

## Overview

This is a 10-week course.

The Monday evening class starts at 6:30pm and finishes at 7:30pm.

Dates: September: 6, 13, 20, 27  
October: 4, 11, 18, 25  
November: 1, 8.

Participants need to book their place in advance through me - if I have your completed booking form there is no need to submit another one. Payment is through BACS, Paypal or cash. If you need more help, email:

[bee@dshoops.co.uk](mailto:bee@dshoops.co.uk)

Cost: £60 for the 10 classes

All hoops are provided for the duration of the class so no need to buy one. Hoops are still available for purchase: adult large hoops are £15 each, small flexi hoops ( the ones we use on hands, etc.) are £2.50 each.

We start each class with a gentle warm-up, then in the main section we learn tricks & practice previous one so we can build up a routine & closer to the end we cool down & stretch.

Participants have the same amount of experience & progress together. Missing one or 2 classes will not be a problem but if you miss more **consecutive** you will find it difficult to catch up.

Suitable: for all beginners aged 14 & above both male & female.

Address: Brookvale Village Hall Lower Brook Street, Basingstoke, RG21 7RU

# Level 1 Brookvale



For complete beginners ( you can join the course if you are new to hooping whether you attended or have not attended a taster class before)