

Baltimore County Department of Recreation and Parks & the White Marsh Recreation Council are sponsoring



# JUST JUMP! Jump Rope Camp



Register now for an energetic, instructional, and motivational jump rope camp! Campers will learn individual rope tricks, partner stunts, long rope techniques, and group choreography. In addition to jump rope skills and techniques, this camp will reinforce cardiovascular endurance and fitness levels in all participants.

Instructors: Mrs. Jessica Buckner; PE teacher @ Vincent Farm, Certified Personal Trainer

Mr. Chris Ramer; Men/Women's Golf Coach @ Stevenson University, retired PE teacher

**CAMP DATES:** June 17<sup>th</sup>-June 21<sup>st</sup> 2019

**LOCATION:** Vincent Farm Elementary School Gymnasium

**TIME:** 9:00 a.m.-12:00 p.m.; lunch NOT provided

**\*\*Please bring a water bottle\*\***

**AGE:** 7-15 years old; co-ed

**COST:** \$90/person

Questions: please contact the camp director Ms. Jessica Buckner at [jbuckner@bcps.org](mailto:jbuckner@bcps.org) or the Co-director Mr. Chris Ramer at [cramer@stevenson.edu](mailto:cramer@stevenson.edu). T-shirts will be given to all participants at the end of the week!

For more information- please call the rec office at 410-887-5187 weekdays 10:00 a.m.-3:00 p.m.

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## JUST JUMP! Jump Rope Camp

Name of participant: \_\_\_\_\_

T-shirt size: (please specify youth or adult size; i.e. YL) \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact phone number and email: \_\_\_\_\_

Form of payment enclosed (checks payable to White Marsh Rec Council): \_\_\_\_\_

Return this **ENTIRE** form to: White Marsh Rec Council 9033 Honeygo Boulevard, Perry Hall, Maryland 21128