

## **BELLY DANCING –Beginning**

Be a part of the harem and have fun while learning an exciting and ancient art form that traditionally adorns celebrations in the Mid-East. The Beginning Class will focus on the easy steps and movements. Students will be able to perform a short routine and handouts will be provided. For more information, contact Veda at [vedasereem@gmail.com](mailto:vedasereem@gmail.com) or call Veda at 301-994-3151.

### **CODE: 240206A**

Ages: 18 & up  
Dates: Mondays, 1/9 - 2/6 (no class 1/16) (4 weeks)  
Time: 6:00 – 7:00 pm  
Fee: \$32.00  
Location: Leonard Hall Recreation Center; Wellness Room [Map/Directions](#)



## **BELLY DANCING – Intermediate**

Students will learn unique steps and movements, zill patterns and intricate veil work. This is a high energy course with intermediate steps and movements. For more information, contact Veda at [vedasereem@gmail.com](mailto:vedasereem@gmail.com) or call Veda at 301-994-3151.

### **CODE: 240206 C**

Ages: 18 & up  
Dates: Tuesdays, 1/10 -2/28 (8 weeks)  
Time: 6:00 – 7:00 pm  
Fee: \$65.00  
Location: Leonard Hall Recreation Center; Wellness Room [Map/Directions](#)



## **BELLY DANCING –Advanced**

Take your Belly Dancing to the next level while learning challenging steps, movements and combinations to add to your dance repertoire. Students should have a strong understanding of material covered in Beginning and Intermediate. Students have the opportunity to become members of the "Daughters of Veda Dance Troupe" and perform at numerous events. For further information, contact Veda at [vedasereem@gmail.com](mailto:vedasereem@gmail.com) - [www.vedasereem.com](http://www.vedasereem.com) or call 301-994-3151.

### **CODE: 240206 D**

Ages: 18 & up  
Dates: Tuesdays, 1/10 - 2/28 (8 weeks)  
Time: 7:00 – 8:00 pm  
Fee: \$65.00  
Location: Leonard Hall Recreation Center; Wellness Room [Map/Directions](#)

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## **CANE DANCE WORKSHOP**

The Cane Dance requires one or two lightweight canes. If you plan on dancing the routine using a second cane at the end, then you will need two canes of exactly the same weight and height. You can buy the canes from Veda or ask her where you can purchase. Canes should not cost more than \$12 each. Veda will teach a choreographed routine. Webpage: [www.vedasereem.com](http://www.vedasereem.com) . For more information, please call Veda at 301-994-3151 or email: [vedasereem@gmail.com](mailto:vedasereem@gmail.com)

### **CODE: 240206 G**

Age: 18 & up  
Dates: Saturday, 1/21/12  
Time: 10:00am -12:00 noon  
Fee: \$30.00  
Location: Leonard Hall Recreation Center

## **TUNISIAN DANCE WORKSHOP**

Tunisian is a folkloric dance and is very different from most Egyptian dances. The movements are larger and require a twisting motion with the hips. The Tunisian costume is inexpensive and very easy to make. Veda will teach a choreographed routine. You can also visit

[www.vedasereem.com](http://www.vedasereem.com) and order the "Tunisian" dvd. The choreographed routine and music are the same as on the dvd. Music and dvd will be available for purchase at the workshop. Webpage: [www.vedasereem.com](http://www.vedasereem.com) For more information, please call Veda at 301-994-3151 or email: [vedasereem@gmail.com](mailto:vedasereem@gmail.com)

**CODE:** 240206 H  
Age: 18 & up  
Dates: Saturday, 2/11/12  
Time: 10:00am -12:30  
Fee: \$35.00  
Location: Leonard Hall Recreation Center

### MELAYA LEFF DANCE WORKSHOP

This dance is performed by many of Egypt's folk troupes which use a garment known as a melaya as a prop. You can use a heavy veil for the workshop since the real melaya leff is usually made of nylon or silk. For the stage, the melaya is trimmed with gold or silver paillettes. The word "leff" simply means to wrap. Veda will be teaching a choreographed routine. Webpage: [www.vedasereem.com](http://www.vedasereem.com) For more information, please call Veda at 301-994-3151 or email: [vedasereem@gmail.com](mailto:vedasereem@gmail.com)

