

# BELLY DANCING

**Date:** Tuesdays, April 9, 16, 23, 30

**Time:** 6:00-7:30p.m.

**Registration Opens:** January 26

**Max students:** 15

**For ages:** 16 and up

**Materials Fee:** \$10 (for 4 classes)

**Instructor:** Dyan Fairbanks

**Notes:** Wear loose, comfortable clothing. Don't eat a full meal before class. Belly dancing belt and CD purchases will be discussed at the first class.

Belly dancing is an excellent method for maintaining fitness, enhancing agility and boosting self-assurance. It fosters balance, physical power, digestion and harmonized movements. Online video references for costume guidance and practice sessions will be provided.

CATALOGUE

