


## 2010-11 Jump Rope Class Description

**Long Rope N' Double Dutch!** Basics - (4-6yr) This new program is especially designed for our youngest jumpers! Long ropes are used to teach kids the basics of double and single bounce jumping, which develop timing, rhythm and beat synchronization. This is a great class to prepare our youngest jumpers for single rope basics!

**Single Rope N' Double Dutch!** Basics - (7-9yr) This program introduces the basics of single rope and double dutch skills emphasizing proper turning and jumping. Classes are super fun and fast paced! Kids get the best exercise ever! Just stand outside our studio and see for yourself! Your children will leave with super confidence and gleaming smiles!

**Single Rope Tricks!** Basics--(7-12yr) Children learn the basics of jump rope freestyle tricks in a fun-filled environment taught by our specially trained instructors. Your kids will learn the proper techniques of jump rope tricks and skills. It's intense exercise! But don't tell your kids that! To them it's just a whole lot of fun!

**Single Rope Speed N' Tricks!** Basics/Intermediate (8-16yr)  This class is designed for kids who participate in sports, members of our Rock It Ropers Jump Rope Team and/or those preparing for the USA JUMP ROPE Regional and National Competitions. The emphasis is on increasing stamina, endurance and improving quick muscle movements, speed and coordination using special speed ropes! Freestyle routines incorporating some gymnastics skills are properly taught in a progressive manner.

**Single Rope Tricks N' Double Dutch!** Basics/Intermediate (8-16yr) Kids are taught intermediate single rope and double dutch freestyle tricks and techniques. The best jumpers in the class are chosen to perform their freestyle routines at Special Events and Shows!

**Single Rope N' Double Dutch Speed Training!** (8yr- Adults) This program is for kids and adults who want a challenging but fun workout! The class is designed to improve Athletic performance, Fitness and Aerobic conditioning! Speed drill techniques along with Core exercises are incorporated in the Single rope and Double Dutch workout! Intense and Challenging, But A lot of Fun!

**Double Dutch N' Long Rope Tricks!** Basics (8-16yr) Your kids will learn some of the coolest Long Rope and Double Dutch tricks such as Rope Exchange, Egg Beater, Rainbow, Rope-in-Rope and much more!