



## RECREATIONAL JUMP ROPE PROGRAM

### PUCE SPORTS & LEISURE CENTRE

962 County Road 22, Puce Ontario

#### YOUTH PROGRAM

(Ages 7 – 13)



TUESDAYS 6:15 – 7:45 PM

STARTS: MAY 11, 2010 (8 week session)

COST: \$85.00

Participants will....

- Receive a FREE rope upon first time registration.
- Learn skipping tricks with single ropes and in double dutch ropes.
- Have fun with long ropes and other exciting jump rope activities!
- Put on a show for family and friends at the end of the program (Date TBD).
- Become a recreational member of the Canadian Rope Skipping Federation & the Ontario Rope Skipping Organization.

#### BIG & LITTLE PROGRAM

Adult & Child integrated program (ages 7+)



WEDNESDAYS 6:15 – 7:45 PM

STARTS: MAY 12, 2010 (8 week session)

COST: \$110.00 (per Big/Little pair)

This is a fun program for adults and youth to enjoy together!!

Learn fun jump rope activities in pairs and groups!  
~Register together as Adult/Child pair~

Includes:

- A FREE rope upon first time registration.
- Learning basic skills with single ropes, long ropes and double dutch ropes.
- A recreational membership in the Canadian Rope Skipping Federation & the Ontario Rope Skipping Organization.

#### PROGRAMS COACHED BY MEGAN QUICK

- 17 years of coaching experience • 9 years of experience as a competitive athlete • Former coach/athlete of Leamington Locomotion, Sun County Skippers and Kingsville Jumping Jacks competitive jump rope teams •

**FOR MORE INFORMATION OR TO REGISTER CONTACT:**

PHONE: MEGAN @ 519-566-7560 EMAIL: [MEG\\_SKIPP@YAHOO.CA](mailto:MEG_SKIPP@YAHOO.CA)

**REGISTRATION WILL BE ON A FIRST COME, FIRST SERVED BASIS. REGISTRATION WILL BE LIMITED TO FACILITATE BEST POSSIBLE LEARNING ENVIRONMENT**