Improve coordination, endurance, rhythm, and creativity through learning to jump rope! Students will progress through multiple levels of single rope skills, double dutch, and Chinese Wheel. All skill levels are welcome! Advanced students will have the option to join a performance or competitive team.

Kaysville Recreation Center
85 N 100 E, Kaysville
Tuesdays 4:00-4:45 PM
September through May

Cost: $30 per month
$15 registration fee
Jump Rope Included!
Ages 2nd Grade through Adult

Registration is Now OPEN!

Click Here
or Scan to register!

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

Find us on Facebook and Instagram @upliftjumprope