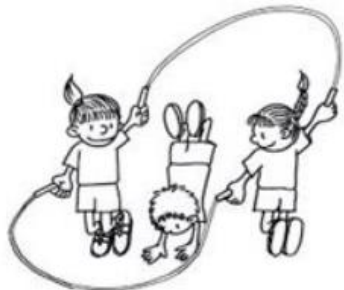


***Come Learn Single Rope and Double Dutch Freestyle Skills***

# **Jump Rope Workshop!**

*No jumping experience required!*



**EXTREME AIR**  
COMPETITIVE JUMP ROPE TEAM



**Conducted By:**

**Extreme Air of New Hampshire**

*Nationally Competitive Jump Rope Team with USA Jump Rope certified judges, speed and freestyle coaches, and nationally competitive members of Extreme Air.*

**This workshop is open to jumpers (both boys and girls) ages 7 & up.  
No experience required. Jumpers must be willing to learn and have fun!**

**Jumpers:**

- Wear comfortable clothing & athletic shoes; bring water bottle.
- Please tie hair back and remove all jewelry
- A parent or legal guardian **must** complete and sign a registration form in order to participate. Register at the door or online at link below.

**\*\*\*\* Jump ropes and light snacks will be available for purchase \*\*\*\***

DATE: **Saturday, November 3<sup>rd</sup>**  
CHECK IN / REGISTRATION: **8:30 am**  
EVENT TIME: **9:00 am – 11:30 am**  
LOCATION: **Kittery Community Center Gym**  
**120 ROGERS ROAD, KITTERY, ME**  
COST: **\$20 per jumper**

**SPECIAL OFFER: *FREE for Kittery Residents (with license)!!***

Additional information and online registration available at <https://www.familyid.com/organizations/extreme-air-of-nh>.

**LIKE US ON FACEBOOK!**

*Extreme Air of New Hampshire is a nonprofit (501(c)(3)) organization dedicated to promoting the sport of jump rope by training amateur athletes for national competition and by educating the public about the benefits of jump rope as a fun, physically challenging and rewarding activity for individuals of all ages and abilities.*