

Jump N Fun Class Description

*Jump N' Long Rope For 4's! (4yr olds only) *45min session* This new

program is especially designed for our youngest jumpers! Long ropes are used to teach kids the basics of double and single bounce jumping, both of which develop timing, rhythm and beat synchronization. Your 4 yr olds will go totally bonkers in the class!

*Jump N Fun (5@6 yr) *45min session* This program introduces the basics

of single rope skills emphasizing proper turning and jumping. Classes are fun-filled with lots of laughter, energizing music and Jump Rope games that motivate and excite our jumpers! The kids get the best exercise ever! Just stand outside our studio and see for yourself! Your children will leave with super confidence and gleaming smiles!

Single Rope Freestyle Basic (7-12yr) Children learn the basics of jump rope

freestyle tricks in a fun-filled environment taught by our specially trained instructors. Our classes are zany, crazy-fun and electrified! Hence the name Jump N Fun! Your kids will learn the proper techniques of jump rope tricks and skills. It's intense exercise! But don't tell your kids that! To them it's just a whole lot of fun!

Speed N Freestyle Intermediate(8-12yr) This class is for children who

have successfully completed the Single Rope Freestyle Basics Class. We build on the previous jump rope skills learned while progressing to more intricate tricks. The emphasis is on creative freestyle routines while having fun! When the kids master a new move they love to yell, "Look at me! Look at Me! I got it! Toward the end of the semester the kids demonstrate their newly learned freestyle jumps to synchronized music.

Jump Rope Freestyle Intermediate/Advanced (8-16yr) This

class is for our experienced jumpers who have completed the intermediate classes successfully. Kids are taught advanced Single rope freestyle techniques. As they master the moves, the jumpers put these skills together into a smooth, seamless sequence. This is called a freestyle routine. The best in the class are chosen to perform their freestyle routines at special events and shows.

Jump Rope Athletics (12-17yr)

This program is for older kids who would

like to improve their athletic performance in sports or who just want a super challenging workout. The emphasis is on aerobic conditioning using speed drills along with forward and lateral moves with the Jump Rope. Everyone works out to high energy music with plenty of positive enthusiasm.

Double Dutch N' Long Rope Tricks!(8-16yr) Level 1 Our

Specially trained staff will teach your kids the techniques of turning, jumping and exiting long ropes, single ropes and Double Dutch ropes. The kids will have a blast as they master the various skills. Progression skills include the newest and hottest Double Dutch N Long Rope tricks from around the world.

Double Dutch N' Long Rope Tricks(8-16yr)-Level 2 This

is the class where our students learn the "WOW" tricks! Designed for those who have successfully

completed the Double Dutch Basics program, tricks such as push-ups, hand stands, cartwheels, rope exchange are taught! The best in the class are chosen to perform at shows and special events!