

# CCS NEWSLETTER

◆ SPRING WEEK 10 ◆

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WE JUMP第三周

WE JUMP CAMPAIGN: WEEK 3

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中学生辅导计划第二周

2021 SPRING MAR 15-21 CLASS SCHEDULE

MAR

20



CARY CHINESE SCHOOL  
凯瑞中文学校





# 中学生辅导计划第二周

2021 Spring **Mar 15-21** Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
3-4 pm	ZOOM ID: 849 623 9215   Passcode: 51tutor					Math - AoPS (Haitian H)	Violin (Lisa Z & Caroline F) Art Explore (Juntang C & Karen Z)
4-5 pm						Java (Kevin S)	High School Algebra (Michael C) Art Explore (Juntang C & Karen Z)
5-6 pm		Physics - Motion (Callista H)		Mathcounts (Brian Z)	Clarinet (Benjamin L)		
6-7 pm	Chess Basics (Eric W)		Piano (Ethan H)		Piano (Alec Y) Piano (Karen Z)		

Please feel free to contact us via [svtp@carycs.org](mailto:svtp@carycs.org) if you have any questions.

**SVTP is a free online tutoring program offered by the students from the local middle and high schools. More classes will be introduced along the semester. Please encourage your students to attend.**



# We Jump第三周

## We Jump Campaign: Week 3

Congrats to all the participants who completed the first two-week milestones. Great job!

For those who haven't completed the Week 2 goal yet, please don't give up. Continue working until you achieve the milestones. We are still counting!

Words from Coach – “Week 1 & Week 2 are now complete and the videos look great! Remember to do some light stretching and warming up before each jump rope workout in order to prevent injury. Keep it up, and please feel free to let me know if you need any additional help!”

Contact: [wejump@carycs.org](mailto:wejump@carycs.org)

### A COUPLE OF GOOD READING FOR JUMP ROPE BEGINNERS:

<https://buyjumpropes.net/resources/how-to-jump-rope/>

<https://www.nerdfitness.com/blog/how-to-jump-rope-ultimate-beginners-guide/>

