

Bellydance Central



Term 3 Programme – Monday 20th July to Saturday 26th September 2015

Modern Bellydancing is an adaptation of the regional and traditional dances of the near, far and mid east. In combination with the use of safe dance practice, it can be a great way to keep fit, have fun, tone and shape, relieve stress, as well as learn about the movements, music and culture associated with this ancient and exotic dance form.

Bellydance Central would like to welcome you to our third term programme for 2015!

Please note, due to the Bellydance Central, Turkey Tour 2015, there may be some changes in classes taught by Nikki. Please check with Nikki directly for further information. Please also note change in Term 3 Bassendean dates.

In Term 3, we are continuing to offer classes in three locations around Perth: Osborne Park, Ellenbrook, and Bassendean (Bassendean now booked through Bellydance Central). In addition to some of our frequently offered classes in all levels of Bellydance, we have introduced a **NEW Introduction to Bellydance class in Bassendean with Anna**. Having a dedicated Intro class enables students to learn the fundamentals more comprehensively before moving into the Bassendean choreography class, which will continue to run as usual. Also **NEW** in Term 3, is **Monday evening's "Musicality, Choreography & Improv"** with our newest addition to the BDC teaching team, the glorious Aiveen! And for you Mum's with Little One's, Rachel's hugely popular Mums & Little Ones classes now run an "Energise" session on Mondays, and a "Revitalise" session on Tuesdays. Check the class descriptions for full details. If you're **50+, fabulous, and seeking a new way to look after your health and well-being, check out our new Thursday class just for you!** The feedback to this class has been phenomenal. Grab some friends and head down and revel in being the woman you are!

This, in addition to our usual class schedule, ensures that there is something for just about everyone, no matter your style or level.

Bellydance Central Key Dates 2015/2016	
2015 Term Dates - All Locations	2015 Term Open Nights - Bellydance Central, Osb Pk
Term 1 - Mon 2 nd Feb - Sat 4 th April Term 2 - Mon 20 th April - Sat 4 th July (T2 includes WAMED break Thurs 28 th May - Wed 3 rd June) Term 3 - Mon 20 th July - Sat 26 th Sept Term 4 - Mon 12 th Oct - Sat 12 th Dec	Term 1 - Fri 30 th Jan, 6:30-9:00pm Term 2 - Fri 17 th April, 6:30-9:00pm Term 3 - Fri 17 th July, 6:30-9:00pm Term 4 - Fri 9 th Oct, 6:30-9:00pm
Bellydance Central Events	
AusIntense - Vintage Bellydance Intensive Bellydance Central Grande Bazaar @ WAMED AusIntense - With Special Guest Rose FSDC and BDC joint Midyear Hafla Turkey Tour with Shaheena Mystique End of Year Gala Summerfest 2015	Sat 11 th April & Sun 12 th April 2015 Mon 1 st June 2015 Sat 11 th Jul & Sun 12 th July 2015 Sat 11 th July 2015 Fri 28 th Aug - Sat 12 th September 2015 Sat 16 th January 2016 Mon 18 th Jan - Thurs 28 th Jan 2016
Details of events released closer to the date or for more information on events please visit the website: www.bellydancecentral.com.au	

Bellydance Central Class Locations		
Osborne Park	Ellenbrook	Bassendean
Bellydance Central Studio Unit 3B/43 Edward St Osborne Park	Ellenbrook Performing Arts Theatre 100 Main St Ellenbrook	Cyril Jackson Recreation Centre Fisher St Bassendean

Contact Information:

Nikki: 0448 322 533 or 6296 5629
Email: dance@bellydancecentral.com.au
Web: www.bellydancecentral.com.au
Post: PO Box 2185, Ellenbrook WA, 6069

Schedule - Bellydance Central Term 3, Monday 20th July - Saturday 26th September 2015

Bellydance in Osborne Park - Bellydance Central Studio 3B/43 Edward St, Osborne Park

