



A 5 hour Workshop for fitness/dance professionals who want to teach hooping for fun and fitness.

### **Benefits of Hooping:**

- Improves Core Strength
- Increases Flexibility
- Develops Balance and Coordination
- Provides an intense cardiovascular work out
- Tones the entire body
- Increases energy
- Generates joy and laughter
- Reduces stress
- Improves self confidence

## **Hooping is a fantastic workout**

### **Pre-Requisties**

This workshop is designed for all instructors with either an Exercise to Music or Gym Level 2 Fitness Qualification (or dance equivalent) and holding public liability insurance.

In order to receive your certificate you need to pass the following points:

- Pass a practical exam in which you will be asked to produce a Session Plan and teach the move to the group displaying the correct teaching points, modifications, adaptations, cueing and planning.
- Send copies of your current fitness qualification
- Send a copy of your public liability insurance

Jacqui Smith, 16 Porters Close, Buntingford, Herts SG9 9BW  
01763 274681 / 07956 647806  
[www.ukhooping.co.uk](http://www.ukhooping.co.uk)

**COURSE REGISTRATION**



We have pleasure in offering you a place on our training course. Group Cost of £85.00. One 2 One sessions £120.00. Location workshops at £85.00 (minimum 8 participants)

We would be grateful if you could complete the attached form and post it back to us prior to the course commencement.

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Name:.....

Address:.....

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Tel: ..... Mobile:..... Email:.....

Qualifications: .....

(copies enclosed  / I will bring along to Workshop  )

Register of Exercise Professionals Number: .....

Any special requirements or extra information you feel we should be aware of, i.e medical - you will be asked to complete a Par-Q and Photo release form at the commencement of the course:

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Date to Book: .....

- £10.00 Deposit / £85.00 Full Payment / £120.00 Full Payment
- Hoop £14.99 (includes P&P)

Date to Book: .....

- One 2 one session £120.00 Leeds/Hertfordshire

I enclose £ ..... being deposit / full payment to attend the course date above. (to follow within 7 days if registering by email). Payable to Jacqui Smith. Balance is due 4 weeks prior to course.

BACS Payment: Barclays Bank, High Street, Buntingford, Herts  
Account No: 10071684 Sort Code: 20-73-26 Account: Jacqui Smith

Signed:.....

Date: .....

*Cancellations will incur a cancellation fee unless your place can be filled by someone else. All workshop fees (excluding Hoop fees) will be fully refunded in the event that we are required to cancel the workshop.*

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