

# Wellbeing

Wednesday 27 January day

## SESSION ANNOUNCEMENT

### DAN THE SKIPPING MAN

#### SKIPPING



Dan has been running sessions for school for a number of years now, but has been especially busy during the pandemic as people realise that from elite boxers through to young girls in the park, skipping is a fast, easy, effective and fun way to get some great exercise. Dan will be showing us how to get the best from your time with a skipping rope and will also be showing us a few tricks along the way. This will be a practical session so get ready to join in. Don't have a skipping rope? Not to worry you can use any piece of rope that's long enough or click the link below - and for around £7 we'll make sure we get a top quality skipping rope to you direct from Dan's warehouse. (Final deadline for rope orders

is **Thu 21 Jan**. Only available to the current Luckley community). After the session Dan will direct you towards his YouTube channel so you can carry on skipping to the end of Covid and beyond!

[Skipping Rope Order Form](#)

Dan's session will run from **09.30 – 10.00**