

GET FIT & HAVE FUN TOO!

Enroll Now and Discover how to become a more confident woman by learning how to harness your feminine energy

BELLY DANCE

BURLESQUE

BELLY FUNK FITNESS

- Gentle low impact exercise.
- No dance experience necessary.
- Perfect for any age and any level of fitness, female or male.
- Increases core strength, stamina & fitness.
- Improves body awareness, confidence and flexibility.
- Useful for relaxation, relieving arthritis, depression, back pain, constipation, endometriosis, menstrual problems & reducing incontinence.
- Excellent preparation for childbirth and for post-natal recovery.
- No dance experience necessary.

DANCE CLASS ATTIRE

EXERCISE CLOTHING: Leotard or t-shirt or crop-top, tights or leggings, or flowing skirt.

FEET: Bare feet, socks or flexible dance shoes.

HIPS: Long scarf or sarong to accentuate hips.

BRING: Water Bottle.

**ACADEMY TIMETABLE
2012 COMMENCES**

Monday 30th January

NERANG BICENTENNIAL COMMUNITY CENTRE,
Room 5, Nerang/Southport Rd, NERANG

TUE 6.30 – 7.30pm Intermediate
7.45 – 8.45pm Burlesque

CWA HALL, Crn Garden & Young St, SOUTHPORT

WED 5.45 – 6.45pm Beginners
7.00 – 8.00pm Belly Funk Fitness

Terms as per Public School Terms

ADDITIONAL OPTIONS & EVENTS:

✦ PRIVATE LESSONS - by Appointment Only
Beginners/Advanced/Professional/Teacher Training
Keep up, Catch up, For a Special Event, or Competition

✦ INSTRUCTIONAL DVD FOR SALE

Australia's Most Popular

"Learn to Belly Dance with ELENIE"

✦ ARABY END OF TERM PARTIES

✦ ANNUAL ARABY HAFLA CONCERT

✦ REGULAR WORKSHOPS

✦ BOOK A DANCER: *Solo *Duo *Troupe

PROFESSIONAL PERFORMERS AVAILABLE

TO ENSURE PLACEMENT

Send enrolment form with remittance payable to:

Araby Belly Dance Academy

8 Milparinka Tce, Ashmore Q 4214

Elenie 07 5539 5229 Mob: 0438 127 232

Email: araby@araby.com.au

**ARABY
BELLY DANCE
&
BURLESQUE
ACADEMY**

Established 1990



Fun Fitness Fantasy

CONTACT YOUR TEACHER

Elenie: Ph: 07 5539 5229

Mobile: 0438 127 232

Email: araby@araby.com.au

Web: www.araby.com.au

2012 CLASS TERMS DATES

Academy Terms as per Public School Terms

TERM 1 31 Jan – 28 Mar 2012

TERM 2: 17 Apr – 20 Jun 2012

TERM 3: 10 Jul – 19 Sept 2012

TERM 4: 9 Oct – 12 Dec 2012

To Avoid Disappointment Please Book Early
(Deposit or Full Fee will ensure placement)

CLASS FEES

\$135.00 per TERM

Payable Prior or by First Lesson

Pensioner & Full Time Student Savings
\$120 per TERM (Card Presentation at 1st Class)

Fees are non-refundable upon commencement of term.

*Unattended classes may be made up at other compatible classes within the **same term only***

Casual Classes \$17.50

All prices include G.S.T.

CLASSES AIM: Is to bring the best out from each & every student & for her to honour her "**INNER GODDESS**".

CLASSES ARE RELAXED AND FUN!



ELENIE – Your Teacher

Elenie has 35 years experience performing at many restaurants, private functions & corporate events throughout Brisbane and the Gold Coast and is constantly sort after for her elegant professional shows.



Elenie has 21 years of teaching Middle Eastern Dance and Burlesque, utilizing her formal dance and theatrical training.

Elenie Vlismas-Smith has a distinguished history in classical dance

and theatre with many years as a professional entertainer. This led her into the exciting world of Middle Eastern Dance where she became Queensland's first professional Belly Dancer, paving the way for many others in her field.

Elenie is the founder and principle teacher of the Gold Coast's first Middle Eastern dance school, the Araby Belly Dance Academy, which she began in 1990.

Having studied extensively with many master teachers from around the globe, her aim is to bring to life the passion of this ancient feminine dance. Elenie has the honour of being one of this country's few accredited Middle Eastern dance teachers.

Elenie has gained recognition and respect from her peers as an entertainer and teacher for her dynamic dance technique, her mastery of the many different dance styles of the Middle East, her choreographic expertise and for her gorgeous costume designs.

Whether as a performer or teacher, Elenie has the amazing ability to enthrall and inspire wherever she goes!

CLASSES ARE RELAXED & FUN!

BELLY DANCE Belly Dance is a gentle low-impact FUN EXERCISE alternative. Classes focus on safety & technique. Perfect for students from early teens to 70+, any size, any shape. No dance experience necessary. Belly Dance has many health benefits including childbirth preparation and recovery, increases fitness, stamina, flexibility, creativity and confidence, it also enhances sensuality, femininity, beauty and grace, increasing core strength, achieving that healthier body and a better figure.

BURLESQUE All Levels. Safe low impact. Building strong foundations in posture, confidence, elegance, balance & core strength. Participants enjoy, styles such as Jazz, Hula, Funk, Charleston, Go Go, Ballet, Cabaret, Hip Hop & Belly Dance.

BELLY FUNK FITNESS Beyond Beginners. Designed as safe low impact total body workout to build flexibility, strength, mobility, balance, stamina & fitness, incorporating Middle Eastern dancing props & regional rhythms of this art form.

STATEMENT FROM ELENIE

By choosing the Araby Belly Dance & Burlesque Academy you will be given the finest quality training available in Middle Eastern Dance today, offered by a nurturing, skilled teacher who is passionate about performing and sharing her "Art".



ARABY BELLY DANCE ACADEMY – ENROLMENT FORM

FEES PAYABLE TO: Araby Belly Dance Academy MAIL TO: 8 Milparinka Tce Ashmore Q 4214

Name (PRINT CLEARLY FOR CERTIFICATES & MAILOUTS).....
Address..... Suburb..... P/code.....
Tel (W).....(H)..... Mobile..... Date of Birth.....
Email: (FOR UPCOMING TERMS & EVENTS).....

How did you find out about the Academy?

Class Day..... Time.....

Location: NERANG SOUTHPORT

Existing Injuries / Medical Conditions.....

Full Payment Enclosed \$..... Money Order Cheque Direct Debit Cash Please no cash in post

Deposit Enclosed \$ Remainder of Course Fee to be paid at First Class

Direct Debit Payment to: Mrs E SMITH T/AS ARABY BELLY DANCE ACADEMY,
Bank: Suncorp Metway Ltd Bank, BSB NO: 484 799 Account No: 45201240 S (PLEASE ATTACH BANK RECEIPT)

Receipt Required? Concession? Concession Type..... To be presented at first class of term

Although Safe Dance Practices are exercised we require students to acknowledge that participation is at own risk

SIGNATURE: DATE: OFFICE USE:

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