

**BEGINNER BELLY DANCING COURSE
with LENORA DOME**

A fun way to keep fit! Reduce stress and rejoice in your feminine self through this ancient art form. Learn the basics of Mid-eastern dance while working every part of your body as you exercise through ribcage and hip isolations, arm and head movements, traveling steps, belly rolls, shimmies and body rolls. Two short exciting dances and a veil routine will also be taught. Please wear leotards or loose fitting clothing, non-slip socks or slippers.

Veils, coin wraps, and skirts are available for purchase at a nominal cost through the instructor.

WEDNESDAYS, JULY 1 THROUGH AUGUST 19

7:25 – 8:40 P.M.

For beginner dancers.

COST:

RESIDENTS: \$40/person

NON-RESIDENTS: \$50/person

LOCATION: Southold Library Community Room

Class size is limited...early registration is strongly recommended!

For the safety and enjoyment of everyone, adults are kindly asked not to bring children to any recreation programs or activities. Children brought to adult classes interfere with other participants and the instructor. This is for the safety of your children and the consideration of other program participants.