

## **THE HOOP GIRLS -“FUN TO BE FIT” ALL SCHOOL HOLIDAY CAMPS @**

**BODYWISE BY BETTY STUDIO 990 HOPE ST. 9:30-4:00pm 6.5 hrs of FUN**, interactive FITNESS camps to help improve hoop dance skills and the fitness, endurance & stamina of our Hoop Girls. Which intern will help them when performing. **You do not have to be a current Hoopgirl to enjoy this camp. We will teach you how to hoop.** Camp includes: HOOP DANCE INSTRUCTION, Rebounding (aerobics mini trampolines), ZUMBA & YOGA In the GLOW (disco party setting) Ellipticals, treadmills, Incline Rower, Bosu Balls, Boxing, calisthenics, Theater Arts, ART, karaoke, disco parties, and more. Activities performed inside (some outside if weather permits) to fun, high energy, kid friendly music. Domino's for lunch. ( will walk to Dominos weather permitting) itinerary for each day will be provided. **Hours are 930 to 4 PM.** GIRLS Gr 1-5 (will take Gr K with older sibling) Min 10 max 18 girls. Will take a brother gr 1-3 with a sister. These are the fees charged when you book directly with **bodywisebybetty@me.com** Payment cash or check made out to Betty Kelly.

**1. Fee: Jan 20 & Mar 31** \$75/day single \$70pp family includes pizza per single day plus am snack.

**2. Fee: Winter Break 2 day camp** \$140pp - \$130pp Family

Includes am Snack & Pizza on Feb 14 Bring lunch and snack on Feb 17

I take registration first for those who can do both days of winter break. And if space permits, I will fill in with single day Hoopers.

**3. Fee: Spring Break T-W-Th Apr 15,16,17** trip to Domino's, Subway and Scoops. Days for trips to be determined based on whether. Pizza included in your fee. Subway lunch \$10 Scoops \$7.50. A camper may bring their own lunch on the day that we schedule Subway. However, If I find that we do not have enough children that want to do Subway then everybody will bring in their lunch on that day. If a Camper cannot have Scoops due to allergies or religious concerns, they may bring a snack. (if it's an ice cream allergy scoops does have sherbet for those campers for the same fee) please let me know in advance.

**IMPORTANT:** bring water bottles and a beach towel all days Carry sneakers to Studio.

Campers will change into their clean sneakers when they arrive. Wiping your shoes when you enter The studio is not sufficient. You must bring clean sneakers, free of dirt, pebbles, gum, etc. this is necessary so that we do not get dirt and grime on the equipment or on the floors No electronics, no candy no juice no soda. Dress for being active. - bring a sweater or sweat shirt on colder days. in addition to registering for these camps, you must become a member on our Hoop Girl website and complete the consent form. Go to **www.hoopgirlsofct.com**

