Belly Dance

9 Weeks

Experience the graceful and fun moves of Egyptian Belly Dance as you learn to shimmy, hip lift and undualte to exciting Arabic music. Each semester a new choreography will be introduced highlighting different aspects of this fabulous dance with insightful connections to its cultural base.

Instructor: Kahena Viale **sacreddancer2@gmail.com**
Location: Shaffer Park Building

Introductory $65				
38540	Thu	Jun 20–Aug 22	8+	6:45–8:15 p.m.
Comprehensive $85				
38541	Thu	Jun 20–Aug 22	10+	6:45–9:15 p.m.

Belly Dance Fusion

5 Weeks, $40

This exciting class introduces Egyptian cabaret belly dance in a fun and invigorating style. You will learn proper body alignment, posture and movements to get a fun and challenging work out. All fitness levels are welcome.

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Sports Center at Grijalva Park

38907	Sat	Jun 22–Jul 20	18+	11:05–11:55 a.m.
38908	Sat	Jul 27–Aug 24	18+	11:05–11:55 a.m.

Dancing in the Hills – Yoga Studio

7444 E. Chapman Ave., Orange 92869
(714) 289-2248

Learn dance basics in a non-intimidating dance environment at our beautiful yoga studio nestled on a hill. Dancers of all skill levels, singles and couples are welcome to join; please wear soft-soled shoes.

Salsa & Cha Cha – 4 Weeks, $39				
38637	Sat	Jun 22–Jul 13	18+	2:00–3:00 p.m.
Discover Tango Workshop – 1 Day, $25				
38636	Sat	Jun 15	18+	1:00–3:00 p.m.

Argentine Tango

4 Weeks, $39

Come learn the beautiful, sensual Argentine Tango taught by a professional dance duo. This dance is highly expressive and can be learned easily by those who struggle with dance rhythm. Wear soft-soled shoes to class. Single dancers and couples are welcome.

38634	Mon	Jun 17–Jul 08	18+	8:00–9:00 p.m.
38635	Sat	Jun 22–Jul 13	18+	1:00–2:00 p.m.

Orange Recreation Online

REGISTER FOR CLASSES ONLINE TODAY!

See registration form on page 51 for details

For general information about any of our classes, please call (714) 744-7274 or visit us online at www.cityoforange.org

Salsa Latin Mix

4 Weeks, $39

Don't be left out of the hottest dance craze! This course introduces you to the basic elements of salsa dancing, as well as other Latin rhythms such as Cha Cha Cha, Bachata, and Merengue. You will learn the essentials such as timing, rhythm, leading, following, posture, framing, hand placement, and much more.

Instructor: Tomas Olivera **(562) 673-2945**
Location: Olive Park Building

Beginning				
38536	Fri	Jun 21–Jul 12	14+	7:00–8:00 p.m.
38537	Fri	Jul 26–Aug 16	14+	7:00–8:00 p.m.
Intermediate				
38538	Fri	Jun 21–Jul 12	14+	8:00–9:00 p.m.
38589	Fri	Jul 26–Aug 16	14+	8:00–9:00 p.m.

Phill's Ballroom Dance Studio

940 W. Chapman Ave., Orange 92866
(714) 744-6015

Swing, foxtrot & cha-cha are the most popular dances at any venue. Learn the basic patterns focusing on lead/follow, timing, and styling that will get you dancing in a hurry. Class has a lead instructor and assistant instructors to offer help if needed. Enrollment can be used for intermediate & advance classes.

All Courses 4 Weeks, $39 Each

Beginning Fox Trot				
39015	Mon	Jul 01–Jul 22	18+	8:00–9:00 p.m
Beginning Cha-Cha				
39014	Mon	Jul 01–Jul 22	18+	7:00–8:00 p.m.
Beginning Swing				
39017	Mon	Jul 29–Aug 19	18+	8:00–9:00 p.m.
Beginning Tango				
39016	Mon	Jul 29–Aug 19	18+	7:00–8:00 p.m.