

Want to know more?

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See video tutorials, learn how to make your own hoop and more at:
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Other Services Offered:

• Birthday Parties

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• Hoop Jams: great for Bachelorettes, Bunko, Girls' Night out and more!

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• Bring hoops into the classroom! Schedule a hoop making session for your students today and receive the Hoop Education Discount!

• Arts and Crafts shows vendor availability

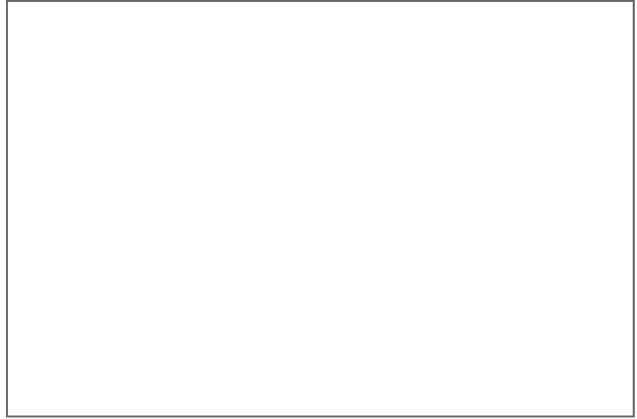
Balloon Festival More Than Just Hot Air

Aurahoops was spinning full force this month at the Gulf Coast Hot Air Balloon Festival.

Here's what Lauren Womack of the Press Register reported: "Alligators, snakes and Frisbee-catching canines may not sound like typical attractions, but those are just some of the sideshows that add lift to the fifth annual Gulf Coast Hot Air Balloon Festival.

'People come to the festival expecting to see hot air balloons all day long,' South Baldwin Chamber of Commerce communications director LaDonna Hinesley said. 'We're still trying to get the message out that the balloons can only fly in the early morning or late in the afternoon.'

Though the colorful, passenger-carrying balloons were out of sight during the day Friday, hundreds of people braved the soaring temperatures to enjoy the festival fun. Read the full article at al.com.



Above: aurahoops' special guest "Sideshow Jay" Everett enjoys a spin

Photo of the Month

Click [here](#) to submit your hooping photos! This month's winning photo: Tony Carroll enjoying his travel hoop at 8,000 feet!

Teaching Hooping to the Blind

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&DUROHHHQD RIIHU WR WKH EOLQG WR WH
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QRU 0RUHKHDG 6FK JR IRU D MRJ RU WR W
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RQ ILHOGRXULSRV PRELOLW\ FDQ EH DQ I
LV VXFK D GHOLJKW +RRSLQJ DQG SRL VSL
EHHQ D OHDUQLQJ IERWK IXQ IRUPV RI H[F
7KHUH DUH VRPH FK FRVW QRWKLQJ DQG D
WHDFKLQJ KRRSLQJ FHVVLEOH WR QRQ VLJ
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, YH OHDUQHG VR II)XOO 3RVDWKLQJ +RRSL

Christa Clark Hoops for the Troops

From Laura Buck of the [Southern Maryland Newspaper Online](#)

Christa Clark, age 9, of Owings, Maryland, hula-hooped in her neighborhood to raise money for Pizza 4 Patriots, an organization providing Fourth of July pizzas to troops abroad. "Christa always looks for ways to give to others; it's pretty amazing," said her father Joseph "Mike" Clark, who, as a retired member of the U.S. Air Force, was especially proud when Christa chose to hula-hoop for the troops. "I felt bad for them because they didn't have regular food like we do. They don't have pizza and sandwiches," Christa said. Full story: [Southern Maryland Newspaper Online](#)

Trout Towers: Hooping Undercover

Susan writes, "last winter I wrote an investigative piece for a local paper. It involved going deep undercover. It involved taking a hula-hoop class. I know! The things I do for work! It was a blast. I learned to spit around my hand and up over my head. By the end of the night I could spin it over my head and then drop it down around my waist without knocking myself unconscious. Also by the end of the night I had sent it spinning out of control into groups of other students, nearly knocking them unconscious several dozen times. There is a reason they don't put spikes or razor wire around the outside of beginner hoops. The next morning, I knew I had taken a hula-hoop class. I am here to say that pilates is a core workout, take up hooping. Especially at the beginning, when every muscle in your body is tensed in fear. Good stuff." Full Story: [Trout Towers](#)

Making Hoop Play Forts For Kids

Kara Spencer is doing more with hoops than just hooping - she's building forts out of them for kids! She writes, "There is endless imaginative play to be created with children and hoops through dance, games, art, and hoop shapes. Using the simple combination of hoops and art supplies, I have built many varied hoop shapes, forts, secret spaces, and castles for my son and other children. It's very easy to do, if you have a collection of hoops of similar sizes hanging around." She instructs you on how to build several structures to [Mandala Hoops](#)

SCHEDULE OF EVENTS

Heflin Hoops: July 16 @ 6:30-7:30pm Heflin Parks & Rec

Trussville Movie & Hoops: July 17 @ 7pm Trussville Mall Square

Hoop Dance Class: Swing Nite at PCCC July 21 @ 6:30pm

Heflin Hoops: July 23 @ 6:30-7:30pm Heflin Parks & Rec

Kids Hoop Camp: Ages 5-18 at PCCC July 27, 29 & 31 at PCCC @ 6pm

Hoop Jam: PCCC July 28 @ 6:30pm

Heflin Hoops: August 6 @ 6:30-7:30pm Heflin Parks & Rec

Chattahoochee Humane Society Beach Blast: August 8 @ 11am Rocky Point Beach on West Point Lake

Heflin Hoops: August 13 @ 6:30-7:30pm Heflin Parks & Rec

Below/Right: Dana Moore spends Independence Day weekend rooftop hooping in San Antonio, TX

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