

# STRONGSVILLE JUMP ROPE CLUB

**FOR STRONGSVILLE RESIDENTS!**

## **WHEN:**

**FRIDAYS** starting Dec, 2021 thru May, 2022  
**5pm – 6:30pm**

## **WHERE:**

**Strongsville Early Learning Preschool  
(SERP Building)  
19543 Lunn Rd, Strongsville, OH 44149**



**FEATURING:** Instruction by jumpers from the  
**Heartbeats Jump Rope Team!**

Participant Name (please print) \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

School attends: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: M F

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

City/Zip: \_\_\_\_\_ DOB: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ Alt Phone # \_\_\_\_\_

Parent Email: \_\_\_\_\_

Emergency Contact name & phone: \_\_\_\_\_

COST: \_\_\_\_\_ CASH or CHECK Check# \_\_\_\_\_ (If applicable)

I agree to abide by all rules and waive all claims against Strongsville City Schools and the Heartbeats Jump Rope Team. I agree that my child's photo may be used in future Strongsville School District or Heartbeats Jump Rope Team publicity.

Parent/Guardian signature: \_\_\_\_\_

Please PRINT name: \_\_\_\_\_

**\*THINGS TO BRING: Bring rope, water bottle, & mask**

**AGES 8 AND UP**



**\$60 PER 4-WEEK  
SESSION**

**SESSION #1 starts  
Dec 3, 10, 17 & Jan 7**

**\*JUMPERS MUST  
PRE-REGISTER**

This Jump Rope Club is exclusive for STRONGSVILLE RESIDENTS to help learn skills and have an opportunity for fun physical activity – all taught by the Heartbeats Jump Rope Team!

## **SPONSORS**



Giving back to the community is a major purpose of the HEARTBEATS, including community performances for schools and other organizations!

## **BENEFITS**

- upper body strength
- endurance & stamina
- foot & motor skills
- eye/hand coordination
- agility & quickness
- confidence

Send to: Heartbeats Jump Rope Team 18399 Yorktown Oval, Strongsville, OH 44136

440-227-9797 OR [messageforpam@gmail.com](mailto:messageforpam@gmail.com) website: [www.heartbeatsjumprope.org](http://www.heartbeatsjumprope.org)

