

Double Dutch Skipping Program 2016

The Double Dutch Skipping program started at Sacred Heart in 2007. Since that time there has been an astonishing 1 000 enrolments! This elite skipping program has proved very popular with the students due to its fast pace and variety. They use short ropes, long ropes, beaded ropes, double dutch ropes and Chinese wheel ropes. They also use regularly competitive hula hoops and cheer leading drills.

“Most of the kids are moving most of the time, with smiles on their faces”

They are graded each term on their skills and progress through the following levels: White, Bronze, Silver, Gold, Platinum and Diamond. Some students who perform above and beyond expectations based on participation, competition and helping others within the group are awarded ‘Hall of Fame’

Anyone interested in enrolling should go to www.trybooking.com/7782

Many thanks

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