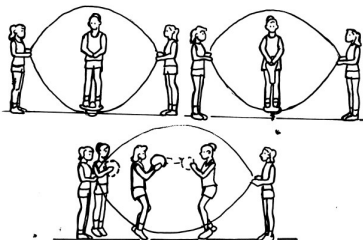


Wednesdays &  
Thursdays

# 4-H DOUBLE DUTCH JUMP ROPE PROJECT

*Time: 5:30PM ~  
7:00PM*



Double Dutch is so much more than skipping between two ropes swinging in opposite directions. Social skills, honesty, respect and equality are also significant to the sport. Participants are also encouraged to eat well and exercise.

Boys and girls in grades K - 12 are encouraged to register at the MLK Community Center today!



**MARTIN LUTHER  
KING COMMUNITY  
CENTER**

207 WEST MAIN STREET  
WHITESBORO, NJ

Middle Township Recreation  
Center

Phone: 609-465-8747