

Spring 2010– Woodmere Class Schedule until **April 24th**

MONDAY:

- 4:45PM** Jump N Fun- **Single rope/ Double Dutch (5-6yr)**
- 5:30PM Single Rope Freestyle - Basic (9-12yr)
- 6:30PM **Rock It Ropers Jump Rope Team Training- Group 1**
- 7:30PM **Double Dutch N Long Rope Tricks(Level 2)- Interm (9-13yr)**

TUESDAY:

- 5:30PM Speed N Freestyle- Basic (7-10yr)
- 6:30PM **Rock It Ropers Jump Rope Training - Group 2**
- 7:30PM Jump Rope Freestyle/ Speed Training- Advanced Class (8- 15yr)

WEDNESDAY:

- 4:45PM** Jump N Fun- **Single rope/Double Dutch (5-6yr)**
- 5:30PM Double Dutch N Fun -Basics (7-12yr)
- 6:30PM **Single Rope Freestyle- Basic (8-11yr)**
- 7:30PM Single Rope Speed N Freestyle - Basic (11- 15yr)

THURSDAY:

- 5:30PM Single Rope Basics- (7-11yr)
- 6:30PM Single Rope Freestyle Routine - Basics (8- 12yr)
- 7:30PM Jump Rope Athletics (12- 17yr)

FRIDAY:

- 1:00PM **New!** Cardio Jump Rope N' Fun! (13-16yr olds ONLY)
- 1:45PM **Double Dutch N Fun - Basic (8-11yr)**
- 2:45PM** Jump N Fun! **Single rope/ Double Dutch (5-6yr)**

SATURDAY:

- 10:30AM **Single Rope Basics N Fun! (7-9yr)**

SUNDAY:

- 10:00AM **Jump N Fun Basics N' Fun! (5-7yr)**