

# *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*

*March 2 – April 9, 2026*

\$75.00 for 6 week series, one class per week --- \$50 ea additional series

(enter **DISC2026** when registering for multiple classes)

<b>Monday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 1</b>	<b>Instr: Cheryl</b>
<b>Monday</b>	<b>7:50 pm – 9:00pm</b>	<b>Level 2 (formerly 1B and 2)</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>Synchronized Group Improv</b>	<b>Instr: Jen</b>
<b>Thursday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 3 Belly Dance</b>	<b>Instr: Aegela</b>
<b>Saturday***</b>	<b>9:00 am – 11:20 am</b>	<b>Coffee, Tea and Zils</b>	<b>Instr: Cheryl</b>

**\*\*\*Saturday class meets Mar 7, Mar 21 and Apr 4 only\*\*\***

**\*\*\*Coffee and Tea Bar open for Saturday's classes\*\*\***

**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 2.....**The next step up; begin using finger cymbals; abdominal movements and dancing combinations  
**Completion of Level 1 or equivalent required**

**Level 3.....**Performance skills, Aegela's outside the box combinations; zils required; vintage, folkloric, traditional styles  
**Completion of Level 2 or equivalent and instructor's permission required**

**Level 4.....**Class reserved for Aegela Dance Company members; **cannot be used to make up classes**

**Synchronized Group Improv.....**Learn specific moves and cues to spontaneously perform improvised belly dance in sync with a group  
**Completion of Level 1B or Level 2 or equivalent required**

**Coffee, Tea and Zils...**From acapella to musical accompaniment, explore different rhythms, beginning with core concepts then onto creative embellishments; a percussion class only

**Basic skills with zils required**

**AEGELA AID...**Want some extra help with technique, choreography or zils? Schedule time with Aegela before or after your regular class, or some weekends. Half hour or one hour slots available. Up to 3 students can share the time slot. Inquire about pricing.

[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\*\*\***