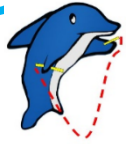


Navy ES



Jump Rope CLUB

For Boys and Girls in Grades 3-6

After School Tuesday 3:40-4:40 in the gym

PTO sponsored program

cost: 8 weeks for \$90, includes PTO fees

Register here: navypto.org/programs/asa/

Sessions will be led by Mrs. LoCastro, Itinerant adapted PE teacher at Navy,
and run from March 24- May 19 (no class April 7th spring break)



Beginner and Experienced Students will:

- Make their own single jump rope
- Create jump rope rhymes and routines with partners
- Learn basic and advanced jumping skills while using:
Long ropes, Short ropes, jump bands and jumping poles
- Relate fitness concepts and benefits of rope jumping.
- Have fun and meet new friends

*If you are on free or reduced lunch and would like assistance with your After-School Activities registration fees please contact:
NavyCares123@gmail.com

