

LEARNER INFORMATION

Government legislation, introduced on 1 July 2007, places a total ban on smoking in public places; the College site has been smoke-free since September '05 - all users are required to respect this.

Data Protection

All students will be required to complete an enrolment form at their first session. Details given at that time are held on our computerised database and governed by the Data Protection Act.

Equalities Statement

The County Council operates an Equality of Opportunity Policy. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. We welcome disabled people and those with support needs, learning difficulties and medical conditions such as wheelchair users, those with mental health difficulties, epilepsy, dyslexia, D/deaf and partially sighted.

Please tick box if you would like:

- further information about the range of support we can offer
- us to contact you, in confidence to discuss support available

Linton Village College
Cambridge Road
Linton
Cambridge CB21 4JB

Phone: 01223 891233 (option 4)
Email: adulteducation@lvc.org

Hours: 09:00-13:00 Mondays and Fridays
14:00-18:00 Tuesdays, Wednesdays and Thursdays



BELLY DANCE

FRIDAYS from 18:45 to 19:45



**LINTON COMMUNITY
SPORTS CENTRE**

Tutor: SUE BAKER
£6 per CLASS

Any skills or qualifications needed for entry into class?

None.

Course Description

Learners will be taught Belly Dance, which is based on tradition and folklore throughout the world and does not involve exposing your “belly” or any part of your anatomy. The dance is about expressing music through appropriate movements and, in many countries, still has quite a modest tradition. In addition, it is not what you do with your belly that is important, since the choreography can be quite varied in styles and involves numerous movements of the hips, spine and fantastic expressiveness of the hands and arms. Unlike western styles of dance, where movement is usually initiated by the feet, this style of dance is initiated from the body and it takes a few sessions to grasp the concept.

Enjoy the fabulously upbeat, happy music as you discover your inner Goddess and work out whether you are an earthly dancer who loves the folk type moves, or a more upright Cabaret Style dancer who exudes plenty of lift and strong elegant lines.

Teaching/learning methods used

Demonstration, discussion and plenty of practice!

When you first start, wear something comfortable and roomy. Jeans and trainers are not a good idea. A loose skirt or trousers will enable the moves to be more fluid, and bare feet are the best, but light shoes can be worn. To start with, you might like to have a hip/coin scarf tied around your hips. This make you feel more balanced and helps you to concentrate on hip movements as well as make a little noise!

TERM DATES 2011-12

Autumn term: 13 September–2 December

Half term: 24 October–28 October

Spring term: 9 January–23 March

Half term: 13 February–17 February

Summer term: 16 April–20 July

Half term: 4 June–18 June