

Summer Jump Rope Camp 2022

3.-4.9.2022

SPORTS HALL, Gymnázium Jana Keplera, Praha

Parléřova 118, 169 00 Praha 6-Hradčany

PROGRAM

- 2 days of intensive training in all skipping rope disciplines, gymnastics, dance
- A total of 12 hours of training - in the morning (3 hours) and in the afternoon (3 hours)
- Czech and maybe European staffers
- Participants are divided into groups according to their skill level
- Training in small groups, very individual approach, maximum effectiveness
- **Recommended for:** active jumpers (beginners and advanced) from the age of 5
- At the camp we speak English

DAILY SCHEDULE

Saturday 3.9.2022

Registration in the sports hall	7:30 - 8:45
Opening	9:00
Training morning session	9:00 - 12:00
Lunch break	12:00 - 13:30
Training afternoon session	13:30 - 16:30
Free (individual) program	from 16:30

Sunday 4.9.2022

Sports hall opens	8:00
Training morning session	9:00 - 12:00
Lunch break	12:00 - 13:30
Training afternoon session	13:30 - 16:30
Camp closes, saying goodbye	16:30

Sports hall

Gymnázium Jana Keplera, Praha

Parléřova 118, 169 00 Praha 6-Hradčany



Tram station: **Pohořelec**

Price

Camp only	1 200 Kč
Camp + 2x Lunch	1 500 Kč
Camp + 2x Lunch + 2 Nights	1 800 Kč

Registration via excel table which you can download on www.jumpropecamp.cz

Contact

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