



PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: March 21, 2025

SARATOGA COUNTY RESIDENTS ENCOURAGED TO SIGN KIDS UP FOR FREE DOUBLE DUTCH JUMP ROPE CLINIC

SARATOGA COUNTY, NY - The Saratoga County Department of Aging and Youth Services is hosting a free Double Dutch Jump Rope Clinic for youth, ages 6 to 17, April 15th through the 17th from 10:30am to 3:30pm at Gavin Park in Saratoga Springs. Saratoga County residents are encouraged to sign up on the County's website at www.saratogacountyny.gov/DAYS. Registration is required and ongoing until all 100 slots are filled.

Family, friends and community members are invited to attend a performance on Thursday, April 17th at 2PM in the Christopher Dailey Gym, Gavin Park, when the participants will demonstrate the skills they've learned.

This is the second year the County has held the event part of Youth Month. The event aims to promote physical fitness and teamwork among youth. Last year, there were 77 participants from eight Saratoga County municipalities.

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 upon arrival and work on a group dance routine and individual Double Dutch skills.

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.

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

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