

# PROGRAMS

<div><b>BEGINNER</b></div> <div><b>Recreational / Fitness</b></div>	<b>Recreational/Fitness</b>	<b>Performer</b>	<b>Competitor</b>	<b>Adult Fitness</b> <b>(Not At This Time)</b>
(required novice classes - any age)	(optional classes - any age)	(REQUIRED classes - any age)	(REQUIRED classes- any age)	<del>(optional classes—14+)</del>
<b>CLASSES</b>				
<b>Introduction to Jump Rope</b> <ul style="list-style-type: none"><li><b>Monday, 6:30 pm to 8:30 pm</b></li></ul> (includes Single Rope, Long Rope and Double Dutch Training)	<b>Speed-Strength-Stamina-Power</b> <ul style="list-style-type: none"><li><b>Monday, 6:30 pm to 8:30 pm</b></li></ul> (Single Rope and Double Dutch)		<b>Speed-Strength-Stamina-Power</b> <ul style="list-style-type: none"><li><b>Monday, 6:30 pm to 8:30 pm</b></li></ul> (Single Rope and Double Dutch)	
<b>Jump Rope Basic Skills I</b> <ul style="list-style-type: none"><li><b>Wednesday, 6:30 pm to 8:30 pm</b></li></ul> (includes Single Rope, Long Rope, Chinese Wheel and Double Dutch Training)	<b>Single Rope FreeStyling</b> <ul style="list-style-type: none"><li><b>Wednesday, 6:30 pm to 8:30 pm</b></li></ul> (Single Rope only)	<b>Single Rope FreeStyling</b> <ul style="list-style-type: none"><li><b>Wednesday, 6:30 pm to 8:30 pm</b></li></ul> (Single Rope only)	<b>Single Rope FreeStyling</b> <ul style="list-style-type: none"><li><b>Wednesday, 6:30 pm to 8:30 pm</b></li></ul> (Single Rope only)	
<b>Jump Rope Basic Skills II</b> <ul style="list-style-type: none"><li><b>Saturday, 2 pm to 4 pm</b></li></ul> (includes Single Rope, Long Rope, Chinese Wheel and Double Dutch Training)	<b>Double Dutch FreeStyling</b> <ul style="list-style-type: none"><li><b>Saturday, 2 pm to 4 pm</b></li></ul> (Double Dutch only)	<b>Double Dutch FreeStyling</b> <ul style="list-style-type: none"><li><b>Saturday, 2 pm to 4 pm</b></li></ul> (Double Dutch only)	<b>Double Dutch FreeStyling</b> <ul style="list-style-type: none"><li><b>Saturday, 2 pm to 4 pm</b></li></ul> (Double Dutch only)	<b>JumpRopeFit</b> <ul style="list-style-type: none"><li><del>Saturday</del></li></ul>
		<b>Theatrical Presentation &amp; Production</b> (Creative & Stylized Movement) <ul style="list-style-type: none"><li><b>Saturday, 4 pm to 6 pm</b></li></ul> (performance-based training)	<b>Theatrical Presentation &amp; Production</b> (Creative & Stylized Movement) <ul style="list-style-type: none"><li><b>Saturday, 4 pm to 6 pm</b></li></ul> (performance-based training)	
			<b>Competitive Training</b> <ul style="list-style-type: none"><li><b>Sunday, 4 pm to 7 pm</b></li></ul>	<del>JOG and JUMP</del> <ul style="list-style-type: none"><li><del>Sunday</del></li></ul>

