



8 WEEK SUMMER TIME JUMP ROPE N' DOUBLE DUTCH FUN!

Lucie B's Jump N Fun, located in Baldwin, Long Island, is the first and only Jump Rope Gym for Kids in New York. Lucie Buissereth and Dion Tulloch, creators of **Lucie B's Jump N Fun**, are USA JUMP ROPE NATIONAL AND REGIONAL CHAMPIONS. They have designed a program emphasizing the progressive mastery of specific jump rope skills that will burn mega calories, increase stamina and improve hand-eye-foot coordination and strength. As a result, the specialized jump rope program has developed hundreds of *fit, fabulous and healthy* kids since it opened in March 2008. Now, the Jump N Fun program will be available to your children at **Studio C Squared in Great Neck**. Your children are invited to come and experience the hottest and fastest growing sport in the country and around the world!

Maybe your children would like to join the **"Rock-It Ropers"**, New York's first single rope speed team. Coached by Lucie B and Dion T, the members of the team are getting into *phenomenal shape* as they prepare for the upcoming USA JUMP Rope Regional Competition in March 2010. This year, the Rock-It-Ropers team demolished the competition at the region 10 USA Jump rope tournament in New Hampshire. More than half of our team's members qualified for the **USA JUMP ROPE NATIONALS** in Galveston, Texas where the best in the country compete. Do you have what it takes to ROCK the ROPE?

Sundays 10-11AM (1hr session)

8 WEEK SESSION= \$200(\$25/CLASS)

7/11, 18, 25 8/1, 8, 15, 22 AND 29(LAST CLASS)

Children learn the basics of jump rope in a fun- filled environment taught by Lucie B and/or Dion T and our specially trained instructors. Your kids will learn the proper techniques of jump roping with energized music and tons of positive motivation. 30mins of basics Freestyle Cardio Jump Rope , followed by 30 mins of Double Dutch N Fun'!! Learning the tricks is the coolest thing ever and kids have a ball!!! Don't be fooled-- It's intense exercise! We call it *Crazy Jump Rope Cardio!* But don't tell your kids that! To them it's just a whole lot of fun! **ROPES ARE PROVIDED; PLEASE BRING WATER; WEAR PROPER TRAINING SNEAKERS AND WORKOUT ATTIRE!**

WWW.LUCIEB JUMP N FUN.COM

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