



# JUMP ROPE CLASSES

## February 2010 Session



*Taught by Foothill Force Jump Rope Team.*

**For:** All boys and girls in 2<sup>nd</sup> through 12<sup>th</sup> grade & adults of any age to learn single rope and double dutch jump rope skills

**Dates:** February 3, 10, 17, 24 (Wednesdays)

**Time:** 5:30-6:30p.m.

**Location:** FIS Gym, 4490 Cornishon Avenue, La Cañada Flintridge

**Cost:** \$40

### IMPORTANT! ALSO REQUIRED:

For insurance purposes all participants **must** be members of the Amateur Athletic Union (AAU).

- Go to [www.aausports.org](http://www.aausports.org) and join as a youth or adult athlete with "Added Benefit" for a \$14 fee.
- Print out a copy of your AAU Membership Card from the website and bring it to the 1<sup>st</sup> day of class or email it to Foothill Force Jump Rope Team at [kweninger@earthlink.net](mailto:kweninger@earthlink.net)
- No participation without AAU Membership Card

Please mail your registration form with payment (check made out to "FFJRT") to:

**FFJRT Jump Rope Class  
P.O. Box 1483  
La Cañada, CA 91012-1483  
Pre-registration due by Feb. 1**

For more info, see our website  
[www.foothillforce.org](http://www.foothillforce.org)  
or contact Kathy Weningen at  
[kweninger@earthlink.net](mailto:kweninger@earthlink.net)  
or (818) 790-8442

- - separate here and return bottom portion with payment on or before **February 1** - -

### FEBRUARY 2010 JUMP ROPE CLASSES – REGISTRATION FORM

Note: if your child is already enrolled in class this month and the info has not changed, just fill in their Name			
Jumper's Name:			
Jumper's Age:		Jumper's Birth Date:	
(If Jumper < 18 yrs old) Parent's Name:			
Phone Number (where you can be reached when child is in class):			
Home Address:			
E-mail Address:			

Remember to enclose your payment - check made out to "FFJRT"