

# International Bouncing Bulldogs Jump Rope Demonstration Team WORKSHOPS



ALL KIDS WELCOME!  
NO SKILLS NECESSARY!



Friday May 18th, 2018  
6:00 p.m. - 7:30 p.m.  
The Village  
1312 Lakeland DR SE  
Willmar, MN

Saturday May 19th, 2018  
8:00, 9:00, and 10:00 a.m.  
The YMCA  
1000 Lakeland DR SE  
Willmar, MN

Registration opens May 1, 2018: [kmlee637@gmail.com](mailto:kmlee637@gmail.com)

Spots are limited. Please register early!

Fee is \$5.00

Registrants will receive a jump rope.

Parents must be present.

The goal of the Bouncing Bulldogs program is to promote jumping rope for fun and fitness, and to help all children grow physically, emotionally and socially.