



## Welcome to Cinnamon Twist!

Thank you for your enrolment at Cinnamon Twist! Our classes are lots of fun as well as great

exercise. We have classes for the complete beginner through to the advanced student. We cater to adults and kids of all ages, all levels, all shapes and sizes!

In this Welcome Pack you'll find all information you'll need to start classes, but if you have any questions please don't hesitate to call or email me.

### Where are we:

Shop 3 / 6 Kenny St,  
Wollongong NSW. 2500

Find us on the corner of Kenny and Burelli St, look for the yellow building behind Park Trent Real Estate, opposite the Liquorland on Burelli St.

### General Information

All classes are run in 10 week or 5 week terms. Upfront payment is required for all "Belly Dance Beginners" classes. In some classes casual fees of \$15 per lesson are accepted.

### Costs

Pricing for all classes (excluding Zumba):

**10 weeks:** \$110 upfront.

**5 weeks:** \$60 upfront.

**Casual attendance:** \$15 per class

(excludes Beginners Belly Dance, Gypsy Skirt, Gothic Fusion, & Little Genies).

**Zumba Pricing:** \$80 for 10 weeks, or \$10 per class

**Please note:** places in Beginners belly dance are limited. Places are filled as payment is received. To ensure your place in the class be sure to enrol and pay well before the start of session.

## Timetable - 2011

Day	Class	Time
Mon	ZUMBA	5.00 - 5.45pm
	<b>Beginners Belly Dance</b>	<b>6.00 - 7.00pm</b>
	<b>Beginners Gypsy Skirt</b> 5 week Term 22 <sup>nd</sup> Aug	<b>7.00 - 8.00pm</b>
	<b>New! Gothic Fusion</b> <b>Belly Dance for beginners</b>	<b>8.00 - 9.00pm</b>
Tues	Intermediate Belly Dance	6.00 - 7.00pm
	Advanced Belly Dance	7.15 - 8.15pm
	Advanced Choreography	8.15 - 9.00pm
Wed	ZUMBA	6.00 - 7.00pm
Thurs	Mums & Bubs (0-18mths)	10.30 - 11.15am
	Kids Belly Dance (9-14yrs)	4.30 - 5.30pm
	Arabic Drum –Beginners	6.00 - 7.00pm
Fri	= no classes =	=
Sat	Mummy & Me Belly Dance	9.30 - 10.15am
	<b>Beginners Belly Dance</b>	<b>10.30-11.30am</b>
	Intermediate Belly Dance	11.30 - 12.30pm

## Term Start Dates - 2011

	10 wk Terms	5 wk Terms
Term 1	Mon 31 <sup>st</sup> Jan	Mon 7 <sup>th</sup> Mar
Term 2	Mon 2 <sup>nd</sup> May	Mon 6 <sup>th</sup> June
Term 3	Mon 18 <sup>th</sup> July	Mon 22 <sup>nd</sup> Aug
Term 4	Mon 10 <sup>th</sup> Oct	Mon 14 <sup>th</sup> Nov

## Payment

Our preferred payment options are PayPal via our website, Direct Deposit (bank-to-bank transfer), cheque, money order, or cash.

- **Note:** *Eftpos or credit card facilities are not available on the studio premises.* However, these payment methods are available online via our PayPal account at [www.cinnamon-twist.com.au](http://www.cinnamon-twist.com.au)
- **For Direct Deposit** contact Virginia for details
- **Cash payments** are accepted, however, our studio opening times are limited to actual teaching times so in-person payments are taken by appointment only or arrange with Virginia to pay in the first class.
- Payment in full is required before participating in the class.
- Only enrolled students are permitted in the dance studio during classes.

## Class & Level Descriptions

### Beginners Belly Dance

(Mon 6.00-7.00pm, Sat 10.30-11.30am)

No experience necessary. Beginner courses are taught over 10 week terms. In this class explore the glitzy and glamorous cabaret belly dance style as well as the foundations of modern belly dance. Fun and upbeat, we 'hip drop' our way through the lively traditions of Egyptian Beledi, Turkish gypsy, Greek belly dance, and North African dance styles that have influenced modern belly dance. Suitable: all ages, all fitness levels, and all body types. All you need for this class is yourself and your enthusiasm!

### Beginners Belly Dance - Gypsy Skirt Dance

(Mon 7.00-8.00pm)

This is one of our most popular specialty belly dance classes. Fun and energetic, this is a modern theatrical style of belly dance that draws on fiery gypsy skirt dance with elements of Spanish flamenco. By popular demand this course runs in 10 and 5 week terms and covers *basic belly dance technique plus skirt dance and a short choreography!* Some skirts are available for loan. \*This course fills up quickly - don't wait to enroll!

### Gothic Fusion Belly Dance - open level

(Mon 8.00-9.00pm)

Embrace the dramatic side of belly dance with this brand new class on Gothic Fusion Belly Dance. Beautiful and moody, this style of belly dance has a look and feel that is both modern and 'antique'. This course is run over 5 weeks and covers *belly dance technique plus a short choreography* in the Gothic style. No prior knowledge of the Gothic style is needed. This class is open level, all welcome.

### Intermediate Belly Dance

(Tues 6.00-7.00pm, Sat 11.30-12.30pm)

The Intermediate class is suitable for students with at least one year belly dance training. This class is taught over 4 terms and builds on technique by adding props such as Egyptian cane/stick, finger cymbals (zils), and veil dance. Students can expect to extend their knowledge in a fun and supportive atmosphere. Performance opportunities are available to interested students.

### Advanced Belly Dance (7.15-8.15pm)

This class is suitable for students with at least two years belly dance experience. It caters to students who want to extend their knowledge and practice of belly dance. Be prepared to challenge yourself in a creative and relaxed environment. Performance opportunities are available to interested students.

