

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

July 6 – July 30, 2026

\$50.00 for 4 week series, one class per week

Monday	6:30 pm – 7:40 pm	Level 1	Instr: Cheryl
Monday	7:50 pm – 9:00pm	Level 2 (formerly 1B and 2)	Instr: Cheryl
Tuesday	6:15 pm – 7:25 pm	Level 4 Dance Company	Instr: Aegela
Wednesday	6:30 pm – 7:40 pm	Synchronized Group Improv	Instr: Jen
Thursday	6:30 pm – 7:40 pm	Level 3 Belly Dance	Instr: Aegela
Saturday***	9:00 am – 11:20 am	Coffee, Tea and Zils	Instr: Cheryl

*****Saturday class meets July 11 and July 25 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 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

AEGLA 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

REGISTER: 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*****