



Tim Haft, President | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-654-0668 | tim@timhaft.com

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Thank you for your interest in hosting a Punk Rope Challenge Workshop. Should you have any questions, don't hesitate to contact Tim Haft at **646-654-0668** or **tim@timhaft.com**.

### **What's the Punk Rope Challenge?**

The Punk Rope Challenge is a fun and effective fitness program for children in grades K-12. The Challenge, which blends rope jumping with other activities, can be used for recess or physical education classes, as well as before or after school programs. Since 2007, Punk Rope Challenge workshops have been conducted at numerous public schools and community-based organizations throughout New York City and the feedback has been extremely positive.

*The Punk Rope Challenge 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)

### **Workshop Basics**

- The Punk Rope Challenge workshop is roughly 2 hours long
- The workshop can be held on a day and at a time that's convenient for you
- Cost: \$500 with a maximum of 10 participants **PLUS** travel expenses if your facility is not in the New York City area.

### **Participants Get:**

- Punk Rope Challenge E-book
- Games & Partner E-book
- Rope Jumping Basics E-book
- Custom-sized jump rope

### **Host Responsibilities:**

- To promote the workshop to teachers, administrators, staff, and parents
- To provide a workout space of at least 800 sq ft (**if smaller, please call to discuss**)
- To provide a sound system

## Next Steps

To host a Punk Rope Challenge workshop, complete this form and email to [tim@timhaft.com](mailto:tim@timhaft.com).

<b>Host name</b>	
<b>Host address</b>	
<b>What's the age range of the children you serve?</b>	
<b>Square footage of workout space (if less than 800 sq ft, call to discuss)</b>	
<b>Do you have a sound system?</b>	
<b>Is your facility accessible by public transportation?</b>	
<b>Contact person</b>	
<b>Phone</b>	
<b>Email</b>	