



the



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEGINNING BELLY DANCE CLASS

- ◆ Learn about the history and culture of belly dance along with basic Egyptian steps and classic belly dance stance and posture.
- ◆ Do some gentle stretching and belly dance movements to the beat of Middle Eastern music.
- ◆ Practice a short routine that incorporates many of the movements.
- ◆ Increase body awareness and promote total body toning and conditioning in a non-strenuous way with belly dancing.

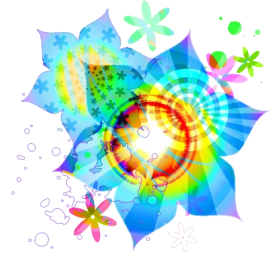
One-hour classes are at 10am once a week on Saturdays at the Y. The 5-week course begins June 15, 2019 at 10am.

Cost: \$35



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The YMCA of Klamath Falls Beginning Belly Dance Class On Saturdays from June 15-July 20, 2019



Name _____	Birth Date _____
Address _____	Age _____ M _____ F _____
City _____	State _____ Zip _____
Email _____	
Phone _____	Cell _____
Emergency Contact: _____	Phone _____

Upon registering for YMCA Belly Dancing Class, all participants agree to the following:

As a participant in the Beginning Belly Dance Class held at The YMCA of Klamath Falls, but not affiliated with the YMCA, I understand that this class involves physical exertion. I hereby assume all risks of injury normally inherent to this activity. I also authorize The YMCA of Klamath Falls to obtain medical treatment for myself or (if participant is a minor) my child in the event of emergency.

Signature _____ Date _____

THE YMCA OF KLAMATH FALLS
1221 S Alameda Avenue Klamath Falls OR 97603
(541) 884.4149 www.kfallsymca.org