

The Course Venue:

St Luke Church Hall
Franklin Square
Harrogate
North Yorkshire, HG1 5EL



What to do about Lunch

Our lunch break will be between 30 minutes to 45 minutes so we suggest you bring along a packed lunch.

Highly recommended that you bring:

Water, towel, a pen and paper, healthy snacks and lunch. Cameras are welcome.

Come dressed to work out

We will be working out at the start of the workshop. You may want to bring another set of workout clothes for the afternoon. Trainers are a little more difficult to hoop in. A dance shoe or trainer such as Nike Air are good as they allow you to turn, pivot and spin more easily. However, please don't feel you need to go out and buy special footwear for the course. Generally, lycra based workout gear is more difficult to hoop in as the hoops don't grip as well.

Shopping!

A variety of hoop products will be on sale during the day.

Teaching Hoops	£12.00 each	DVD's & Music	£10.00 per set
UK Hooping Tops	£10.00 each	Zipped Hoodie	£20.00

Teacher Packs - we can provide Teachers Packs for collection on the day or can be ordered at anytime during and after the course, which will incur a 24 hour delivery charge of £16.99

A standard Teachers pack is 15 x 38" Hoops and 5 x 41" Hoops