



# Jammin' Jumpers

2009 – 2010

## Jump Rope Workshops & Gymnastics

Jump Rope at a whole new level.

Develop speed, endurance, skill training, and teamwork with a Jump Rope session.

### Jump Sessions

Monday OR Wednesdays

**Session 1 – 6 classes**

Week of October 5, 12, & 26

Week of November 2, 9, & 16

**Session 2 – 6 classes**

Week of Nov. 23, 30 Dec. 7 & 14

Week of January 4 & 11

**Session 3 – 6 classes**

Week of Feb. 1, 8, & 22

Week of March 1, 15, & 22

**Session 4 – 6 classes**

Week of April 12, 19, & 26

Week of May 3, 10 & 17

Learn: Single, Pairs, Wheel & Double Dutch Skills

**Mondays @ WRC 6 – 7 PM**

**Wednesdays @ NMS 6 – 7 PM**

**COST**

\$50 for each Session – 6 classes

\$100 for Monday & Wednesday

12 classes for each session.

### Performance

#### Team

Fall	Spring	Summer
Sep-Dec	Jan-April	May-Aug

Choose a season!

**Thursdays ONLY**

**5 – 6 PM**

Norton Middle School

**\$100 per Season**

### Gymnastics

**Session 2**

October 29,

November 5, 12, & 19

December 3 & 10

**Session 3**

January 7, 14, 21, & 28

February 4 & 18

**Session 4**

March 1, 18, & 25

April 15, 22, & 29

**\$50 for each Session**

**OR \$10 per class**

**Team Discount \$40 per session.**

## Jammin' Jumpers Registration Form

Name \_\_\_\_\_

Parent/Guardian Names \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Checks payable to Jammin' Jumpers Jump Rope Team

Session Sign up (Check session)

**Jump Sessions (Check sessions & days)**

Mondays – Wadsworth Recreation Center

Wednesdays – Norton Middle School

\_\_\_\_\_ Session 1                      \_\_\_\_\_ Session 3

\_\_\_\_\_ Session 2                      \_\_\_\_\_ Session 4

\_\_\_\_\_ Mondays \$50 each session

\_\_\_\_\_ Mondays & Wednesdays \$100 each session

**Gymnastics Sessions (Check each session)**

Thursdays – Norton Middle School 6 – 7 PM

**\$50 each session (Team Discount \$40)**

\_\_\_\_\_ Session 1\*                      \_\_\_\_\_ Session 3

\_\_\_\_\_ Session 2\*                      \_\_\_\_\_ Session 4

Competition Team Required Session 1 & 2

**Performance Team (\$100 per season)**

\_\_\_\_\_ Fall                      \_\_\_\_\_ Spring                      \_\_\_\_\_ Summer

Any physical or medical ailments? (Please explain)

### Parent/Guardian Release Form

I, \_\_\_\_\_, understand that by having my child, \_\_\_\_\_ participating in the Jammin Jumpers programs, the use of equipment and facilities shall be undertaken at my own risk. I hereby release and discharge the Jammin' Jumpers Jump Rope Team coaching staff of and from all claims, demands, cause if action, cost, liabilities and damages incurred or sustained by the child, including bodily injuries, while participating in the Jammin' Jumpers Jump Rope Team programs.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Return registration form and fee to: Jammin' Jumpers !

941 Longbrook Drive, Wadsworth, OH 44281 OR call 330-612-3849

Checks payable to Jammin' Jumpers Jump Rope Team

Boys & Girls ages 7 – 18 are welcome to attend.

Visit [www.jamminjumpers.org](http://www.jamminjumpers.org)