



HoopBlast is for Fitness & Fun for Adults & Children

Newsletter

February 2010

Hi Everyone

We have a lot of exciting things coming up shortly and if you continue to read on I'll update you.

So far despite the terrible weather things have been reasonably good for Hoopblast. As well as the classes held on a Tuesday at The Moonshot Centre, we have been running classes for Southwark's Primary Care Trust staff and a Youth Project called Catch 22. We have also been approached to run classes for the 40 - 50 and the 50 - 60 age groups, which will be held in the Lewisham Borough as soon as everything is finalized.

Hoopblast will be participating in the Hula Hoop-A-Thon in conjunction with Sports Relief. Read on for more info on page 2.

In November we held a fund raising event in support of The BBC's Children In Need appeal. We did not raise as much as I would have liked but it was a fun day and all who participated had a good time. Pictures to following:

The Proud Raffle winner





Recently I took part in the making of the new Hula Hoops Ad, which is supporting Sports Relief. Here is the link if you have not seen it on tv yet.

http://www.youtube.com/watch?v=wrDfav5lwoQ&feature=youtube_gdata

Hoopblast will be participating in the Hoop A Thon and we would love you to join us on March 21st 2010 at Victoria Embankment. I have set up a page, which you are more than welcome to join my group if you want to take part in the World record they are trying to break. Hula Hoops are aiming to get over a 1000 people hula hoping at the same time for 2 minutes. So if your up for the challenge why not come on board and join the Hoopblast group. If your interested here is the link

<http://www.mysportrelief.com/TeamPage.aspx?Lang=en-CA&TSID=15555>

Otherwise, why not help by making a donation on my page?

<http://www.mysportsrelief.com/hoopblast>

We would love to see some of the old faces who have come to classes over the past two years.

EVENTS

Manchester Hoop Congress

A friend of my called Gail O'Brain is organising a Hoop Congress on the **6-7 March 2010** to be held in Manchester. If you would like to improve on your hoping skills why not join us. For more info contact gail@hoopspin.co.uk

Hoopgirl Training

Hoopgirl is coming back to the UK for those interested in Teacher Training in April 5 – 7 for info <http://www.hoopgirl.com/index.php?pt=info&id=10&hdr=training>

UK Hoop Gathering

Hoopcamp for hoopers. To take place over two weekends. July 2-5 for beginner and intermediates and 9-11 July for intermidates/advance.

<http://www.ukhoopgathering.com/#/ukhg-2010/4534875963>

JAMAICA

Most of you who have come to class will know that I have been traveling a lot lately, well I've just returned from Jamaica and wanted to share these with you.



CLASSES

NEW CROSS

Classes are still held on a Tuesday at The Moonshot Centre from 7pm - 8pm. Bookings are now on a 6 weekly basis, but if you ever want to pop in your more than welcome for a fee of £7.00

FAMILY SESSIONS

Currently these have stopped but will resume shortly due to the amount of queries we've had. If you are interested in attending with your family, then please email us at info@hoopblast.co.uk

50-60 CLASSES

If you or anyone you know wants to come along to these sessions please email me so I can put your name down on the waiting list. As soon as we have a start date I'll contact you. These classes will be free for a trial period, so please don't delay as places will be limited.

New Cross

If any of you live in the New Cross/Deptford Area and want to take part in the Hoopblast pilot scheme, please email me and let me know. Hoopblast received funding for the people of Evelyn/New Cross Ward and I need participants in order to run the classes, so please call or email me with your availability, these classes shall be starting within the next 2 weeks.

We will be offering a discounted price to those that book in advance and in blocks of six. You will not lose your money if you notify us in advance that you cannot attend. If you're interested in the block booking please do not hesitate to contact us.

We sell hoops also so if you want to purchase your own custom made hoop again contact us for prices. Price starts from £15 for those who attend classes.

Contact Michelle either Via email on info@hoopblast.co.uk or call on 07932 982 152.