

Bring the Hoopla

AUGUST 6;
10:30 AM



Bring the Hoopla puts the FUN in fitness!

An instructor will guide participants using the hoop as a form of play, exercise and learning. This 90 minute session will be broken into two lessons to ensure developmentally appropriate physical literacy. Children ages 3-5 will receive instruction for the first 30 minutes. At 11:00 am, children ages 6 and up will have a turn to engage in more challenging instruction. Both groups will benefit through encouraging instruction that will build persistence and confidence. Hoops will be provided. Registration is required.



THIS PROGRAM WILL
TAKE PLACE ON THE
LIBRARY LAWN, SOCIAL
DISTANCING REQUIRED.

