

THE HOOP GIRLS - "FUN TO BE FIT" ALL SCHOOL HOLIDAY CAMPS @ BODYWISE BY BETTY STUDIO 990 HOPE ST. These are 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, ART and more. Activities performed inside and outside to fun, high energy, kid friendly music. Trips to Domino's for lunch and Scoops for Ice Cream treat. (xtra fee) Hours are 930 to 4 PM. GIRLS Gr 1-5 (will take Gr K with older sibling) Min 10 max 16 girls.

**We do these camps on every school holiday. We also do them for Winter and Spring Breaks. On Tuesday, Wednesday, Thursday. We also offer a camp at the end of June and the end of August. Dates to be determined**

Fee: \$78/day includes pizza per single day camp plus snacks.

Fee: \$68 when you book both days of Rosh Hashanah or any other camp that is more than a single day.

### ***CAMP DATES FALL 2024***

***Oct 3 & 4***

***Oct 14***

***Nov 5***

***Jan 2025 - MLK DAY***

***TIMES: 9:30-4:00PM***

**All camps must bring water bottles and a beach towel. Carry sneakers to Studio. Change them when you arrive. No electronics, no candy no juice no soda. Dress for being active.**

**YOU DO NOT HAVE TO BE A CURRENT HOOPER TO ATTEND THESE CAMPS!! Hoops are available so don't worry we'll teach you to Hoop!**

**Just complete an event form on the website and state which camp you would like to attend.**



