

Classes at the Sheik

Timetables

Class Schedule Term 2 2008

| Mondays | | | |
|----------------|------------------------|-------------------------------|-----------|
| 4.00 – 5.00 pm | Ages 5 – 12 yrs | BellyKIDS | Zahra |
| 5.15 – 6.45 pm | Beginners | Tribal Style | Amy Warne |
| 6.45 – 7.45 pm | Beginners Progressive | Bellydance | Zahra |
| 7.45 – 8.45 pm | Intermediate/ Advanced | Prop Technique & Choreography | Zahra |

| Tuesdays | | | |
|----------------|-------------------------|--------------------|----------|
| 11.00am – Noon | Progressive | Bellydance | Ayesha |
| 6.10 – 7.20 pm | Beginners/ Intermediate | Bollywood | Richelle |
| 7.30 – 8.45 pm | Intermediate/ Advanced | Gypsy Tribal Style | Ayesha |

| Wednesdays | | | |
|----------------|---------------------|------------|---------|
| 2.00 – 3.00 pm | Seniors Beginners | Bellydance | Dorothy |
| 3.30 – 4.30 pm | Seniors Progressive | Bellydance | Dorothy |
| 5.30 – 6.30 pm | Beginners | Bellydance | Janet |
| 6.45 – 7.45 pm | Progressive | Bellydance | Janet |

| Thursdays | | | |
|----------------|-----------------------------------|------------------------------|------------|
| 4.00 – 5.00 pm | Ages 5 – 12 yrs | HipHopKIDS | Suzi |
| 5.45 – 6.45 pm | Any Level | Fusion Bellydance Fitness | Suzi |
| 6.45 – 7.45 pm | Beginners | Bellydance | Phynia |
| 7.45 – 9.00 pm | Advanced Technique & Choreography | Bellydance | Dawn White |

| Fridays | | | |
|----------------|------------------------|------------|-----|
| 3.00 – 4.00 pm | Intermediate Technique | Bellydance | Eva |

| Saturdays | | | |
|--------------------|-------------|------------|------|
| 10.15 – 11.15 am | Progressive | Bellydance | Tara |
| 11.30am – 12.30 pm | Beginners | Bellydance | Tara |

Class Schedule Term 3 2008 out soon...

Guide to Classes

Classes at the Sheik are tailored to fit many differing belly dancer needs. We offer a variety of levels and styles to suit what you are looking for. Choose a class at the right level, in the most appropriate style suited to your personality, and with a teacher whose methods flatter your learning mode best. (A guide to levels and styles included below)

Beginner students are encouraged to try out different teachers if able

Intermediate and Advanced students are encouraged to learn from a variety of teachers in order to broaden their capabilities.

Classes at the Sheik run daily. Most classes are available after work, yet some day classes do run. If you are looking for more daytime classes, please contact us and register your interest- if we have enough interest in a particular time, we will run a new class.

Alternatively, if you and a few friends or colleagues are interested in learning to bellydance, and want to arrange your own personal timeslot, contact us and we can arrange a teacher and an available timeslot to suit your needs.

Beginners- Beginners classes are focused on learning the basic techniques and movements of bellydance. This level is suited to anyone wanting to learn the art of bellydance who has not done so before. Also, beginners classes are good for those who have dabbled in bellydance before, but are wanting to brush up on basic techniques, which is always encouraged, so as to be in a more advantageous position in advancing levels.

Progressive- Progressive classes literally for the progressive beginner bellydancer. The focus is continually on basic techniques and movements of bellydance, but with a more varied understanding of these movements and how they can be incorporated together and choreographed with music. This level is suited to beginners who feel they are understanding the movements and rhythm of bellydance, as well as to those who have done a bit of bellydance in the past and want to take up the art form again, yet feel beginners classes would be too basic.

Intermediate Technique and Prop Classes- These classes are suited to the ever progressing student of bellydance who wants to improve their technique, and expand their knowledge and ability in the artform. As the movements and rhythms of bellydance is more thoroughly understood by students in these classes, the learning emphases can be more focused on incorporating more complicated movements, adding the use of props while dancing, and/ or understanding the arrangement of choreography to the rhythms of the music..

Advanced- Advanced classes are for any bellydancer hoping to reach performance level, or performing bellydancers hoping to further their training. Remember- we are all ever learning students!