

WILDKAT HOOPS

Wednesday, July 20 at 6:30 p.m.

Get your hoop on! Kat Suwalski will demonstrate and get you hooping with laughter and fun! Hooping promotes exercise, exploration, expression, movement, and dance while having fun. We will learn basic hooping moves and promote healthy bodies and minds.

Families of all ages are welcome. No registration necessary.

Visit www.wildkathoops.com for more information.

