



Jump Rope Club

Come "Jump Start" your day!

What is the Jump Rope Club? A drop-in jump rope every Tuesday and Thursday for ANY student!

* (JRFFC will always be cancelled should we have a delay or NO school)

When: Starting Tuesday, December 6, 2011 ~ 7:45-8am

Where: Holland Hill Gym

What to bring: Sneakers, and waiver/code of conduct form
(See attached, All participants must have this formed signed before participating. Please complete and return to school in an envelope marked "JRFFC" before Dec. 6th please!)



No experience required, just come and join in the FUN!!!!

Parent volunteers are welcome. If you can help, let us know what is good for you:

Name: _____ phone/email: _____

I can help on the following dates: _____
Please return in an enveloped marked "JRFFC Volunteers" by Dec. 5!

Any questions: Please contact Tracie Haner-Valentino at Tracie@traciedesigns.net or Cyndi Palaia, cpalaia@sbcglobal.net.

Proudly sponsored by HH Wellness Committee/ PTA