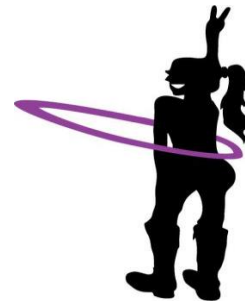




ISLAND PARK SCHOOL DISTRICT  
 DEPARTMENT OF RECREATION  
 150 TRAFALGAR BLVD.  
 ISLAND PARK, NEW YORK 11558  
 TEL: 516-434-2605  
2018 SPRING ADULT PROGRAM



HOOP  
 -  
 HOOP

# ISLAND PARK RECREATION HULA HOOPING

**Must be at least 15 years old**  
 with Certified Instructor, Sammi Hoop

Hula hooping rejuvenates your body, mind and spirit! Hooping improves cardiovascular health, muscle tone, flexibility, and balance. Best of all, hooping is a fun way to be active! Sammi Hoop will guide you through basic hooping techniques and activities for hooping your way to happiness. Hoopers of all skill levels are welcome! Instructor will provide enough hula hoops for all. Feel free to bring your own hoop. Handcrafted hula hoops will also be available for purchase.

**THURSDAYS**

**TIME: 6:00 – 7:00 p.m.**

**Lincoln Orens Middle School**

**2018 Spring Dates:**

**April 19, 26\***

**May 3\*, 10, 17, 24\*, 31**

**June 7**

**Fee:**

**Resident: \$65.00/8 sessions**

**Non-Resident: \$90.00/8 sessions**

**\*Classes 4/26, 5/3, and 5/24 will be held at FXH School**

**I  HOOPS**

**☯ 2018 SPRING ADULT HULA HOOP PROGRAM REGISTRATION FORM ☯**

Mail to the above address or drop off form and payment to security aide at LOMS front entrance.

Registrations must be received at least one week prior to the start of the program.

Checks payable to the Island Park Recreation Department. If paying cash, please have the exact amount.

The office cannot provide change. VISA/MASTERCARD/DISCOVER are also accepted by phone or in person by appointment only.

Once program begins, there are no refunds. Any questions, call the Rec office at 434-2605.

Name: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Address/Town/Zip: \_\_\_\_\_

My child has my permission to participate in the 2018 Spring Adult Hula Hoop Program (must be at least 15 years old) offered by The Island Park School District Department of Recreation.

Signature of Parent/Guardian \_\_\_\_\_ Age/Grade \_\_\_\_\_

Your completed form confirms your registration and appointments to attend. The district's visitor policy is always enforced. Please read it on the district's web site, [www.ips.k12.ny.us](http://www.ips.k12.ny.us) (see Quick Links). All visitors must have official photo identification to enter the building.

FEE PAID: \_\_\_ CASH: \_\_\_ CREDIT CARD: \_\_\_ CHECK NUMBER: \_\_\_\_\_ RECEIPT NUMBER: \_\_\_\_\_