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	Open 10:30-11:30am Mums & Little Ones "Energise" With Rachel \$150	Open 10:30-11:30am Mums & Little Ones "Revitalise" With Rachel \$150				
		Level 2/4 12:30-2:00pm Dayclass With Nikki \$119		Open 12:00-1:00pm Wise-Woman Wellness With Rachel \$150		Open 11:15am-12:45pm Birth Dancing With Rachel \$170
Afternoon & Evening Classes			Children (5-8yrs) 5:15-6:00pm Children's Bellydance With Nikki \$70			
		Level 1/2 6:00-7:30pm Bellydance Basics With Nikki \$170	Intro Level 6.15-7.15pm Introduction to Bellydance With Nikki \$150	Open 6:00-7:30pm American Tribal Style (ATS) With Christine \$170		
	Level 3/4 7:30-9:00pm Musicality, Choreography & Improv With Aiveen \$170	Level 2/3 7:45-9:15pm Bellydance Basics With Nikki \$170	Level 3/4 7:30-9:00pm Performance, Choreography & Training With Nikki \$170	Company 7:45-9:15pm Mystique Dance Company Invite only \$60		

Bellydance in Ellenbrook - Ellenbrook Performing Arts Theatre | Bellydance in Bassendean - Cyril Jackson Rec Centre

	Ellenbrook Level 1/3 6:00-7:00pm Bellydance Technique & Choreography With Nikki \$150					
	Ellenbrook Intro Level 7:00-8:00pm Introduction to Bellydance With Nikki \$150		Bassendean Intro Level 7:00-8:00pm Introduction to Bellydance With Anna \$150			
			Bassendean Level 1/3 8:00-9:00pm Bellydance Technique & Choreography With Anna \$90			

Level Descriptions - criteria are a guide only, please feel free to discuss your individual requirements

Child - Boys and girls aged 5-8yrs, no previous experience required	Level 2 - Advanced beginner, 6-18 months experience
Open - No previous experience required, refer to class description	Level 3 - Intermediate, recommend a minimum 1-2 years experience
Intro - No previous experience required	Level 4 - Advanced, recommend a minimum 2-4 years experience
Level 1 - Beginner level, 3-12 months experience	Company - By invitation only

Class Descriptions - Bellydance Central Term 3, Monday 20th July - Saturday 26th September 2015

Bellydance in Osborne Park - Bellydance Central Studio 3B/43 Edward St, Osborne Park

MONDAY

Mums & Little Ones 'Energise' with Rachel Level: Open
Monday 10.30-11.30am

Open to mums with little ones of all ages - boys and girls. Baby-wearing friendly! Suitable for mums seeking a more intense workout. Using an oriental dance base to promote well-being and encourage strengthening and flexibility, focusing on more challenging movements and combinations to target the pelvic floor & other muscles commonly weakened through childbirth. Supportive, welcoming mums group for some 'me time', children are welcome to join in, watch or play.

Musicality, Choreography & Improv with Aiveen Level: 3/4
Monday 7:30-9:00pm

NEW! A modern oriental choreography strongly guided by the lyrics. Explore using emotion to bring drama to this original choreography by Aiveen, as seen at WAMED Festival 2015. The track "Lama Ra El Sabr" by Dr Samy Farag, is downloadable on itunes (Cairo Nights Vol 1).

TUESDAY

Mums & Little Ones 'Revitalise' with Rachel Level: Open
Tuesday 10.30-11.30am

Open to mums with little ones of all ages - boys and girls. All fitness levels, no experience necessary. Baby-wearing friendly! Perfect for mums in the early post-natal period, those new to belly dance and mums requiring a gentle, low-impact class with softer movements for strengthening, healing & joint mobility. Using oriental dance movements to promote well-being, encourage flexibility & improve fitness. Enjoy a gentle introduction to exercise after previous surgery or to build body-confidence post-pregnancy. Bond with your baby or watch your child enjoy the freedom of dance in a supportive, friendly and relaxed mums group.

Dayclass with Nikki Level: 2/4
Tuesday 12.30-2.00pm

Nagwa - A classical Vintage Bellydance choreography inspired by Egyptian Oriental Dance during the late 50's - early 60's period. This class will run over Term 3 & 4 in order for students to fully grasp the very specific "Vintage" concepts which will be introduced. No class on Tues 25th Aug, 1st Sept & 8th Sept. 7 week term. Choreo by Nikki.

