

New Jersey After 3 Promising Practices in Health & Fitness



Jump Rope Time Twister Kindergarten - 8th Grade

**Based on a Promising Practice at
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Welcome

Welcome to New Jersey After 3's Promising Practices in Health and Fitness Project Guide. New Jersey After 3 is a private nonprofit organization dedicated to expanding and improving afterschool opportunities for New Jersey's kids. Our vision is for all New Jersey kids to have access to high-quality, comprehensive, structured and supervised afterschool activities. NJ After 3's extensive network of nonprofit run, school based afterschool programs currently serve approximately 14,000 children in partnership with 100 public school throughout the state.

NJ After 3 programs provide critical services to NJ communities:

- ◆ **Keeps Kids Safe** during the hours of 3pm to 6pm, the most dangerous hours for children;
- ◆ **Expands Learning Time**, providing kids with academic support, tutoring, and homework help;
- ◆ **Promotes Positive Youth Development** by keeping kids physically active, exposing kids to the arts, and engaged in their community through service learning;
- ◆ **Supports Working Families** by providing parents and guardians with the support they need to work fulltime by offering a safe, structured and supportive environment for their children to learn after the traditional school day ends.

Promising Practices in Health and Fitness

As a component of NJ After 3's Sports, Health and Fitness Initiatives, NJ After 3 identified four promising practices from across it's network of afterschool programs. These practices highlight the implementation of nutrition, health and physical fitness activities in the afterschool environment. These activities support increased physical activity, expand student's knowledge of healthy lifestyle practices and encourage students to attain new skills in sports.

For more information about NJ After 3 visit: www.njafter3.org



Robert Wood Johnson Foundation

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◆ Promising Practices in Health and Fitness ◆

Project Overview

Jump Rope Fitness



Jump Rope Time Twister

Grades: Kindergarten—8th grade

Description: During this unit, the children will participate in several variations of jumping rope progressively getting more difficult in each session. They will learn to jump with the rope turning toward and away from them, on a certain beat or count for timing, and with a partner or a group of children. Music and teamwork will be incorporated to add extra jumping challenges and fun.

- Session 1 - Jumping Through
- Session 2 - Jumping On Time
- Session 3 - Jumping With A Partner
- Session 4 - Jumping With Music & More
- Session 5 - Jumping Through Two!



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Jump Rope
Time Twister

Overview



“Jumping Through”

Materials Needed:

- ◆ One long jump rope

During this session, the children will get acquainted with the jump rope by practicing their timing. They will be challenged to jump in and out of the rope while it is turning. This may be difficult for some children to accomplish so emphasis should be placed on the effort it takes to practice such a skill.

Teambuilding Activity

On The Line—10 minutes

When the children line up on both sides of the rope, they'll get a chance to learn something new about their peers jumping knowledge and share their own.

Activity One

Jumping Under The Rope—15 minutes

Timing is everything when jumping rope. This activity will challenge jumpers to jump over the rope as it turns toward them.

Activity Two

Jumping Over The Rope—15 minutes

After practicing jumping into the rope turning toward them a few times, the jumpers will be challenged to time their jumps so they can jump into the rope as it turns away from them.

Closing

Back On The Line—5 minutes

When the children line up on both sides of the line, they'll get an opportunity to share ideas for the next session.



45 minutes



Teambuilding Activity



On The Line

Lay the jump rope on the floor. Instruct half of the children to line up on one side, and the other half to line up on the opposite side of the rope. Each child should have a partner facing him/her.

Ask the children to discuss with their partner one of following questions:

- What sports and/or games involve jumping? (ie., basketball, hopscotch, volleyball)
- Which parts of your body/muscles get stronger when you practice jumping?
- What are some places you can jump for fun? (ie., a trampoline, your bed, etc.)
- How might jumping improve your overall physical health?

Once they have shared their answers with one partner, you may ask them to slide along the rope and meet with a new partner to ask another question. Continue asking them to move and meet with other children to discuss answers to the questions you pose until you feel they are ready to move to the first activity.