**CODE:** 340206 F  
Age: 18 & up  
Dates: Saturday, 3/24/12  
Time: 10:00am -1:00  
Fee: \$40.00  
Location: Leonard Hall Recreation Center

### SAUDI DANCE WORKSHOP

This dance is performed in Saudi Arabia. It is danced in a "Throbe" which is a beautiful dress you lift and move with wide sleeves. If you do not have a throbe, just improvise using a very full skirt. However, in order to perform the routine out, you will need to purchase a throbe. Saudi folkloric dances are rich in tradition with many variations. Veda will teach a choreographed routine using many traditional steps and movements. Webpage: [www.vedasereem.com](http://www.vedasereem.com) For more information, please call Veda at 301-994-3151 or email: [vedasereem@gmail.com](mailto:vedasereem@gmail.com)

**CODE:** 340206 G  
Age: 18 & up  
Dates: Saturday, 4/28/12  
Time: 10:00 am -12:00 noon  
Fee: \$30.00  
Location: Leonard Hall Recreation Center

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### BALLROOM DANCE

Have fun learning to dance to some of your favorite Ballroom dances. In this series you will learn Cha Cha, Tango, Hustle, Merenque, and Salsa. NOTE: The next lesson series will include Foxtrot, Waltz, Rumba, and East Coast Swing. SINGLES WELCOME

**Level 1:** If you are new to Ballroom Dance  
**CODE:** 240207A  
Ages: 18 & up  
Date: Wednesdays, 1/11 - 2/29 (8 weeks)  
Time: 6:30 – 8:30 pm  
Fee: \$55.00  
Location: Chancellors Run Regional Park/Weisman Rm

**Level 2:** Participants need ballroom experience in dances that are to be taught (Foxtrot, Waltz, Rumba, East Coast Swing, Cha Cha, Tango, Merengue/Salsa, Hustle) This class will be a quick review of the basics with a focus on styling and then learning additional moves. SINGLES WELCOME

**CODE:** 240207B  
Ages: 18 & up



Date: Thursdays, 1/12 - 3/1 (8 weeks)  
Time: 6:30 – 8:30 pm  
Fee: \$55.00  
Location: Chancellors Run Regional Park/Weisman Rm

### **SWING/JITTERBUG FOR BEGINNERS**

This delightful dance is a great way for new dancers to begin! Using a 6-Count basic that incorporates single, double and triple-step, this series teaches the fundamental concepts for all other forms of Swing and Lindy Hop. Students will learn to lead and follow several different figures, all the while developing their unique dance style. Emphasis will be placed on communication with your dance partner, dancing confidently along the floor and deriving a full measure of fun with each new move. Instructor: Alan Brown, 301-994-2581

**CODE: 240208A**

Age: 14 & up (under 14 accepted with a registered parent or guardian)  
Dates: Tuesdays, 1/10 - 2/28 (8 weeks)  
Time: 7:00 - 8:00 pm  
Fee: \$55.00  
Location: Chancellors Run Regional Park




### **INTERMEDIATE SWING/JITTERBUG**

Learn how to refine your moves and transition from one move to another. This class is for individuals that have taken beginners swing. Dance partners are recommended.


**CODE: 240208B**

Age: 14 & up (under 14 accepted with a registered parent or guardian)  
Dates: Tuesdays, 1/10 - 2/28 (8 weeks)  
Time: 8:00 - 9:00 pm  
Fee: \$55.00  
Location: Chancellors Run Regional Park





**Youth Dance instructors WANTED!!!**  
**\*\*Ballet\*\* Tap**  
**\*\* Jazz \*\* Stomp\*\*Hula**



**Contact Christi Bishop @ 301-475- 4200 x 1802**  
**for more information and to share your ideas!**