

Bellydancing by Zaira

Join Zaira every Thursday and Saturday to bellydance for fun and performance. Enjoy a natural dance activity that tones the body, increases musical awareness, and adds grace, confidence and self-esteem.

Open to women of all ages, shapes, and sizes!

Come out and enjoy the spirit of the dance and the special people in our program. This class offers every student the opportunity to perform during local Haflas and other special events. Zaira is also available for private and group sessions! Please contact us for special group and private lesson rates.

Classes are held at:
Paper Moon Dance Center, 515 Daniel Webster Hwy, Merrimack, NH 03054
or call 603.429.1100

Spring Schedule for 2010

The following schedule is effective March 01 - June 30, 2010

Beginner Bellydance

Thursday 7.30-8.30pm
Saturday 12-1pm

Intermediate Bellydance

Thursday 6.30-7.30pm
Saturday 1--11am

Chreography Class

Saturday 11am-12pm

Tuition and Fees

Drop In Rate: \$15 per class

Monthly Rate: \$45 per month

Missed Classes: May be made up within the current month, but cannot be carried over to the next month.

Class Attire

Proper dress for dance is extremely important as teachers need to be able to see a dancer's body in order to give corrections. Please wear close fitting tops and workout pants that allow for bellydance movements. A close fitting tank top, workout pants or dance skirts/pants, and a hip scarf are preferred.

Baggy T-shirts, dress clothes, and other restricting clothes/materials are not acceptable and should be avoided. Baggy T-shirts should be worn to and from the studio as cover-ups. Bare feet or dance slippers are appropriate. No socks please!

Class Descriptions

Beginner Belly Dance: Beginner classes are structured to allow students to develop at their own pace. You will learn to develop a sound foundation for belly dancing. Zaira will explore different music and rhythms (i.e., Egyptian, Arabic, Turkish, etc.) that makes this dance so beautiful while learning simple dance combinations. You will build a stronger physical body with flexibility and endurance, learn dance history and feminine artistic expressions, and discover the joy of movement. You will need to master the steps outlined in the beginner classes before

moving on to our intermediate belly dance classes. This class includes the introduction of the veil.

Choreography: This class is for students who would like to learn choreography and have demonstrated their dance skills in our belly dance class. Members of this group will learn choreographies, performance skills, props, costuming, and the world of entertainment protocol and professionalism.

Intermediate Belly Dance: In this class, you will expand your repertoire of dance steps, rhythm knowledge, and music vocabulary. While learning graceful transitions between moves and fun combinations, you will also learn the framework for building exciting choreographies by enhancing your skills in layering movements, level changes, directional changes, and emphasizing and deemphasizing movement to match the music. This class includes an introduction to the use of props such as candle, and sword. You will need to master this class before moving into our advanced belly dance class. Instructor approval needed for enrollment in this class.

Intermediate Zill Drill Class: This unique zill drill class, which is included in both intermediate belly dance classes, will help you become proficient in playing various zill patterns (i.e., beledi, kashlimar, chiftetelli, bolero, and other variations of the 4/4, 9/8, 6/8, and 2/4 patterns). You will need to master this class before moving into the advanced group.

Advanced Belly Dance: Get exposed to sophisticated steps and skilled layering techniques. Students in this class must have the fundamental ability to play zills while dancing. Strength building and mastery of transitions in footwork and body isolations is emphasized here. We explore the explosive, dynamic isolations required for drum solos! This class can be an aggressive workout. Advanced work with props such as veil, candle, and sword technique are taught. Instructor approval needed for enrollment in this class.

*Notice: There must be a **minimum of 3-5 students** enrolled in a class before the class can proceed. Call 603.429.1100 to sign up for the Spring 2010 classes.*