



Jump Rope and Docker with Coach D and Coach Brown

Come in before school and finish off the week with a workout Friday morning. We will focus on learning a variety of single and double jump rope tricks. We will demonstrate our jump roping skills at the 2017 Gala. We will mix in a fun game of Docker to add variety to our routine. Limited to 16 students

WINTER/SPRING 2017:

Grade: 2nd through 5th, Friday – 7:30 – 8:30am in the Gym
Starts Jan. 13 and ends May 19.

Cost \$140, talk to us if you need financial consideration!

Return to Coach Brown or Coach D. – Jump Rope / Docker

Student Name: _____

Parent Signature: _____

Contact Phone: _____

Date: _____