



PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: March 12, 2024

SARATOGA COUNTY DEPT. OF AGING AND YOUTH TO HOST DOUBLE DUTCH JUMP ROPE CLINIC IN APRIL

SARATOGA COUNTY, NY - The Saratoga County Department of Aging and Youth Services is hosting a free Double Dutch Jump Rope Clinic for youth between the ages of 6 and 17. The three-day event will be held April 2nd through fourth from 11AM to 4PM at Gavin Park in Saratoga Springs. Saratoga County residents are encouraged to sign up on the County's website at www.saratogacountyny.gov/DAYS. The registration deadline is this Friday, March 15, 2024.

This event is part of the County's recognition of Youth Month and aims to promote physical fitness and teamwork among the youth.

The Double Dutch Jump Rope Clinic is a three-day event during spring break where participants will learn how to Double Dutch or improve their existing skills with nationally recognized Double Dutch trainers from Ms. K and her Swagga Jumpers. Participants will be grouped by age and will receive a complimentary T-shirt upon arrival. The clinic will feature a skills demonstration and a Double Dutch competition on April 4th from 2:30PM to 4PM, which family, friends and community members are invited to attend. The Commissioner of the American Double Dutch League has been invited for the last day of the competition.

To ensure a comfortable and enjoyable experience, participants are advised to wear comfortable, athletic clothing and sneakers. It is also recommended to bring a water bottle each day and a bagged lunch on Tuesday and Wednesday. Lunch will be provided on Thursday.

Registration is required for participation in the Double Dutch Jump Rope Clinic. To register, please visit www.saratogacountyny.gov/DAYS. It is recommended to register as a group, with each participating youth requiring their own registration form. Please note that children cannot be dropped off without supervision. Space is limited to the first 100 youth.

For more information, please contact the Saratoga County Department of Aging and Youth Services at 518-884-4101.

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