

BINDLESTIFF **FAMILY CIRKUS**



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HUDSON CITY SKYWALKERS STILT TEAM : TRAINING WORKSHOP **for Black Arts and Cultural Festival Family Day Parade** **AGE 13 AND UP ONLY**

- What:** Stilt walking workshop for teens
Where: Hudson Youth Center, 18 South 3rd Street
When: Monday, August 8- Friday, August 12 from 2:00 to 4:00 pm
Cost: FREE for all youth in Hudson City School District
\$75/ week for youth outside Hudson City School District;
sibling discount for 2+ family members \$40 per youth

The Hudson City Skywalkers stilt team will participate in the Black Arts and Cultural Festival Family Day Parade on Saturday, August 13, walking the length of Warren Street and ending at the Riverfront Park. Parade lineup is 12:30 pm at 7th Street Park. The parade begins at 2pm.

Parents and families: Help out as a chaperon! We need your help during the parade. We'd like each stilt-walking youth to have an adult partner.

Training time is spent conditioning and practicing for safe and comfortable command of low stilts. The first day of the program will take place in the Youth Center building, then move outdoors to practice once the participants are ready. Starting with one-foot stilts, the youth may progress in height to two-foot stilts.

The benefits of learning this unique skill include fitness - this activity builds core strength, stamina, and coordination; and a boost to self-esteem. Other opportunities to participate with The Hudson City Skywalkers Stilt Team include Bindlestiff's Cavalcade of Youth showcases and other special events.

Keep this page for your schedule info. Return permission slip to:

stephanie@bindlestiff.org or 210 Tanners Lane, Hudson 12534

Info: 518-828-7470 or stephanie@bindlestiff.org