

Bellydance Central



Introduction to Bellydance

Term 3 - Monday 20th July to Saturday 26th September 2015

Never Bellydanced Before? Then our specially design Introduction to Bellydance classes are just for you!

Overview

Modern Bellydancing is an adaptation of the regional and traditional dances from 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 to learn about the movements, music and culture associated with this exotic art form.

Course Objectives

This introductory course introduces the student to the art of bellydance. It provides a brief history; outlines exercise benefits and correct methodologies for exercising and provide basic instruction in body movements to Oriental music. Each individual will be provided with the basic skills necessary to express the dance, as well as a feel for the music. Students will have the opportunity to learn a simple choreographed routine, which they can perform for their own enjoyment or for their family and friends. This course focuses on having fun, making friends and developing a positive self image.

Course Outline

Classes are structured around seven core elements:

Warm-up: Designed to get the circulation flowing and achieve perspiration without strain using basic bellydance moving and connecting steps. Includes explanation of cultural contexts, basic music and rhythms to be used during class.

Stretching: Aims to enable students to achieve more flexibility and make muscles more responsive to movements. Reduces possibility of strain injury. During this section we introduce correct posture techniques, bellydance arm and shoulder movements and weight shifting techniques.

Isolations: Introduction of slow movements designed to work separate parts of the body and to improve strength and flexibility
Technique: Introduction of Oriental Dance techniques while applying correct posture and weight shifting techniques to perform the basic core bellydance movements.

Combinations and Variations: As each lesson progresses the new techniques will be combined with those previously learned into simple combinations. This provides insights into how movements are put together & how one movement can be varied to look different.

Improvisation and Choreography: At this point we investigate different ways of having fun with dance through creative dance improvisation to bellydance music and putting together combinations learnt to form a simple choreography

Cool-downs: These are structured to help relieve any build-up of stress and to shift the concentration of blood from the muscles to flow through the rest of the body. The student finishes the class feeling relaxed and invigorated

What do I wear?

Comfortable clothing, such as any of the following: tracksuit or dance pants, tights, leggings, shorts, tee shirts, singlet tops, crop tops, leotard, hip scarf.

How do I enrol?

Simply fill out the registration form attached, choosing which class you would like to attend, pay by one of the payment methods specified, and you're enrolled!

Or come along to our Open Night on Friday 17th July for free mini workshops and dance demonstrations.

**Introduction to Bellydance at Bellydance Central
Term 3, Monday 20th July - Saturday 26th September 2015**

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

Wednesday 6:15-7:15pm - 10 weeks commencing 22nd July

Introduction to Bellydance

With Nikki

Fun bellydance fundamentals for absolute beginners. See class details above

Bellydance in Ellenbrook - Ellenbrook Performing Arts Theatre - 100 Main St Ellenbrook

Monday 7:00-8:00pm - 10 weeks commencing 20th July

Introduction to Bellydance

With Nikki

Fun bellydance fundamentals for absolute beginners. See class details above.

Bellydance in Bassendean - Cyril Jackson Recreation Centre - Fisher St, Bassendean

Wednesday 7:00-8:00pm - 9 weeks commencing 22nd July

Introduction to Bellydance

With Anna

Fun bellydance fundamentals for absolute beginners. See class details above.

Bellydance Central Key Dates 2015

2015 Term Dates - All Locations

Term 1 - Mon 2nd Feb - Sat 4th April
 Term 2 - Mon 20th April - Sat 4th July
(T2 includes WAMED break Thurs 28th May - Wed 3rd June)
 Term 3 - Mon 20th July - Sat 26th Sept
 Term 4 - Mon 12th Oct - Sat 12th Dec

2015 Term Open Nights - Bellydance Central, Osb Pk

Term 1 - Fri 30th Jan, 6:30-9:00pm
 Term 2 - Fri 17th April, 6:30-9:00pm
 Term 3 - Fri 17th July, 6:30-9:00pm
 Term 4 - Fri 9th Oct, 6:30-9:00pm

Bellydance Central Events

Summerfest 2015

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

Mon 12th Jan - Thurs 29th Jan 2015
 Sat 11th April & Sun 12th April 2015
 Mon 1st June 2015
 Sat 11th Jul & Sun 12th July 2015
 Sat 11th July 2015
 Fri 28th Aug - Sat 12th September 2015
 Sat 16th January 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 Introduction to Bellydance Class Locations

Osborne Park

Bellydance Central Studio
 Unit 3B/43 Edward St
 Osborne Park

Ellenbrook

Ellenbrook Performing Arts Theatre
 100 Main St
 Ellenbrook

Bassendean

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

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

Name:

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. Missed classes can be made up by attending another class of an equal or lesser value
3. Casual attendance only by consultation
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
Wed	6:15-7:15pm	Intro	Introduction to Bellydance with Nikki	\$150	\$
Day & Time		Level	Ellenbrook - Class Title	Cost	Payment
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	Introduction to Bellydance with Anna (9 weeks only)	\$135	\$
				Sub Total	\$
				\$10 Discount Class Voucher	- \$

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	

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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: 0448 322 533 or 6296 5629
Email: dance@bellydancecentral.com.au
Web: www.bellydancecentral.com.au