

# Mark Twain PTSA After School Jump Rope on Wednesdays!

**WHERE:** Mark Twain Cafeteria

**WHEN:** Wednesdays, January 4, 11, 18, and 25, 2012

**TIME:** 1:30-3:00pm

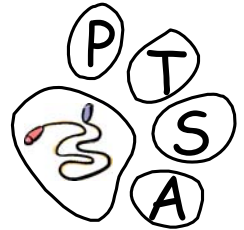
**COST:** \$45 for 4- week session-includes jump rope to take home!

Members of the World Champion jump rope performance team, HOT DOG USA, will be providing an ongoing program of fun, exercise, and jump rope techniques. The team holds National, World, and Junior Olympic championships and has experience with students of all ages and abilities. Take advantage of this wonderful PTSA sponsored opportunity and have your child learn exciting new skills from highly qualified instructors, while participating in fun physical fitness in a positive environment. Jump ropes are provided, sized to each student, and taken home at the end of the session.

Participants should:

- Bring an after school snack & water bottle w/name on it.
- Wear comfortable clothes and jumping shoes.

**Please note:** For safety purposes, one PTSA Parent is required to stay during each class. If you are able to volunteer, please indicate so on the form. If we do not have enough volunteers, we will be forced to cancel the jump rope sessions and your payment will be refunded.



Have your student submit the completed form and payment to the school office.

For questions, contact:

Tara Hempstead / [tarahempstead@yahoo.com](mailto:tarahempstead@yahoo.com) or 425-985-4247

Submit bottom portion with payment attached.

## **MARK TWAIN PTSA AFTER SCHOOL JUMP ROPE PROGRAM**

Please make checks payable to: **Mark Twain PTSA\***.

Payment:  \$45 for 4-week session, includes jump rope

Photos:  OK to photo for school purposes (first names only)  Not OK to photo

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

I will stay during one session. I am a PTSA member & LWSD approved volunteer.

Space is limited to 25 and it is first come, first serve - so hurry! By signing, you agree to hold harmless Mark Twain PTSA and Hot Dog USA.

\* Checks returned NSF subject to \$20.00 fee.