Pomfret Recreation Sponsors:

2016

Hoop Dancing Class

The Fun Continues!

Class is on Thursdays in the P.C.S. Café

from 6:30 to 7:30 p.m.

January 14, 21, 28

February 4, 11, 18

Ages 18 and up Fee: $42.00 p.p.

Instructed by Judi Jones

Join Judi Jones for a fun filled Hoop Dancing class that fuses creative movement, play, dance, and exercise. You will learn basic hoop moves on the body and off, WOW hoop tricks, increase your balance, energy and coordination, get your heart happily pumping, create your own dance and learn how to play with your hoop. No experience necessary. Students who have taken Judi's class "Get ready to learn some new moves"! Hoops are provided for use or to purchase. Hula hoops used are slightly weighted and larger in size which makes it easier for anyone to use. If you already own a hoop, feel free to bring it to class.

Hoop Dancing Class. Please mail and make checks payable to: Pomfret Rec. Dept. at 5 Haven Road, Pomfret Center, CT 06259. Questions: 974-1423 or Barbara.Gagnon@pomfretct.gov

Name: _____ Phone # _____

Address: _____ Cell Ph. # _____

Email address: _____

Emergency Contact Person _____ Ph..# _____

Fee: $42.00 paid on check # _____ or cash paid_____

Please note: There are certain risks involved with participating in any Pomfret Recreation activity/event and I am to willing assume these risks for myself/my child. I hereby waive and release all other participants, sponsors or others involved from all claims and/or damage incurred with this program. I understand that the Recreation Dept. does not carry medical insurance for participants and I agree to participate at my own risk. I also understand that the money enclosed is non-refundable unless there is a waiting list for replacements.

Signature: _____ Date: _____