

Jump into Youth Month



With Double Dutch Classes!

What are YOU doing April break?

If you're a Saratoga County resident between the ages of six and seventeen years old, you can participate in a **Free Double Dutch Jump Rope Clinic** sponsored by Saratoga County Department of Aging and Youth Services to celebrate Youth Month!

When is it and Where is it?

April 15, 16, & 17th, 2025 (Tuesday-Thursday) from 10:30am to 3:30pm in the Christopher Dailey Gym at Gavin Park 10 Lewis Drive Saratoga Springs, NY

What is the Double Dutch Jump Rope Clinic?

It's a three day event where youth can learn skills and techniques necessary for Double Dutch as well as a short dance routine! The skills will be practiced in small groups and through a series of obstacle courses. As youth work together, they will learn team building, sportsmanship, communication skill development and positively coach one another. On the 3rd day youth from Mechanicville, who have also been practicing their skills will join with the youth in Wilton at the Christopher Dailey Gym. The youth will continue to practice their skills and then have the opportunity to demonstrate what they learned through individual and group performances for guests and other participants.

What do I need to bring?

Wear comfortable, athletic clothing and sneakers. Bring a water bottle and a bagged lunch for Tuesday and Wednesday. Lunch will be provided on Thursday for registered participants.

Can my family and friends attend?

Family, friends and community members are welcome to attend on Thursday from 2:00-3:30pm for the performance.

How Do I Register? Click here saratogacountyny.gov/DAYS

