



Pomfret Recreation Sponsors:

2014

Hoop Dancing Class



Class is on Thursdays in the P.C.S. Gym or Café
from 6:00 to 7:00 p.m.

October 2, 9, 16, 30th and November 6, 13th

Ages 15 and up Fee: \$42.00 p.p.



Hoop Fit with Judi Jones

Get sweaty, fit and have fun! Hoop Fit class will keep you moving with both on body and off body moves, improving your stamina, all-over muscle tone, balance and flexibility. Class is designed to keep your heart rate up for the whole class. Whether you have never hooped or are an experienced Hooper this class is for all levels. In class we will go over the basic moves necessary to work your core, strengthen your back and tone muscles from head to toe. Bring water and wear comfortable clothing. Adult sized hula hoops are provided during class or you may bring your own. Personalized hoops can also be purchased from instructor.

Interactive 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 B.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: _____