

Jump Rope Club

What: Come jump rope before school!

Where: Outside next to the Marston School Gym

When: Tuesday & Thursday mornings at 7:45am until school begins (see back for dates)



Marston Jump Rope Club Mission:

- Work to get 60+ minutes of physical activity per day
- Improve jump rope skills
- Have fun!!!

Did you know that physical activity can...

- Improve learning and mental performance
- Reduce sensitivity to stress, depression, and anxiety
- Produce higher IQ and academic achievement test scores
- Increase your concentration and attention
- Release endorphins which make you feel happy!

See back side for dates and details!

Jump Rope Club Dates:

Tuesday May 3
Thursday May 5
Tuesday May 10
Thursday May 12
Tuesday May 17
Thursday May 19
Tuesday May 24
Thursday May 26

*If school is delayed or canceled, Jump Rope Club will be canceled.

Time: 7:45am until school starts

Drop-off: Please drop off students at the end of the bus loop at 7:45. We will be jumping outdoors unless there is inclement weather, then we will be in the gym.

What to Bring:

- Sneakers
- Appropriate clothes for the weather
- Water Bottle
- A smile and a positive attitude :)

***We have limited space/equipment so the first 50 students to **bring their form to the main office** will be able to participate in Jump Rope Club. Students will receive a confirmation letter if accepted.

Please fill out section below & return if your child would like to participate in Jump Rope Club

Jump Rope Club Form

Student's Name (first & last): _____

Student's Teacher: _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____