



Tim Haft, President | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-654-0668 | [tim@punkrope.com](mailto:tim@punkrope.com)

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Thank you for your interest in hosting a Punk Rope for Kids Workshop. Should you have any questions, don't hesitate to contact Tim Haft at **646-654-0668** or [tim@punkrope.com](mailto:tim@punkrope.com).

### **What's Punk Rope for Kids?**

Punk Rope for Kids is a progressive, tiered fitness program for children in grades K-12. The program blends rope jumping with fun fitness games. A culminating event such as a jumpathon or Punk Rope Challenge, which can serve as a fundraiser, is strongly encouraged.

Punk Rope for Kids can be used for recess, physical education classes, and afterschool activities. Punk Rope for Kids workshops have been conducted at numerous public schools and community-based organizations and the feedback has been extremely positive.

*Punk Rope for Kids brings a refreshing and revolutionary take on jumping rope, making it an exciting and cost effective way to get in shape.*

Shammara Wright, Program Coordinator  
The After-School Corporation (TASC)

*Tim and Shana ignited our 500+ children through their energetic and engaging approach. They helped every child acquire the skills necessary to perform basic rope jumping as well as the desire to achieve higher levels of proficiency.*

Joan George, Physical Education Teacher  
Central School K-5 | Larchmont, NY

### **Workshop Basics**

- The Punk Rope for Kids workshop is typically 3 hours long
- The workshop can be held on any day and at any time that works best for you
- Punk Rope will provide you with a PDF flier to help with promoting the workshop
- Cost: \$500 for a **maximum** of 10 participants **PLUS** the cost of transportation to and from your facility for Tim and Shana, who are based in New York City

### **Participants Get:**

- PDF Punk Rope for Kids Manual
- Adjustable speed rope
- FREE membership in the Punk Rope Instructors' Alliance

### **Host Responsibilities:**

- To enthusiastically promote the workshop to teachers, administrators, staff, and parents
- To provide a workout space of at least 1500 sq ft (**if smaller, please call to discuss**).
- To provide a sound system, which accepts a wireless microphone. If necessary, we can bring our own sound system at no extra cost.

## Next Steps

If you'd like to host a Punk Rope for Kids workshop, please complete the form below and email to [tim@punkrope.com](mailto:tim@punkrope.com) or fax to 646-349-2638. Upon receipt, we'll give you a call to discuss.

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| <b>Host name</b>   |  |
| <b>Host address</b>  |  |
| <b>How many children do you serve and what is their age range?</b>                   |  |
| <b>Square footage of workout space<br/>(if less than 800 sq ft, call to discuss)</b> |  |
| <b>Do you have a sound system that accepts a wireless mic?</b>                       |  |
| <b>Is your facility accessible by public transportation?</b>                         |  |
| <b>Contact person</b>  |  |
| <b>Phone</b>   |  |
| <b>Email</b>   |  |