Materials Needed:

- ◆ One long jump rope



10 minutes



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Activities One & Two



Materials Needed:

- ◆ One long jump rope

Jumping Under The Rope

- ◆ Lay the rope on the floor and ask the children to line up in a straight line so that they are perpendicular to the rope.
- ◆ With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children. Tell them to listen for the rope hitting the floor and the rhythm that it creates.
- ◆ When the first child is ready, instruct him/her to jump into the turning rope, take two or three jumps, and jump out the other side without interruption. As each child goes through the rope, they can form a line on the other side and cheer for their peers.

Note: Depending on the children's jumping abilities, you may repeat this activity until they feel comfortable.

Jumping Over The Rope

- ◆ Lay the rope on the floor and ask the children to line up in a straight line so that they are perpendicular to the rope.
- ◆ With one adult, or older child, holding each end of the rope, begin turning the rope away from the line of children. This is more challenging than the first activity since they must anticipate the rope hitting the floor. Tell them to again practice listening for the rope hitting the floor and the rhythm that it creates.
- ◆ When the first child is ready, instruct him/her to jump into the turning rope, take two or three jumps, and jump out the other side without interruption. As each child goes through the rope, they can form a line on the other side and cheer for their peers.

Alternatives:

- ◆ Depending on the children's jumping abilities, you may repeat this activity until they feel comfortable.
- ◆ If most are proficient at getting through the rope without interruption, you might challenge them to get through while making silly movements such as clapping while jumping, or rubbing your



30 minutes



Reflection/Closing

Back On The Line

Lay the jump rope on the floor. Instruct half of the children to line up on one side, and the other half to line up on the opposite side of the rope. Each child should have a partner facing him/her.

Ask the children to discuss with their partner one of following questions:

- ◆ By jumping rope every day, in which sports might you improve?
- ◆ What was the most challenging part about today's activities?
- ◆ What could you do to improve your jump rope skills?
- ◆ How might jumping improve your overall physical health?

Once they have shared their answers with one partner, you may ask them to slide along the rope and meet with a new partner to answer another question.



Materials Needed:

- ◆ One long jump rope



5 minutes



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Time Twister

Overview



“Jumping On Time”

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music

Prior to Session:

- ◆ Copy the of the list of jump rope rhymes (found in the Appendix)

During this session, the children will practice jumping in and out of a turning jump rope on a certain count, beat, or word in a song or rhyme. This is a fun way to incorporate music into physical activity and a way to get the children to move in and out of the rope more smoothly than in the first session.

Teambuilding Activity

Rhyme Time—10 minutes

The children will get an opportunity to learn and/or share jump rope rhymes.

Activity One

Jumping In On Time—15 minutes

Timing is everything when jumping rope. This activity will challenge jumpers to jump into the rope on a certain count, jump a specific number of times, and jump out on a certain count.

Activity Two

Jumping In With Words—15 minutes

After practicing jumping on time, the children will jump in and out of the rope using a song or rhyme.

Closing

Practice At Home—5 minutes

When the children line up on both sides of the line, they'll get an opportunity to share ideas for the next session.



45 minutes



Teambuilding Activity

Rhyme Time

On the stereo, play a song that has a great beat. Ask the kids to clap their hands or tap their feet to the beat of the music. Remind them that in the first session they were asked to listen for the rhythm of the rope hitting the floor. Listening for the beat of the music is no different than listening for the beat of the jump rope. Explain that because the turning rope has a regular rhythm, there are many rhymes and songs that can accompany jumping rope.

- ◆ Prompt the children to share any rhymes or songs they might already know.
- ◆ Share the list of rhymes or songs you have compiled or taken from the handouts and/or resources in this manual.
- ◆ Guide them in practicing some of the rhymes by singing together. Ask them to clap or tap along with the beat as if the sounds they are making are the jump rope hitting the floor.
- ◆ Once you feel they have become familiar with the idea of jumping to the beat of the rhyme or song, move to the next activity.



Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music



10 minutes



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Activity One



Jumping On Time

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music

- Lay the rope on the floor and ask the children to line up in a straight line so that they are perpendicular to the rope.
- With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children. Tell them to listen for the rope hitting the floor and the rhythm that it creates.
- As a group, set a goal as to how many jumps each person will attempt from when each child jumps in and out of the turning rope. For example, everyone must jump four times and then jump out. When going from one child to the next, there can only be two turns/hits of the rope. (This will be very challenging for children who may take longer to find the rhythm before jumping in. There is no need to penalize for not jumping in on time. Simply start counting again, supporting the hesitant jumper.)
- When the first child is ready, ask him/her to jump into the turning rope and prompt the group to count aloud as the rope hits the floor and the child jumps. After he/she has completed the jumps, count aloud between jumpers and prompt the next child to ready him/herself. As each child goes through the rope, they can form a line on the other side and cheer for their peers.



15 minutes



Activity Two



Jumping In With Words

- ◆ Lay the rope on the floor and ask the children to line up in a straight line so that they are perpendicular to the rope.
- ◆ As the children to practice singing the following rhyme (or another the group has chosen) several times, inserting different children's names until they get the hang of it.

Apartment for rent, inquire within,
When _____ moves out, _____ moves in.

- ◆ With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children. When the first child is ready, begin singing. As the first child's name is said, he/she should jump into the rope until the words prompt him/her to jump out and another to jump in.

Alternatives:

- ◆ Depending on the children's jumping abilities, you may repeat this activity until they feel comfortable using rhymes or songs sung by the group.
- ◆ If you have a prerecorded song that has a repetitive beat or word, you might use the stereo to jump along to.
- ◆ As an additional challenge, you might turn the rope away from the line of children as was practiced in Session 1.
- ◆ If you have two jump ropes available, you could have two ropes going and two different rhymes or songs being performed simultaneously. The children could be split by age, ability, or song choice.
- ◆ If most are proficient at getting through the rope without interruption, you might challenge them to get through while making silly movements such as clapping while jumping, or rubbing your belly while jumping.

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music



15 minutes



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Reflection/Closing



Practice At Home

Materials Needed:

- ◆ One long jump rope
- ◆ Copies of the list of jump rope rhymes (found in the Appendix)

Prior to Session:

- ◆ Copy the of the list of jump rope rhymes (found in the Appendix)

- ◆ Lay the jump rope on the floor and ask the children to line up along side of it in one row standing beside it. (If the rope isn't long enough for the whole group, simply ask them to stand in a straight line.)
- ◆ Ask them to jump from side to side over the rope (or invisible line) at the same time using either a song on the stereo, or one that they can sing together.
- ◆ Prompt the children to share ideas about where they can practice keeping the jumping beat even when they don't have a jump rope. (ie., on the sidewalk when you are waiting for the bus, in the kitchen as you are waiting for dinner, etc.)
- ◆ Provide a copy of the list of rhymes provided in this manual so they can practice at home.



5 minutes



Overview

“Jumping With A Partner”

During this session, the children will practice jumping in and out of a turning jump rope with a partner, or a team. They will need to work as a partnership/team to coordinate their jumps. Emphasis should be placed on working together, not pointing out each other’s mistakes. Teambuilding is essential for the jumpers’ successful entrance into and exit out of the turning rope.

Teambuilding Activity

Balance With Me—10 minutes

The children will partner up and coordinate their bodies to balance.

Activity One

Jumping In With A Partner—15 minutes

Working well with his/her partner will ensure success when the children jump into the turning rope with a peer.

Activity Two

Jumping In With A Team—15 minutes

Partners join forces with others to form a team. The children will work in groups of four, or more, to jump in and out of a turning rope without interruption.

Closing

Reflection: Working With A Partner/Team—5 minutes

The children will get an opportunity to reflect on the session, specifically discussing their thoughts and experiences when coordinating movements with a partner and team.



