

National Award Winning
Hurricane Jumpers
Jumping Fun! Summer Camps ☺

Miami Shores Community Center, 9617 Park Dr., Miami Shores, FL 33138
305-758-8103



Themed Dress Up Days, Make your own JUMP ROPE,
Show off your skills in a Camp Performance,
Games, Learn how to jump single rope, partner rope, travelers,
wheels, long rope, double dutch and more,
Design your own skill combination or routine

Monday, June 9 – Friday, June 13, 2014
8:30am – 5:30pm
\$160/\$190 week (residents/non-residents)

DOUBLE DUTCH
Monday, July 7 - Friday, July 11, 2014
8:30am – 5:15pm
\$160/\$190 week (residents/non-residents)

Details on the back

SUMMER CAMPS

Pop Culture and Jump Rope
June Jump Rope Camp

Monday, June 9 – Friday June 13, 2014

8:30am – 5:30pm

\$160/\$190 week (resident/non-resident)

Bring HEALTHY lunch & 2 HEALTHY snacks – wear proper athletic sneakers and clothing

Monday 6/9	Tuesday 6/10	Wednesday 6/11	Thursday 6/12	Friday 6/13
Camp Shirt - Meet & Greet + Into to Pop Culture	Movie Prop	TV Character Dress Up	Animation Mask	Music + Performance Day
All participants will receive an age division HJ "got ropes?" T-shirt	Bring a prop representing your favorite movie	Dress as your favorite TV Show character	Muppets? Lego Man? Mr. Peabody? Rio? Book of Life???	What's your favorite song? Bring in a song/CD(name on it)
Age groups are based on sport age divisions – <i>How old are you on September 1, 2014?</i>	Prop can be a t-shirt, doll of a character, poster, game piece, etc.	Can your favorite TV show character jump rope? Be sure to wear your sneakers too.	Create a mask from a poster or make one or use your Halloween costume mask	Wear Black Shorts – clean neat hair pulled back. Camp Shirt.
Colors are from the five rings in the Olympics	Bring \$5 for entrance to the pool - Thursday	Bring \$5 for entrance to the pool - Thursday	If you bring a song/CD - have your name on it!	Parents bring your cameras!
Measure your line and select your handles to begin making your rope	Bring in a pillow for movie time if you wish	We are only able to play CD's	Miami Shores POOL DAY ☺ fun!	Team Picture Day
Single short & long rope	Partner short & creative long	Wheels & Double Dutch	Arrange performance piece	4:00pm Show!

Daily Schedule:

8:30-9:30 warm up and stretch

9:30-10:30 skills training

10:30-10:45 snacks

10:45 – 12:00 skills training

12:00-12:30 Lunch

12:30-2:00 making rope/Movie Time

2:00-3:30 skills training

3:30-4:00 beading your rope/snacks

4:00-4:30 Speed & Power Drills

4:30-4:45 Clean up

4:45-5:15 Free time and parent pick up

Pop Culture Double Dutch Jump Rope Camp

Monday - Friday, July 7-11, 2014

8:30am – 5:30pm

\$160/\$190 week (resident/non-resident)

Bring HEALTHY lunch & 2 HEALTHY snacks – wear proper athletic sneakers and clothing

Monday 7/7	Tuesday 7/8	Wednesday 7/9	Thursday 7/10	Friday 7/11
Camp Shirt - Meet & Greet + Into to Pop Culture	Movie Prop	TV Character Dress Up	Animation Mask	Music + Performance Day
<i>Stay tuned for more details available in July</i>				
Bring \$5 for entrance to the pool - Thursday	Bring in a pillow for movie time if you wish	Wear your sneakers too . . .	Miami Shores POOL DAY ☺ fun!	Team Picture Day – Parents bring your cameras!
Single short, partner & long rope = rainbow	Creative long rope – eggbeater, umbrella, spider + games	Wheels, Double Dutch, Triple Dutch	Arrange competition groups & events	4:00pm Fun Competition!

Daily Schedule:

8:30-9:30 warm up and stretch

9:30-10:30 skills training

10:30-10:45 snacks

10:45 – 12:00 skills training

12:00-12:30 Lunch

12:30-2:00 jump design/Movie Time

2:00-3:30 events training

3:30-4:00 Critique/Judge skills & routines

4:00-4:30 Jump Off Practice

4:30-4:45 Clean up

4:45-5:15 Free time and pick up

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