



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 29th-July 3rd 2020

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 or the Co-director Mr. Chris Ramer at 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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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

ATTN: Jump Rope Camp

9033 Honeygo Boulevard

Perry Hall, MD 21128