

How to Become a Hoop Dance Instructor

Hoop dance teacher training comes from brands and independent teachers. Compare the Hoopnotica levels and the Hoola-Fit program, and learn what to ask about continuing education credits and insurance.

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Hoop dance teachers learn to teach flow, footwork and body movement with a hoop. Brands and independent teachers run the courses. We found no single governing body. This guide compares two programs and lists what to ask.

Know the field first

Hoop dance is a young field. Read our guide on hoop dance for beginners to see what a first class looks like. Practise as a student before you train, even if a course does not ask for it.

Option 1: Hoopnotica

Hoopnotica runs a tiered program. Its page lists these levels:

| Level | Prerequisite | Length | | --- | --- | --- | | HoopDance 101 | None stated | 8 hours in person with a Master Trainer, or one month of online curriculum | | HoopDance 102 | 101 | 4 hours in person | | HoopDance 103 | 101 and 102 | 4 hours in person | | HoopnoticaFiT | 101 | 4 hours in person | | Hoopnotica Kids | 101 | 4 hours in person, ages 3 to 12 |

In-person trainings need a minimum number of sign-ups. If it is not met, you move to the Distance Academy. Each program includes a digital teaching manual. Graduates are called Hoopnotica Certified Instructors. The page lists no course prices and names no outside accreditor. It calls 101 the gold standard. That is a marketing claim.

Option 2: Hoola-Fit Teacher Training

Hoola-Fit, Hoopologie and Hoopnotica run this program together. Its page gives these facts:

- No prerequisites. Beginners and experienced hoopers can enrol.
- Online and self-paced. It has more than 100 video and written lessons in 8 sections, plus live virtual Q&A sessions.
- About 8 weeks to finish, with extra time for practice and review.
- A written practicum and a video movement practicum. A practicum that needs work gets feedback and one more try.
- Price: \$999 in full, or a 3-month plan. You get 2 years of access, then \$99 a year.
- You receive the Hoola-Fit Teacher Certification. It is not an ACE certification. ACE-certified professionals may be eligible for ACE credits after the practicum.
- An optional live intensive runs in Florida and Colorado in 2026.

The figures are from the program pages in October 2026.

Check before you teach

- Ask the studio whether it accepts the certificate.
- Ask your insurer to confirm that it covers hoop dance classes and any hoop types you use, such as weighted or LED hoops.
- Take a CPR and First Aid class. The American Red Cross runs classes.
- Check the hoop maker's terms before you use its name or sample class plans.
- Read our guide on how to tell a good instructor.

Teacher training

Other teacher guides: [yoga](#), [Pilates](#), [barre](#), [aerial](#) and [pole fitness](#).

Frequently asked questions

Do I need to be an advanced hooper?

No. Hoopnotica HoopDance 101 states no prerequisite on its page. The Hoola-Fit program says beginners and experienced hoopers can enrol.

Is Hoola-Fit an ACE certification?

No. Its page says Hoola-Fit is an approved continuing education provider through ACE and that the program is not an ACE certification.

Is there one official hoop dance body?

We found none in the sources we read. Brands and teachers set their own standards. Ask the studio you want to teach at what it accepts.

Sources

[Hoopnotica: teach Hoopnotica programs](https://hoopnotica.com/pages/teach-hoopnotica-programs) — <https://hoopnotica.com/pages/teach-hoopnotica-programs>

[Hoopologie: Hoola-Fit teacher training](https://www.hoopologie.com/teachertraining) — <https://www.hoopologie.com/teachertraining>

[American Red Cross: CPR classes](https://www.redcross.org/take-a-class/cpr) — <https://www.redcross.org/take-a-class/cpr>