

Course title: Z743 Hula hoop dance for beginners

Date: 8 April – 20 May (not 6 May)

Time: 6.30pm – 7.30pm

Number of Sessions: 6

Fee – full: £45.00

Fee – concession: £45.00

Tutor: Hannah Myatt

Summary Description: Ideal for beginners as this course covers all the basics, including hooping on the waist, before moving on to 'offbody' tricks, hooping on different parts of the body and learning to dance with the hoop. Hula hoops provided.

Detailed Description: This six week course covers all the basics- yes that includes hooping on the waist- so don't worry if you haven't hooped before. It then moves onto 'off-body' tricks, hooping on different body parts and learning to dance with the hoop.

Hula hooping is a great form of exercise, is known for toning the tummy and back, plus is great for posture. The best thing is it's so much fun you don't even notice you're exercising!

Hula hoops provided.

Objectives/Outcomes: Students will learn basic hula hooping, from hooping on the waist, to hooping on other body parts and dancing with the hoop. Hula hooping is also a great form of exercise.