

# *Aegela* Centers for Middle Eastern Dance

The Martin School 10 S. Holland Sylvania Rd. at Hill Avenue, Suite 305 Toledo, OH

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

*June 3 – June 27, 2024*

\$45.00 for 4 week series, one class per week

Drop in rate: \$15 per class

<b>Mondays</b>	<b>12:30 pm – 1:40 pm</b>	<b>Mixed Level 1 &amp; 1B Belly Dance</b>	<b>instr: Jen</b>
	<b>6:30 pm – 7:40 pm</b>	<b>Level 1 Belly Dance</b>	<b>instr: Cheryl</b>
	<b>7:50 pm – 9:00 pm</b>	<b>Mixed Level 2 &amp; 1B Belly Dance</b>	<b>instr: Cheryl</b>
<b>Tuesdays</b>	<b>6:15 pm – 7:25 pm</b>	<b>Level 4 (ADC only)</b>	<b>instr: Aegela</b>
<b>Wednesdays</b>	<b>6:30 pm – 7:40 pm</b>	<b>The Art of the Veil</b>	<b>instr: Aegela</b>
	<b>7:50 pm – 9:00 pm</b>	<b>Synchronized Group Improv</b>	<b>instr: Jen</b>
<b>Thursdays</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 3 Technique</b>	<b>instr: Aegela</b>

**Level 1 & 1B.....** A beginner's introduction to basic belly dance movements and dance technique.

**No prior dance training required.**

**Level 2 & 1B.....** Layering, travelling steps, finger cymbals; suitable for those returning to dance after hiatus

**Completion of Level 1 or equivalent and moderate use of zils (finger cymbals) required.**

**Level 3.....**Challenging combinations, use of finger cymbals, performance skills for folkloric and orientale styles

**Completion of Level 2 or equivalent required.**

**Level 4.....** Reserved for members of the Aegela Dance Company.

**Cannot be used to make up a class, or for drop ins.**

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

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

**Art of the Veil.....** Dancing with a veil is beautiful, sultry and a great upper body workout. Veils available for use.

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

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

\*\*\* Registrations are non-refundable and non-transferrable unless a class is cancelled\*\*\*

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