

# DANCE

Please note that any refunds for a dropped couples class will be issued to each student equally.

## Belly Dance Level 1

Belly Dance Level 1 is an entry level class. In this class we will explore the basics of belly dance. Hip movements, shimmies, body undulations, graceful arms/hands and traveling steps to just mention a few. In addition there will be a choreographed dance with notes and a music CD. There will be stretching and warm-ups before class starts and at the end for a cool down.

Wear comfortable clothing you can move in.

Course Number: LLLX-1531 Tuition: \$48

Sec	Start	End	Day	Time	Room	Inst
CEUA	July 21	Sept 8	W	6-7 pm	CEC,304	Ashiya

## Belly Dance Level 2

Belly Dance Level 2 is a continuation of the level 1 class or for anyone with some belly dance experience. In the class we will add more movements and begin the practice of layering techniques, such as combining shimmies with a hip circle. We will introduce props such as veil or zills to add to the dance. In addition, there will be a choreographed dance with notes and a music CD. There will be stretching and warm-ups before class starts and at the end for a cool down.

Wear comfortable clothing you can move in.

Course Number: LLLX-0365 Tuition: \$48

Sec	Start	End	Day	Time	Room	Inst
CEUA	July 21	Sept 8	W	7-8 pm	CEC,304	Ashiya

## Beginning Ballroom

A class for couples, taught by Don and Polly Andersen. Learn the Waltz, Swing, Polka, Fox Trot and other popular dances. Preparation for dancing to ballroom, nightclub, country music or that special wedding or anniversary.

Please put both partners' names and social security numbers on the registration form. Class is held at the Pla Mor Ballroom, 6600 W. O St.

Course Number: LLLX-1521 Tuition: \$86/cpl

Sec	Start	End	Day	Time	Room	Inst
OCUA	July 20	Aug 24	T	7-8:30 pm	See Desc	Andersen



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