Bellydance Basics with Nikki Level: 1/2
Tuesday 6-7.30pm

The purpose of this class is to consolidate technique from intro level classes or further consolidate technique and increase movement repertoire for current basic students. This term we will be learning a fun choreography to Aah Ya Layel. Choreographed by Nikki.

Bellydance Basics with Nikki Level: 2/3
Tuesday 7.45-9.15pm

An introduction to Vintage Bellydance, with Aziza! Inspired by the dancers of Egypt's "Golden Era," be transported through dance to an era of elegance and glamour. Be introduced to Vintage Bellydance concepts and movement repertoire. Choreographed by Nikki.

WEDNESDAY

Children's Bellydance with Nikki Level: Child
Wednesday 5.15-6.00pm

Boys and girls aged 5-8 (or by consultation with Nikki). An ongoing children's class, with a strong emphasis on movement fundamentals

and musicality. New content is added on a consistent basis to help students progress and enjoy the process of learning to dance to music in an non-competitive environment. No class on Wed 26th Aug, 2nd Sept, 9th Sept. 7 week term.

Introduction to Bellydance with Nikki Level: Intro
Wednesday 6:15-7:15pm

Fun bellydance fundamentals for absolute beginners. Further details available in the separate Introduction to Bellydance information pack

Performance, Choreography & Training with Nikki Level: 3/4
Wednesday 7.30 - 9:00pm

A 1970's style Baladi & Drum, inspired by the likes of Soheir Zaki, Nagua Fouad & Aza Sherif. Think refined yet gutsy! Class focus will be jointly on technique and choreography. Choreography Nikki & Nanda

THURSDAY

NEW! Wise-woman Wellness with Rachel Level: Open
Thursday 12.00-1.00pm

A class for those that are 50+, fabulous, and seeking a new way to look after their health and well-being. Individually themed classes to encourage flexibility, mindfulness, and joint mobility. Gentle, safe movement will help restore balance, re-energise and prevent injury. No experience required.

American Tribal Style (ATS) with Christine Level: Open
Thursday 6:00-7.30pm

Tribal Style Bellydance - Imagine a time in history when women would gather together to dance; creatively & uniquely expressing the freedom & empowerment of their gypsy spirits, using a language of movement that only they knew. When they'd connect through the dance, in fun & in laughter, in gratitude for each other, in celebration of womanhood. This is the essence of Tribal Style Bellydance. ATS is improvised. There is no choreography. Each move has a cue which when signaled by a lead dancer is followed by the rest of the tribe. Come and have fun experiencing the strength, beauty and grace of ATS. No dance experience required.

Mystique Dance Company Level: Company
Thursday 7.45 - 9.15pm

By Invite only. Company members must be enrolled in at least one other class. No Class on Thurs 27th Aug, 3rd Sept, 10th Sept. 7 week term.

SATURDAY

Birth Dancing with Rachel Level: Open (Ante & Post Natal)
Saturday 11:15am-12.45pm

Open to all pregnant women, post-natal mums and bubs, no experience necessary. This class teaches traditional belly dance and specific Birth Dancing movements as a method of birth preparation and to provide a gentle introduction to exercise before and after the birth of your baby. As a doula, Rachel brings her birthing wisdom to enrich your ante-natal preparation. The class gives new mums some time to bond and dance with their baby while meeting new friends in a welcoming and nurturing environment. For more information about this class email: rachelthebirthlady@gmail.com

**Bellydance in Ellenbrook:
 Ellenbrook Performing Arts Theatre, 100 Main St**

MONDAY

Level: 1/3
Bellydance TQ & Choreography with Nikki
Monday 6.00-7.00pm

The purpose of this class is to consolidate technique from intro level classes or further consolidate technique and increase movement repertoire for current student through choreography.

Level: Intro
Introduction to Bellydance with Nikki
Monday 7.00-8.00pm

Fun bellydance fundamentals for absolute beginners. Further details available in the separate Introduction to Bellydance information pack.

**Bellydance in Bassendean:
 Cyril Jackson Rec Centre, Fisher St**

WEDNESDAY

Level: Intro
Introduction to Bellydance with Anna
Wednesday 7.00-8.00pm

Fun bellydance fundamentals for absolute beginners. Further details available in the separate Introduction to Bellydance information pack.

