

Bellique Bellydance

Term 1 2012

January 31- March 21

0408 565 707 www.underbellydance.com

prue@underbellydance.com / info@belliquebellydance.com

***Bellique Bellydance is
moving to a new studio!***

***Wednesday classes will now be held
at Broken Mirror Studios***

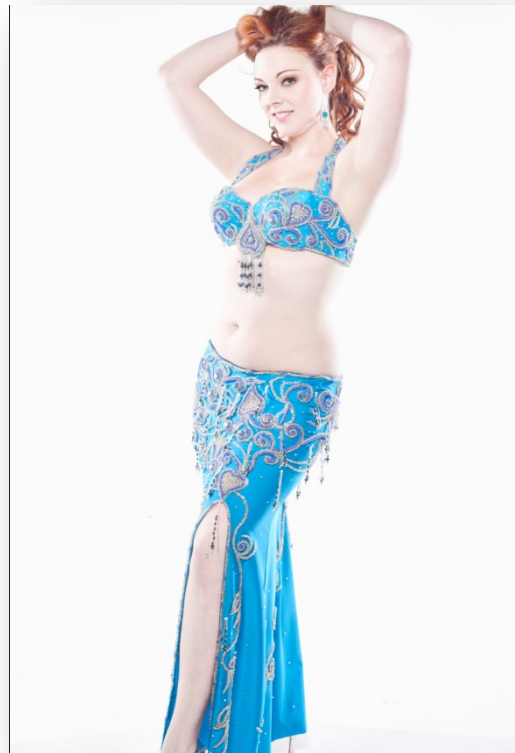
***2c Staley St Brunswick (Just behind
Sydney Rd)***

How do I use that prop?

***Term 1 is all about props in
Intermediate and General
Bellydance!***

***Please ensure you own a veil, cane,
sword (a cane can be used in it's
place) and zills (try
www.ameraspalce.com.au)***

We will spend 2 weeks on each prop



Studio Locations

Brunswick; Broken Mirror 2c Staley St Brunswick (Just behind Sydney Rd)

Forest Hill; Forest Hill Hall- corner of Springvale and Canterbury Roads Forest Hill (Enter via Canterbury Rd)

Term 5 Timetable

<u>Tuesday</u> Forest Hill	<u>Wednesday</u> Brunswick
6:5PM-7:5PM General Bellydance	6:15PM - 7:30PM Beginner Bellydance
	7:30PM-8:15PM NEW! Classical Ballet
	8:15PM - 9:30PM Intermediate Bellydance

Class Prices

\$10 trial class in all locations! (New students only)

Forest Hill Bellydance- 8 weeks 1 hour class	\$132 (\$16.50 per class)
4 class card	\$70 (\$17.50 per class)
Casual	\$18.50
Brunswick Belly Dance- 8 weeks 1.25 hour class	\$148 (\$18.50)
4 week 1.25 hour card	\$78 (\$19.50)
Casual 1.25 hour class	\$21
Brunswick Early Bird special 8 classes for the price of 7. Ends 20.1.2012	\$129.50
Classical Ballet	\$10 casual. Cash only
Private lessons at Brunswick/ Forest Hill by Appointment only	\$50 per hour. \$20 per extra person
Private lesson in student's home	\$60 per hour

Please take note of the Missed Classes policy in the Terms and Conditions section

Class descriptions

Beginner and Intermediate Belly Dance classes in Brunswick include 30 minutes of Pilates based strength exercises!

Reduce upper and lower back pain and improve your balance and co-ordination with Pilates. Please bring a mat (available for sale at the studio) and a large bath towel.

Beginners Belly Dance 1.25 hours (Level 1) - Introduces the basic movements, combinations, music and history of belly dance. Suitable for complete beginners to those with some experience. Please bring a mat and bath towel.

Intermediate Belly Dance 1.25 hours (Level 2) -Explores more complex movements, improvisation, prop usage (veil, zill, cane, sword) and choreography. Please bring a mat and bath towel.

General Bellydance 1 hour. Suitable for both beginner and intermediate level students. Each week explore new steps and sequences from shimmies to arabesques! This class also includes some prop usage.

Classical Ballet 45 minutes, no ballet experience required – This class explores the grace and elegance of Classical Ballet with the intention to take your Bellydance skills to a new level. Learn how to carry your upper body and extend out to the tips of your fingers and toes like a ballerina with exercises in adage (slow movement) and allegro (jumps and travelling steps). Please wear socks or ballet shoes (available at Bloch dance store) \$10 casual payment only.

Terms and Conditions

- **Brunswick Early Bird payment must be received by January 20th via Electronic Transfer only.**
- **Payments for 8 week courses are to be made *in full* by *Cash* or *Electronic transfer* only. NO credit or EFTPOS available. Please have the full amount on the first class of term (Please contact me if you would like to pay in 2 parts) Casual payments can be made in cash before the class commences.**
- **All Full Term and 4 Week Cards are to be used within the Term that they are purchased and are not valid for any other period. *All Courses are non-refundable.* In the event that a course is cancelled students can choose to have their entire remaining course monies refunded or be transferred to another course of equal or lesser value.**
- **Missed classes - Students with full term cards may make up missed classes at any of Prue's other dance classes; please refer to the term timetable. Missed classes can NOT be refunded.**

- **Bellique Bellydance does have an illness and work commitment policy to those who find themselves unable to attend a purchased term. Please contact Prue for more information.**

Bank Details

Prue Schafferius

Westpac **BSB:** 733 058 **Account:** 642 805

What to wear

- **Wear something comfortable such as leggings, tracksuit pants and a top. You may also wear skirts and other fun belly dance attire. Please wear pants for the Pilates component of Brunswick classes.**
- **Hip scarves are recommended to help ‘feel’ the hips and they are fun to wear! A selection of scarves will be on sale at the studio during classes.**
- **Bare feet or socks are ideal but ballet/ jazz shoes and foot thongs are also appropriate (no jiffies or jazz runners) Foot thongs can be ordered through Prue at the studio.**
- **Brunswick; Please bring a yoga mat and large bath towel for Beginner and Intermediate classes. Mats can be purchased at the studio.**

Parking and Public Transport

Brunswick; Staley St is just behind Sydney Rd near the corner of Blyth st and Staley St. Street parking available. Please do not park in the Mediterranean Wholesalers carpark. Tram 19 runs down Sydney Rd from Elizabeth St. Please find the link to Google maps below.

<http://maps.google.com.au/maps?q=Staley+Street,+Brunswick,+Victoria&hl=en&ll=-37.766712,144.961681&spn=0.022187,0.060768&sll=-25.335448,135.745076&sspn=25.814453,62.226563&vpsrc=6&hnear=Staley+St,+Brunswick+Victoria+3056&t=m&z=14>

Forest Hill; the studio is only a few minutes from the Eastern Freeway Springvale Rd exit. Buses run up both Springvale Rd.