

# Stars & Stripes Jammin' Jump Rope Camp Spotlight



July 30-Aug. 3, 2012 8:30-12:00pm

Day \$25 Week \$99

*Becoming the newest craze in cardio sports, Jammin' Jump Rope camp keeps your child moving and active for the entire afternoon. Crisscross, backwards, traveling, partner jumping: there are so many different styles of jump roping, all taught and practiced at camp. Double Dutch will be taught and practiced everyday. For down time, the campers will have fun playing games and bonding as a group. Jammin' Jump Rope Camp is designed to be great for the active, high-energy child. Bring a bathing suit and towel for water activities on Friday.*

**Monday: Single Jump Rope Tricks** Using a single jump rope, campers will explore many different ways of jumping rope. They will first learn how to size the rope in order to fit them individually. Campers will practice basic jump roping skills and learn new unique skills as well. To end the day campers will cheer on their fellow jump ropers as we play a new jump roping game.

**Tuesday: Traveling** We will begin with a quick review all of the skills and tricks we learned on Monday. Then campers will add traveling to the list. Campers will practice jump roping with traveling from one point to another. This is a tricky skill that will challenge even the best jump ropers. We will practice traveling using our many skills while going in all different directions.

**Wednesday: Partner Jump Roping** Campers will get to partner up and practice everything they have learned so far while connected to another camper. Each camper will hold one handle of the rope and together they will try to re-master each of the skills as a duo. This is sure to challenge everyone in a fun and exciting way. We will also jump rope as a whole group while singing the jump rope song, "Ice Cream Soda."

**Thursday: Routines** Today we will be pairing up to create the greatest jump roping routines around. Campers will use the skills they have learned throughout the week. They can also incorporate dance moves and music into their routine to jazz it up a little bit. The sky is the limit. Let the creativity begin!

**Friday: Jump Rope Performance** It is going to be a fun filled day as the campers perform their jump rope routines for each other. Before they go on, they will be given a surprise object that they must incorporate into their routine. Campers will watch their fellow jump ropers as they show off their skills and masterpieces. We will end the day celebrating a job well done while cooling off with water activities and fun in the sun.



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