadowbrook Ath Comp	Jan 10	4:25-5:25pm	W	\$175
RP6361.604	Meadowbrook Ath Comp	Jan 10	5:30-6:30pm	W	\$175

Preparation to Perform with Kangaroo Kids

Jumpers with a desire to perform at public events, build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Returning jump ropers should bring their beaded jump ropes. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval.

8-16 yrs Classes: 12

RP6364.601	Meadowbrook Ath Comp	Jan 9	4:25-5:25pm	Tu	\$175
RP6364.602	Meadowbrook Ath Comp	Jan 10	5:30-6:30pm	W	\$175



Concussion & Sudden Cardiac Arrest Information

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiaccrrest. Review of this information is required by law before you are allowed to register for youth sports programs.

Financial Assistance

Limited financial assistance available for Howard County residents that qualify. Information: 410-313-7275.

Refund Policy

www.howardcountymd.gov/Programs/Sports-Leagues

Information: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov

Registration: 410-313-7275, (voice/relay), www.howardcountymd.gov/rap or 7120 Oakland Mills Road, Columbia, MD 21046



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