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Hot Dog USA Jump Rope / Gymnastics Summer Camp

July 29-Aug 2 from 9-4
\$425 – see discounts below

Jump rope is a fun, easy way to burn off energy. Your campers will learn skills, teamwork, commitment, leadership, discipline, creativity and more while being coached by top-ranked jumpers with many years of competing and teaching experience. The camp will include teaching the basics to beginners as well as helping intermediate and advanced jumpers learn new tricks. Plus, campers will also be learning gymnastics and hip hop for a well-rounded week of exercise and fun. Instruction will include single rope freestyle, partner skills, Chinese wheel, double Dutch and long rope.

Ages 7-17

Camp Participants will be divided by age and skill.

Campers will need to bring their own lunch & water bottle and wear athletic shoes, t-shirt and shorts or exercise pants. Snacks will be provided.

To see the team in action, go to:

<https://www.youtube.com/watch?v=2CeqDrXZccQ>



Do you need to keep your kids from bouncing off the walls this summer?



When: Monday - Friday, July 29 – August 2, 2019 - 9am-4pm

Where: Hot Dog USA Gym, 6601 132nd Ave NE, Kirkland, WA 98033

Registration Fees: \$425 per participant, 10% discount for siblings registered at the same time, fees include a jump rope

Local friends and team members: Use this code and save \$50: **SAVE50**

Early Bird Special: \$25 USD per jumper for when registration is received by 3/16/2019.

Camp T-shirts: May be pre-ordered for \$15.

To register, go to:
<http://hotdogusa.org/events>

More Info:
registration@hotdogusa.org

Come on a Magic Carpet Ride for an Aladdin-themed week of fun with Jump Rope, Gymnastics & Hip Hop



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More information about Hot Dog USA:
<http://hotdogusa.org>

