

Circus Arts- Hula Hoop



August 2017-July 2018

I'm a Hoop Star!

Our new Hoop Star program for ages 7 and up, is a hula hoop class where we will learn circus like tricks with the hula hoop while incorporating dance/choreography! Learn to flip, roll, and wiggle the hoop from your head to your toes!

Instructor Info!

Hoop classes are taught by Circus Arts Department Leader Alison Padiak. Alison works for Rainbow Circus Miami and has been Hula Hooping for 7 years. She is also a certified hoop instructor! Program questions can be sent directly to Alison at apadiak@gokidschoice.com



Monthly Fees

55 minute class: \$98.52

Class times Available:

Monday: 4:00-4:55

Wednesday: 3:00-4:00

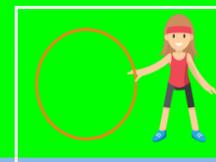
Friday: 5:00-6:00

2016-17 Holiday Closings:

9/4, 11/23,

12/24- 1/6,

5/28, 7/4



- ◆ Perpetual enrollment:
◆ Never lose your spot in class-you stay enrolled as long as you want!
- ◆ Never miss a registration deadline! All class fees are charged on the 1st of each month.
- ◆ Unlimited makeups for absences (not gym holidays) where space available as long as you're enrolled.
- ◆ Prices are based on a 4 week month but remain the same regardless of whether there are 3, 4, or 5 classes in a month.
- ◆ Monthly fees are lower and more manageable than term fees!
- ◆ Lots of choices for payment-we now take Amex for payment along with Discover, Visa and Mastercard!
- ◆ Want to use a different form of payment one month? Simply pay with a different form prior to the 1st of the month!
- ◆ Pro-rating for first time students.
- ◆ Discounts: 10% Sibling (lower tuition), 10% additional classes (lower tuition)
- ◆ Annual administration fee required \$40 per child or \$60 family
- ◆ To drop a class, simply fill out a drop form and submit by the 15th of the previous month!

Beginners will learn the rules of hula hoop including safety of others around them. Basic hoop tricks with one hoop from knee hooping to passing and tossing.

- ◆ Examples of skills: waist hula hoop, knee hula hoop, neck hula hoop, passing, tossing, etc

Intermediate will learn more difficult tricks with the hula hoop and transitioning from one trick to the next, making their routine "flow."

- ◆ Examples of skills: body rolls (hoop rolls across body-ie: arms and chest), coin flips/turns, escalators/wedgies (hoop falling down your body like and escalator), isolations (making the hoop appear to be floating)

Advanced will learn choreography to music and if ready attempt multiple hoops!

- ◆ Examples of Skills: Combos (series of 3 or more tricks tied together), Native American Style Hoop Weaving, and circus style multiple hooping.

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