Level: 1/3
Bellydance TQ & Choreography with Anna
Wednesday 8.00-9.00pm

In Term 3, the Bassendean choreography class will run on the following dates, Wed July 8, 15, 22, 29, Aug 5 & 12. 6 week term.

Bellydance Central General Class Registration Form Term 3 2015, Monday 20th July - Saturday 26th September 2015

Name: _____

New Student or Update Details:

Address: _____

Email: _____

Phone: _____

Please indicate if you do not want to be notified of upcoming events and Bellydance Central news

By enrolling you agree to the following:

1. Bellydance Central reserves the right to postpone any class to be made up at a later date
2. A class missed by a student can be made up by attending another class of an equal or lesser value within the same term
3. Casual attendance only by arrangement only
4. All relevant medical conditions must be disclosed prior to the start of the first class
5. As with any physical activity program please seek advice from your medical professional before commencing
6. While every care is taken to ensure the safety of students, classes are attended at the student's own risk
7. Unauthorised videoing of classes is strictly prohibited, offenders will have their enrolment cancelled and remaining classes refunded
8. Choreography remains the property of the choreographer at all times, performance and teaching permission must be requested

Day & Time		Level	Osborne Park - Class Title	Cost	Payment
Mon	10:30-11:30am	Open	Mums & Little Ones "Energise" with Rachel	\$150	\$
Mon	7:30-9:00pm	3/4	NEW! Musicality, Choreography & Improv with Aiveen	\$170	\$
Tues	10:30-11:30am	Open	Mums & Little Ones "Revitalise" with Rachel	\$150	\$
Tues	12.30-2.00pm	2/4	The Dayclass with Nikki (7 weeks only)	\$119	\$
Tues	6:00-7:30pm	1/2	Bellydance Basics with Nikki	\$170	\$
Tues	7:45-9:15pm	2/3	Bellydance Basics with Nikki	\$170	\$
Wed	5:15-6:00pm	Child	Children's Bellydance with Nikki (7 weeks only)	\$70	\$
Wed	6:15-7:15pm	Intro	Introduction to Bellydance with Nikki	\$150	\$
Wed	7:30-9:00pm	3/4	Performance, Choreography & Training with Nikki	\$170	\$
Thurs	12:00-1:00pm	Open	Wise-woman Wellness with Rachel	\$150	\$
Thurs	6:00-7:30pm	Open	American Tribal Style (ATS) with Christine	\$170	\$
Thurs	7.45-8.45pm	Company	Mystique Dance Company - Invite Only (7 weeks only)	\$60	\$
Sat	11:15am-12:45pm	Open	Birth Dancing with Rachel	\$170	\$
Day & Time		Level	Ellenbrook - Class Title	Cost	Payment
Mon	6:00-7:00pm	1/3	Bellydance TQ and Choreography with Nikki	\$150	\$
Mon	7:00-8:00pm	Intro	Introduction to Bellydance with Nikki	\$150	\$
Day & Time		Level	Bassendean - Class Title	Cost	Payment
Wed	7:00-8:00pm	Intro	NEW! Introduction to Bellydance with Anna	\$150	\$
Wed	8:00-9:00pm	1/3	Bellydance TQ and Choreography with Anna (6 weeks only)	\$90	\$
10% Discount for 2 or more Classes				-	\$
\$10 Bellydance Class Discount Voucher				-	\$
Sub Total					\$

Payment Options: (please tick)

TOTAL

\$

Bank (Westpac): Bellydance Central BSB: 036 086 Acct: 009 333 Ref: T3+Surname

Cheque: Payable to Bellydance Central

Cash: Payable on Open Night or first night of class

Direct Deposit Slip:

Bellydance Central
BSB: 036 086
Acct: 009 333
Ref: T3+Surname

Amount Payable:

\$

Studio: 3b/43 Edward Street, Osborne Park
Postal: PO Box 2185, Ellenbrook WA 6069
Nikki: 6296 5629/0448 322 533
Email: dance@bellydancecentral.com.au
Web: www.bellydancecentral.com.au