Materials Needed:

- ◆ One long jump rope



45 minutes

Teambuilding Activity



Balance With Me

In this activity, the children will partner with a peer and practice teambuilding skills to coordinate their bodies.

- ◆ Tell the children that in today's session they will need to work cooperatively with a peer to jump rope. Ask them to think about what they might have to do to successfully jump rope with another person.
- ◆ Allow a few of them to share their thoughts. Be sure to emphasize that the success of one is dependent upon the success of another.

Balancing With Me

- ◆ Instruct the children to line up by age, youngest to oldest and partner them up with a peer of similar age.
- ◆ Tell them to sit back to back with their partner. Instruct them to coordinate their movements so that they slowly stand up, using only their partner's back to lean on. Applaud their success and remind them that one person could not stand without the help of his/her partner.
- ◆ If time permits, you could try a similar activity where they sit shoulder to shoulder slightly separated from the partner, and try to stand without using their hands to balance. Once standing, their bodies will form an upside down V.



10 minutes



Activity One



Jumping With A Partner

In this activity, the children will jump rope with a partner.

- ◆ First, tell the children to practice jumping for rhythm and timing with their partners before attempting to jump with the rope.
- ◆ Once they have had an opportunity to practice their timing, lay the rope on the floor and instruct them to line up perpendicular to the rope standing next to their partners.
- ◆ With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children. Tell them to practice listening for the rope hitting the floor and the rhythm that it creates. Remind them to communicate with their partner regarding when to jump in and jump out.
- ◆ As each partnership jumps in and out, be sure to applaud their efforts and provide feedback regarding how they could improve next time.
- ◆ Once the entire group has successfully gone through the rope, ask the children to share helpful tips with their peers.

Materials Needed:

- ◆ One long rope



15 minutes



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Activity Two



Jumping With A Team

Materials Needed:

- ◆ One long rope

In this activity, the children will jump rope with a team of four or more.

- ◆ Ask the children to line up by age, youngest to oldest, with their partners. Create teams of four by partnering pairs of a similar age.
- ◆ Begin again by telling the children to practice jumping for rhythm and timing with their teammates before attempting to jump with the rope.
- ◆ Once they have had an opportunity to practice their timing, lay the rope on the floor and instruct them to line up perpendicular to the rope standing next to their teammates.
- ◆ With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children. Tell them to practice listening for the rope hitting the floor and the rhythm that it creates. Remind them to communicate with their teammates regarding when to jump in and jump out.
- ◆ As each team jumps in and out, be sure to applaud their efforts and provide feedback regarding how they could improve next time.
- ◆ Once the entire group has successfully gone through the rope, ask the children to share helpful tips with their peers.



15 minutes



Reflection/Closing



Reflecting: Working With A Partner/Team

In this activity, the children will get an opportunity to reflect on coordinating with a partner, and then with a team.

Instruct the children to sit with their teammates.

Ask them to reflect on the session by discussing the following:

- ◆ What was the most challenging thing about this session?
- ◆ What was the most fun thing about this session?
- ◆ What made you and your partner, and you and your team successful?
- ◆ What advice would you give others to successfully work with others when jumping rope?



5 minutes



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Overview



“Jumping With Music & More”

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music

During this session, the children will practice jumping in and out of a turning jump rope with music, as a solo jumper, with a partner, and with a team. They will need to work as a partnership/team to coordinate their jumps using music or rhymes to smoothly flow from one partnership/group to the next.

Teambuilding Activity

Teamwork Review and Rhyme Time—10 minutes

The children will review teamwork tips from the last session and choose a song or rhyme to jump with.

Activity One

Jumping With Music & A Team—15 minutes

Music will set the rhythm for partners to jump into the turning rope.

Activity Two

Setting Team Jumping Goals—15 minutes

The children will work in groups of four or more to jump in and out of a turning jump rope. The group can set goals like getting all teams through the rope before the end of the song, or without interruption.

