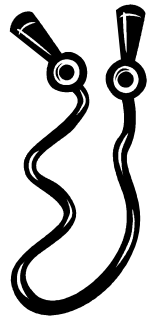


# JUMP IN WITH 4-H!



CABARRUS COUNTY 4-H

4-H is a **community**  
of **young**  
**people**  
across **America**  
who are learning  
**leadership,**  
**citizenship** and  
**life skills.**



## Why Jump In With 4-H?

**\*Exercise   \*Teamwork   \*Fun   \*New Skills   \*Community Service**

Young people in Cabarrus County are encouraged to jump rope this summer; learning new jump rope skills and leading healthy lifestyles.

**Jump Rope Clinic**—Come learn new jump rope skills, tricks and games!

June 9 at the Cabarrus County Cooperative Extension Office, 1.5 hours credit

9:30—11:00 a.m. or 6:30—8:00 p.m.

Call (704)920-3310 to register. (adults and youth may attend)

Group leaders log jump rope hours at:

[www.cabarruscounty4h.com](http://www.cabarruscounty4h.com)

Groups may decide between Communities in Schools and Cabarrus County 4-H Scholarship Fund as a charitable organization to benefit from money raised for the Showcase. (Fundraising forms can be found at: [www.cabarruscounty4h.com](http://www.cabarruscounty4h.com))

Jump In With 4-H! Showcases will take place at multiple sites in September.

Heather Jones, 4-H Extension Agent  
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