



# Summer Jump Rope Program

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!**

<https://bit.ly/2uYXVKL>

## Questions?

Contact Rachel Field  
801-923-4439  
[upliftjumprope@gmail.com](mailto:upliftjumprope@gmail.com)