

# Stretch For Flow



## **BEGINNER HOOP DANCE CLASS FOR CHILDREN AGES 8-18**

*Children's Classes - 6 Week Course - Thursday  
evenings from 6pm - 7pm Beginning April 6,  
13, 20, 27, May 4th & 11th.*

*Hoop Dance is an excellent way to build  
coordination, balance, flexibility, core  
strength, attention skills and confidence.*

*Most importantly it is FUN!!!*

*Class Cost is \$50*

*Register online at*

*[www.olmstedcc.com](http://www.olmstedcc.com)*

*Hoops are available to borrow during class,  
but feel free to bring your own.*

### • **OLMSTED COMMUNITY CENTER**

**8170 Mapleway Drive**

**Olmsted Falls, Ohio 44138**

**In the Fitness Room**

Leslie Holstein is the director of Stretch for Flow and has several years of experience working with children as a preschool teacher and scout leader. She has been hooping for two years and is a certified Hoop Love Coach

Contact Information

Leslie Holstein

MissHighhoops@gmail.com

On Facebook at Stretch For Flow

