



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY EVERYDAY

Hoop Dance for Everybody

Have loads of fun while increasing core strength, agility, coordination and self expression, all to very danceable tunes!!

SUNDAYS 3:30-5:30

FREE to Y-members

\$7.00 community drop-in

MARCH hip/waist hooping

APRIL foundations of off-body hooping

MAY creative ways to dance with your hoop

First 45 minutes: Stretch, Technique and Drills

Last 75 minutes: Hoop Jam

No experience necessary.

Hoops are provided, or bring your own.

