

# 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](mailto:apadiak@gokidschoice.com)



### Monthly Fees

55 minute class: \$98.52

### Class times Available:

Monday: 4:00-4:55

Wednesday: 3:00-4:00

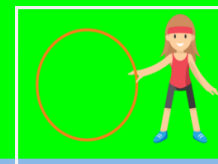
Friday: 5:00-6:00

### 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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