

*Come Learn Single Rope and Double Dutch Freestyle Skills*

# Jump Rope Workshop!

*No jumping experience required!*



**Conducted By: Extreme Air of New Hampshire**

*New Hampshire's only Nationally Competitive Jump Rope Team with USA Jump Rope certified judges, speed and freestyle coaches, and nationally competitive members of Extreme Air.*

**DATE: Friday, February 16th**

**TIME: 5-7pm** (Check In/Registration @ 4:30 p.m.)

**PLACE: Kittery Community Center Gym**

**COST: FREE!!**

**Free  
Family  
Fun!**

The workshop is open to jumpers (both boys and girls) ages 7 & up. No experience required. Jumpers must be willing to learn and have fun!

**Jumpers:**

- Wear comfortable clothing & athletic shoes; bring water bottle.
- Please tie hair back and remove all jewelry
- A parent or legal guardian **must** complete and sign a registration form in order to participate.

*\*\*Jump ropes and light snacks will be available for purchase.*

Registration forms available at KCC and on the back of this flyer. Additional information available at [www.ExtremeAirNH.org](http://www.ExtremeAirNH.org).

**LIKE US ON FACEBOOK!**

*Extreme Air of New Hampshire is a nonprofit (501(c)(3)) organization dedicated to promoting the sport of jump rope by training amateur athletes for national competition and by educating the public about the benefits of jump rope as a fun, physically challenging and rewarding activity for individuals of all ages and abilities.*