

FALL 2011 / SPRING 2012

MONDAYS

5:00-6:00PM Long Rope N' Double Dutch Basics (5-6yr)

6:00-7:00PM Single Rope N' Double Dutch Basics (7-11yr)

7:00- 8:00PM - ROCK IT ROPERS TEAM TRAINING- (SINGLE ROPE SPEED ONLY)

TUESDAYS

6:00- 7:00PM Single Rope N' Double Dutch Basics (7-11yr)

7:00- 8:00PM- ROCK IT ROPERS TEAM TRAINING- (DOUBLE DUTCH SPEED ONLY)

WEDNESDAYS

5:00 -6:00PM Long Rope N' Double Dutch Basics (5-6yr)

6:00- 7:00PM Single Rope Tricks- Basics (7- 11yr)

7:00- 8:00PM- ROCK IT ROPERS TEAM TRAINING (SINGLE ROPE SPEED ONLY)

THURSDAYS

6:00- 7:00PM Single Rope N' Double Dutch Basics (13-17yr)

7:00- 8:00PM- ROCK IT ROPERS TEAM TRAINING (DOUBLE DUTCH SPEED ONLY)

SATURDAYS

11:00AM- 12:00PM Single Rope N' Double Dutch Basics (7- 11yr)

12:00- 1:00PM Single Rope Fitness N' Double Dutch! (12- 17yr)

SUNDAYS

10:00- 11:00AM Single N' Long Rope Fun! (5-6yr)

11:00AM- 12:00PM ROCK IT ROPERS TEAM TRAINING (SINGLE ROPE FREESTYLE)