

## Overview

This is a 4-week course.

The Wednesday evening class starts at 7:30pm and finishes at 8:30pm.

Dates: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> of September

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: £24 for the 4 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 you will find it difficult to catch up.

Suitable: for all who attended the first few beginner classes in Yateley

Address: St Swithun's Parish Centre: Firgrove Road, Yateley, GU466NH

## Level 1 (part 2)

### Yateley



For those who attended the first few level 1 classes already