

NEW CLASSES FOR 2010

A Taste of Bollywood and Belly Dance

Bolly/Belly Workout

The grace of Belly Dance meets the excitement of Bollywood!

Easy to follow steps and combinations using both styles will give you a fun, low impact workout.

This class is designed to give you a taste of these popular dance styles.



All Levels Dance Conditioning

As an extension of your dance practice this class incorporates movements, stretches and exercises to increase strength, flexibility and body awareness.

Work to your own ability with a view to improvement, building a connection between mind, body and breath.

This class will involve some gentle floor work, please bring a yoga mat and an open mind.



Bollywood Styles and Combinations

Bollywood incorporates many styles of dance.

In this class we will look at different styles that you will come across in Bollywood, both fusion and the more traditional styles.

We will work on small sections from different choreographies. Styles covered will include: veil, Bhangra, Garba and Hip Hop to name a few.

NEWS AND COMING EVENTS

WORKSHOPS WITH MELUSINA

Saturday 17 and Sunday 18 July

The fabulous Melusina from Underbelly Studios in Melbourne will be conducting workshops at Belly Dance Arabesque.



WINTER WARM-UP SHOW

Friday, 16 July

An intimate show in our Upstairs Studio with performances of Classical Belly Dance, Tribal and Bollywood,
with special guest Melusina

Tickets \$20 • BYO drinks



OPEN DAY

Term 2 Open Day – Saturday 26 June

Term 3 Open Day – Saturday 18 September

Come and see the studios, meet the teachers at Belly Dance Arabesque and watch classes in action.



HAREM PARTIES

Term 2 Harem Party – Sunday 27 June (week 9)

Latvian Hall, 4 Clark Street, Wayville

Term 3 Harem Party – Sunday 26 Sept (week 10)

Irish Club, 11-15 Carrington Street, Adelaide



CHECK OUR WEBSITE

For up-to-date information about studio events of all kinds, check our website:

www.bellydancearabesque.com.au



Belly Dance Arabesque

PRINCIPAL TEACHER: SHAMIRA

ABN 54 653 693 789

23 Payneham Road, College Park

Telephone (08) 8363 5499

Email: shamira@chariot.net.au

Timetable and fee schedule

TERM 3, 2010

10 WEEK TERM

commences

Monday 19 July, 2010

Fully airconditioned

UPSTAIRS AND DOWNSTAIRS

Fees

INDIVIDUAL STUDENTS

Beginners 1 only

\$75.00 per term – if RECEIVED by Friday 9/7/10.

\$85.00 per term – after Friday 9/7/10.

All other levels:

\$80.00 per term – if RECEIVED by Friday 9/7/10.

\$90.00 per term – if paid thereafter.

\$75.00 per term – Seniors (60 years and over) and concession card holders.

\$140.00 per term – attend two classes per week, if RECEIVED by Friday 9/7/10.

\$150.00 per term – attend two classes per week, if paid thereafter.

\$190.00 per term – attend up to six classes per week, if RECEIVED by Friday 9/7/10.

\$200.00 per term – attend up to six classes per week, if paid thereafter.

\$12.00 per casual class – this option is only available if the class is not full. Please check with Shamira prior to attending.

FAMILY DISCOUNT

(mother/daughter or sister/sister, same household *only*)

\$140 per term, per couple – if RECEIVED by Friday 9/7/10.

\$150 per term, per couple – if paid thereafter.

Direct Debit

Direct debits can be made to the account of
S. Rochford at
Adelaide Bank
BSB 610-101
A/c 035673436.

The payment will need to be confirmed by notifying Shamira in writing that:

1. A payment has been made into that account, and
2. The name of the account from which the money has been transferred, and
3. The class or classes the student is enrolling in (including day, time, choreography and level of each class)

This term is for ten weeks. Each class runs for one hour. Classes will run on public holidays.

Students under 16 years, deduct \$5 from term prices.

Bookings for all classes are essential. Book early as classes fill quickly.

No refunds once term has commenced.

The studio is not open during term breaks. If paying during the term break, fees must be paid by direct debit, or mailed to PO Box 3051, Port Adelaide SA 5015 (cheque or money order only).

Enrolment Form

Name:

Address:

..... Postcode

Phone: Business

Home

Email:

How did you hear about Belly Dance Arabesque?

- WEA Yellow Pages
 Friend (.....) Other

If recommended by a friend, please include their name in the space provided. We reward recommendations with a discount.

Any relevant medical condition?

.....
.....

Class Preference

Day	Time	Level

Whilst every care is taken to ensure the safety of students, I understand that I attend these classes entirely at my own risk.

Signature:

Date:

Detach this section and mail with payment to the postal address overleaf.

Total fees enclosed \$

NB No refunds given once the term has commenced.