Improve coordination, endurance, rhythm, and creativity through learning to jump rope! Students will progress through multiple levels of single rope skills, long rope, and double dutch. All skill levels are welcome and students will progress at their own pace.

Kaysville Recreation Center
85 N 100 E, Kaysville
Tuesdays & Thursdays in June
11:00 AM or 12:00 PM

Cost: $55 for 8, 1-Hour Classes
Jump Rope & T-Shirt Included!
Ages 8* through Adult
(*Must be 8 before Sep 1, 2019)

Registration Begins May 1st!

Click Here or Scan to register!

Questions?
Contact Rachel Field
801-923-4439
upliftjumprope@gmail.com