Closing

Future Jump Rope Fun—5 minutes

The children will get an opportunity to share their ideas about how to add more challenges and fun to jumping rope.



45 minutes



Teambuilding Activity



◆ Teamwork Review & Rhyme Time

- ◆ Instruct the children to sit with their teammates from last session. Ask them to review which strategies worked and what they could do to get even better at jumping together.
- ◆ Ask them to share their ideas with the group as you record them on the board/chart. If they are not shared by the children, you might add ideas like:
 - verbal communication
 - eye contact
 - showing support for teammates' efforts
 - planning jumping in and out signals
- ◆ Tell the children that they will be jumping with their team again today, but music will be added to set the rhythm and add an extra challenge.
- ◆ Give them a few songs, or rhymes to choose from and vote on which one you will use to practice.

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music



10 minutes



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Activity One



Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music

Jumping With Music & A Team

In this activity, the children will jump rope with a team of four or more to music.

- Lay the rope on the floor and instruct them to line up perpendicular to the rope standing next to their teammates.
- With one adult, or older child, holding each end of the rope, begin turning the rope toward the line of children.
- Begin the song or rhyme the children chose to jump to.
- Prompt each team to jump in and out to the beat of the song or rhyme. As each team jumps in and out, be sure to applaud their efforts and provide feedback regarding how they could improve next time.



15 minutes



Activity Two



Setting Team Jumping Goals

In this activity, the children will jump rope with a team of four or more to music in attempt to accomplish goals set by the group.

Challenge the children to set a goal to accomplish with their teammates or as an entire group. Some examples might include:

- ◆ All of the teams get through the rope before the end of a song
- ◆ Every team jumps only once or twice before they jump out of the rope
- ◆ All teams get through without interruption
- ◆ They combine teams to form eight or more and attempt to get through the rope together

Once the goal is set, go for it!

Reflection/Closing

Future Jump Rope Fun

The children have experienced many variations of jumping rope. Ask them to think about what they might add to the activities to make jumping rope more fun and more challenging.

Allow them to share their ideas and celebrate their successes so far.

Materials Needed:

- ◆ One long jump rope
- ◆ List of jump rope rhymes or songs (found in the Appendix)
- ◆ Stereo and music



20 minutes



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Culminating Session



“Jumping Through Two”

Materials Needed:

- ◆ Two long jump ropes
- ◆ List of jump rope rhymes or songs
- ◆ Stereo and music

During this session, the children will practice all of the skills they have learned with the added challenge of a second jump rope to get through.

Jumping Through It All With Two!

Take the children through all of the activities they have participated in this unit with the added challenge of a second jump rope to get through. With the ropes being held parallel to each other ask the children to line up perpendicular to the ropes.

- ◆ **Jumping Through** - Turn the ropes toward the children and prompt them to jump through one at a time. Then turn the ropes away from the children.
- ◆ **Jumping On Time** - Instruct the children to jump through both ropes with a specific number of jumps at each rope and between the ropes.
- ◆ **Jumping With A Partner** - Allow the children to meet up with their partners and practicing jumping through together through two ropes.
- ◆ **Jumping With A Team** - Instruct the teams to join together again to jump through two ropes.
- ◆ **Jumping With Music & More** - Sing, or play the stereo to get the children to jump to the beat through two jump ropes.

Reflection & Closing

Ask the children to think about how their bodies have changed over the course of this unit. Have they ever been sore from jumping practice? Do they feel healthier? Do they feel stronger?

Celebrate the successes of the group! Praise the children for becoming stronger jumpers, working with a partner and with a team to accomplish goals, meeting challenges and having fun with fitness.



