

# *Aegela* Centers for Middle Eastern Dance

The Glann School 1700 N Reynolds Rd, Suite 203 (north side of building) Toledo, OH

## *Belly Dance...An Ancient Art with a Contemporary Vision*

*January 15 – February 24, 2024*

\$70.00 for 6 week series, one class per week --- \$40 ea additional series

(enter **DISC2024** when registering for multiple classes)

<b>Monday</b>	<b>Noon – 1:10 pm</b>	<b>Level 1 &amp; 1B Belly Dance</b>	<b>Instr: Jen</b>
<b>Monday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 2 Belly Dance</b>	<b>Instr: Cheryl</b>
<b>Tuesday</b>	<b>6:15 pm – 7:25 pm</b>	<b>Level 4 Dance Company</b>	<b>Instr: Aegela</b>
<b>Wednesday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 1 Belly Dance</b>	<b>Instr: Aegela</b>
<b>Wednesday</b>	<b>7:50 pm – 9:00 pm</b>	<b>Synchronized Group Improv</b>	<b>Instr: Jen</b>
<b>Thursday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Explore Folklore Belly Dance</b>	<b>Instr: Aegela</b>
<b>Saturday</b>	<b>9:30 am – 10:40 am</b>	<b>Level 1B Belly Dance</b> <b>(coffee/tea bar open)</b>	<b>Instr: Aegela</b>

**Level 1**.....For the beginning dancer; an introduction to the basics of belly dance; all ages, shapes, sizes, genders welcome  
**No prior dance training required**

**Level 1B**.....Introduction to dancing with zils (finger cymbals) abdominal, hand arm movements added to basic technique plus new technique and combinations

**Completion of Level 1 or equivalent required**

**Level 2**.....More complex, layering movements, travelling steps, dancing with zils, suitable for those returning after a hiatus

**Completion of Level 1B or equivalent required**

**Level 3**.....Performance skills, Aegela's outside the box combinations; complex technique; choreographies; zils required

**Completion of Level 2 or equivalent and instructor's permission required**

**Level 4**.....Class reserved for Aegela Dance Company members

**Synchronized Group Improv**.....Learn specific moves and cues to spontaneously perform improvised belly dance in sync with a group

**Completion of Level 1B or equivalent required**

**Explore Folklore**..The journey through folkloric dance continues with the technique of Master Choreographer (and Aegela's mentor), Mahmoud Reda. Includes film footage, cultural nuances, costumes used, rhythms and steps unique to this genre'

**Completion of Level 1B or equivalent required**

[www.aegela.com](http://www.aegela.com)

**REGISTER:** [www.aegela.com](http://www.aegela.com)

517-918.9547

\*\*\* Registrations are non-refundable and non-transferrable unless a class is cancelled; spots not reserved without payment\*\*\*

\*\*\*Proper attire for all classes is comfortable exercise clothing; bare feet, socks or dance shoes\*\*\*