

# HULA HOOP



## Supplies

- 10' X  $\frac{3}{4}$ " poly tubing cut to desired hoop circumference.  
For custom sizing: Circumference of tubing need =  $3.14 \times$  diameter of desire hoope size.
- (1)  $\frac{3}{4}$ " connector
- Colorful plastic tape

## Directions

1. Using hacksaw or PVC cutter, cut tubing to desired length.
2. Heat one oend of tubing for 10 seconds using a heat gun or blow dryer.
3. Quickly insert half of the connector into one end of tubing.
4. Repeat steps 2 & 3 above with other end of tubing.
5. Decorate hoop with colorful tape.

Optional: Use a funnel to add noisemakers (beans, rice, etc.) to the tube before closing the hoop. Only a small amount is needed; it is not necessary to fill the tube completely.



2525 Arapahoe, Boulder, CO 80302

(303) 443-1822

[mcguckin.com](http://mcguckin.com)