

FALL 2018

JUMP INTO FALL

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!

Junior Jumpers with Kangaroo Kids **flickr**

This beginning jump rope class is all about fun and fitness. Jumpers learn basic single rope, Double Dutch and long rope skills. Jump rope fee: \$9 for first-time participants due at first class. Returning jumpers should bring their beaded jump ropes. (No class 11/21.)

6-14 yrs Classes: 12

RP6361.101	Meadowbrook Ath Comp	Sep 11	4:25-5:25pm	Tu	\$175
RP6361.102	Meadowbrook Ath Comp	Sep 11	5:30-6:30pm	Tu	\$175
RP6361.103	Meadowbrook Ath Comp	Sep 12	4:25-5:25pm	W	\$175
RP6361.104	Meadowbrook Ath Comp	Sep 12	5:30-6:30pm	W	\$175

Intermediate Jumpers with Kangaroo Kids

Jumpers build on basic single and long rope skills and are introduced to precision group routines. Prerequisite: Minimum of two sessions of Junior Jumpers and/or coach's approval. (No class 11/21.)

6-14 yrs Classes: 12

RP6363.101	Meadowbrook Ath Comp	Sep 11	4:25-5:25pm	Tu	\$175
RP6363.102	Meadowbrook Ath Comp	Sep 11	5:30-6:30pm	Tu	\$175
RP6363.103	Meadowbrook Ath Comp	Sep 12	4:25-5:25pm	W	\$175



Preparation to Perform

Jumpers with a desire to ultimately perform at public events can build their single and long rope skills, learn precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum of two sessions of Intermediate Jumpers and/or coach's approval. (No class 11/21.)

6-14 yrs Classes: 12

RP6364.101	Meadowbrook Ath Comp	Sep 11	4:25-5:25pm	Tu	\$175
RP6364.102	Meadowbrook Ath Comp	Sep 11	5:30-6:30pm	Tu	\$175

Concussion & Sudden Cardiac Arrest Information

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiacarrest. 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



Howard County
RECREATION & PARKS



HoCoParks
APP

