

JUMP LOCO~HOOP THERE IT IS

Ms. Albertson & Mrs. Gillette



Did you know that jumping rope and hula hooping is great for your health? It can improve nerve & muscle coordination and help keep your heart healthy. Jumping and hooping also help develop gross motor skills, balance, body awareness, and rhythm.

Who: K-8

When: March 10th- May 5th

Tuesdays 3:15-4:15

Cost: \$60.00 for 8 weeks

Please make checks payable to Jaye Albertson