

# Learn to Bellydance.

FOR GIRLS AGES 8 - 15

NO PREVIOUS DANCE EXPERIENCE NEEDED!

There is great joy in seeing young girls discover the art of Belly dance. It truly is a blessing to witness the transformation as these young women become more aware and comfortable in their own bodies, regardless of shape, size or ability. Learning to control and move the body brings an amazing sense of self-esteem, confidence and not to mention wonder and appreciation!



## PHYSICAL BENEFITS

Students build muscle strength while increasing flexibility. Young dancers develop a sense of balance and improve agility and coordination. And equally important they also develop body awareness and learn correct posture.



## DEVELOPMENTAL BENEFITS

Dance classes are fun and a great way to meet new friends. Young dancers develop essential social skills through interaction with other students. Group choreography fosters teamwork, communication, trust and cooperation. Dance also has been proven to nurture important life skills, such as discipline and focus. Dancers naturally display confidence, self-esteem and poise which are all skills that are developed through participating in dance performances.



## ARTISTIC BENEFITS

One of the greatest benefits of dance is that it sparks a child's imagination and nurtures individual creativity in a unique way. Dance classes share the joy of physical self-expression in a supportive and structured setting. This can have a positive impact on children who have limited physical abilities, who act out or who have a difficult time sitting still. Involving children in dance also teaches the basic elements of creative movement, such as time, space, rhythm and design.



## ONGOING CLASSES

- ONGOING CLASSES
- REGISTER ANYTIME
- NO EXPERIENCE REQUIRED

confidence  
honor

LOVE

enjoy  
respect

## PERFORMANCE OPPORTUNITIES

Although participating in live performances is by no means mandatory, it does provide a perfect opportunity to increase confidence and showcase skills and knowledge learned in our sessions.

There has been various events in which the Jr. dancers have been a part of. Such as Children & Apple Pie Fair, the Cobble Hill Fair, Duncan Days Summer Festival, Mill Bay Ecoextravaganza, the Vancouver Island Exhibition, Mad Hatter Tea Party and the Danse Oriental Hafra and Student Recitals.

## CLASSES

Located at Moondance Art House, 1756 Wilmot Avenue which is right in the heart of Shawnigan Lake Village.

*Every Thursday 3:30- 4:30pm.*

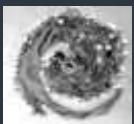
## INVESTMENT

Drop-in = \$15 per class

5 Punchard = \$60 (one class free!!!)

Classes ongoing, register or drop-in at

[www.moondancearts.ca](http://www.moondancearts.ca)



## HONOR, LOVE AND LIVE

Honor & Love your body, mind, and spirit through DANCE and Live joyfully!!!!