45 minutes

Appendix

Jump Rope Fitness Handouts

- ◆ Jump Rope Songs & Rhymes
- ◆ Muscular System

General Handouts

- ◆ MyPyramid (<http://www.mypyramid.gov>)
- ◆ MyPyramid blank worksheet (<http://www.mypyramid.gov/kids/index.html>)
- ◆ Useful Websites

Jump Rope Songs & Rhymes

Kindergarten through 3rd grade examples:

My name is A _____
And my husband/wife's name is A _____
We come from A _____
And we sell A _____
(Continue with each letter of the alphabet being the first letter of the fill-ins.)

A,B,C and vegetable goop.
What will I find in my alphabet soup?
A,B,C.
(When you miss a jump, make up something that starts with the letter you missed.)

Apartment for rent, inquire within,
When _____ moves out, _____ moves in.

Benjamin Franklin went to France
To teach the ladies how to dance.
First the heel, and then the toe,
Spin around and out you go.

Calling in, calling out,
_____ runs in when I run out!
(Each jumper chooses another to run in when he/she runs out.)

Teddy bear, teddy bear turn around,
Teddy bear, teddy bear touch the ground.
Teddy bear, teddy bear jump up high,
Teddy bear, teddy bear touch the sky.
Teddy bear, teddy walk upstairs,
Teddy bear, teddy bear say your prayers.
Teddy bear, teddy bear turn out the light,
Teddy bear, teddy bear say good night.

Jump Rope Songs & Rhymes

5th-8th grade examples:

Miss Lucy had a baby
And she named him Tiny Tim.
She put him in the bathtub
To see if he could swim.
He drank up all the water.
He ate up all the soap.
He tried to eat the bathtub
But it wouldn't go down his throat.
Miss Lucy called the doctor,
Miss Lucy called the nurse.
Miss Lucy called the lady with the alligator purse.

Bubble gum, bubble gum, chew and blow,
Bubble gum, bubble gum, scrape your toe,
Bubble gum, bubble gum, tastes so sweet,
Get that bubble gum off your feet!

Kookaburra sits in the old oak tree
Merry merry king of the woods is he
Laugh Kookaburra
Laugh Kookaburra
Great, your life must me

A sailor went to sea sea sea
To see what he could see see see
But all that he could see see see
Was the bottom of the deep blue sea sea sea

Blackbirds, blackbirds,
Sitting on a wire.
What do you do there?
May we inquire?
'We just sit to see the day,
Then we flock and fly away.
By 1, 2, 3. . . .
(One/two jumper(s) jumps out and another, or so, jump in.)

My Muscles

Leg Muscles: Calf, Hamstrings, Quadriceps

Calf Muscles:

- Located at the back of the lower leg
- Consists of two muscles: one large and one small muscle
- Weight bearing exercises such as hiking, biking, and stair climbing are great ways to strengthen the calf muscles

Hamstrings:

- Located at the back of the thigh
- They work with the quadriceps, the muscles in the front part of the thigh, to help us walk and run
- They pull the leg from front to back while running and walking

Quadriceps:

- Located in the front thigh
- Function is to extend the knee (straighten the knee)
- Work with hamstring muscles to help us walk and run
- Primary muscles used when biking, jumping, and kicking

Stomach Muscles: Abdominals

Abdominals:

- Also referred to as the “core” consisting of many layers of muscles
- The center of our balance
- The base for using all other muscles, they are used in almost every single movement we do (even when we breathe)
- Support back muscles
- Aid in having good posture

Arm Muscles: Biceps and Triceps

Biceps:

- Large two-headed muscle located at front of the upper arm, above elbow
- Flexes the forearm
- Pulling and curling movements
- Used most times you are moving/using your arms

Triceps:

- Located at the back of the upper arm, above elbow
- Extends the arm
- Used when using your arms in movements such as shooting a basketball, gymnastics, backhand in tennis, and turning a jump rope

Useful Websites

Nutrition

www.mypyramid.gov

www.foodpyramidhub.com

Fitness: Exercises & Activities

www.mypyramid.gov

www.netfit.co.uk/stretching.htm

http://kidshealth.org/parent/nutrition_fit/fitness/exercise.html

Posters

www.allposters.com

www.anatomywarehouse.com

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