### Choreography class for Advanced students

(Tues 8.15 - 9.00pm)

In this class Advanced belly dance students learn choreographed dances to perform at Cinnamon Twist's

many events and community performances. This class is available only to students enrolled in the Advanced class with at least two years belly dance experience.

### Little Genies - Kids Belly Dance

(Thurs 4.30-5.30pm)

Cinnamon Twist offers The Little Genies Kids classes in the age group of 4-14years. Genies classes have a strong focus on fun in a warm and encouraging atmosphere. This class gives kids a vital foundation in dance movement and is also great exercise. Belly dance is a fantastic alternative to traditional sports, promoting positive self-esteem, and healthy mind and body in a safe and friendly atmosphere.

### 'Mums & Bubs' Belly Dance

(Thurs 10.30-11.15am)

Bring your baby to belly dancing! Mums & Bubs Belly Dance is designed for new mums with newborns to 18 months of age. Belly dance is fantastic post-pregnancy exercise and babies love music and movement. This is a relaxed class that uses gentle belly dance movement plus toning and strengthening exercise to help ease you back into shape. Mums can 'wear' their baby during class in a sling or pouch, or make your little one comfy in our fully equipped professional dance studio. Join at [any time](#) - no need to wait for a new term to begin, casual attendance is accepted.

### 'Mummy & Me' Belly Dance

(Sat 9.30-10.15am)

Formulated by Virginia for mums looking for a fun, low impact, baby and child friendly way to exercise, learn something new and to spend some quality time with your child. Using the earthy movements of belly dance discover the world of movement and music with your child. The focus of this class is fun, in an interactive and warm environment. No experience necessary. Mums (or grandmas!) with toddlers to primary aged girls and boys are welcome! Join at [any time](#) - no need to wait for a new term to begin, casual attendance is accepted.

### ZUMBA® Join the party!

(Mon 5.00 - 5.45pm,

Wed 6.00-7.00pm)



Are you ready to party yourself into shape? The Zumba program is an exhilarating, effective, easy-to-follow,

Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. It's easy, gets results, and it's incredibly fun! Trained Zumba and Belly Dance instructor Virginia will have you laughing, clapping, and grooving along to spicy international rhythms.

### Arabic Drumming (Thurs 6.00-7.00pm)

Learn to play the Arabic Drum also called the 'doubek', 'tabla' or 'darabouka'. In this class you will learn the basics of Middle Eastern rhythms and by the end of the term you and your class mates will be

drumming together and sounding great! This class is suitable for absolute beginners as well as those with previous experience. Learning to play the Arabic drum is also especially useful (though not necessary) for dancers who want to learn more about Arabic music. All ages, all levels, men and women welcome. Some drums and percussion provided, please bring your own if possible.



<http://www.facebook.com/cinnamontwist.bellydance>

## FAQs (Frequently Asked Questions)

### Do I have to be a certain age to do belly dancing?

No. The beauty of belly dancing is that it is suitable for women of all ages. At Cinnamon Twist we encourage women to enjoy the benefits of belly dancing regardless of age, size, or cultural background. Rest assured our adults classes are for adults!

### What do I wear?

Wear comfortable clothes that are easy to move in such as leggings, yoga pants or stretchy track pants. Wear any kind of top you like - bare bellies are totally optional! For your hips, bring a scarf - or a beaded/coined hip belt if you have one. Footwear: Jazz shoes, dance slippers, socks or bare feet.

### Where can I buy a jingly belly dance belt?

While there is certainly no obligation to have anything special to wear to classes, many of us are irresistibly drawn to the colourful and noisy belly dance coin belts worn for the dance. If you would like to purchase a belly dance belt we have jingly coin belts for sale in the studio for \$30 each.

### Do I have to show my belly?

Only if you want to! You can wear whatever you like to belly dancing classes, although a form fitting top is best so that your instructor can check your technique. Bare bellies are totally optional!

### Do I need to have a big belly?

No, of course not! Bellies - just like people - come in all shapes and sizes. There is no ideal body type for belly dancing - come as you are!

### Is belly dancing good exercise? Will it help me lose weight?

All Cinnamon Twist classes use dance movements that will increase your heart rate and strengthen your muscles and will therefore help you burn calories. So

yes belly dancing is definitely good exercise. However, the main focus of our classes is on the dance itself, on improving and learning proper technique, and learning about the traditions of the dance. The fitness gained from belly dancing is an added bonus!

### I wear a headscarf as part of my religion, are your classes for women-only?

All Cinnamon Twist dance classes are strictly women-only classes. Furthermore, all our teaching staff are female. Our Muslim students are assured privacy in our studio for the duration of the class. If you wear a headscarf please let your teacher know and a sign will be placed on the door for your added reassurance. Please note: our only mixed adults class is Arabic Drumming.

### I'm very uncoordinated, will I be able to do belly dancing?

Belly dancing is a very grounded dance form. Most often the dance requires us to have our feet planted firmly on the ground - especially at beginner level. Many people, even those who say they are very uncoordinated, find they can master the basics of the dance.

### Tell me about ZUMBA? Join the party!

Zumba® fitness is taking the world by storm! Why you say? Because it's an easy dance based fitness program that gets results and is incredibly fun! Zumba® is based on spicy Latin and international rhythms designed to have you clapping, dancing and grooving! The best part is - anyone can join Zumba®, all ages, all fitness levels, all shapes and sizes.

If you have any questions about starting classes at Cinnamon Twist, please do not hesitate to contact me on (02) 4226 1861 or email [ctbellydance@gmail.com](mailto:ctbellydance@gmail.com). You can also check out our website: [www.cinnamon-twist.com.au](http://www.cinnamon-twist.com.au)

**Looking for something fun and different for your next function? Hire a belly dancer!**



- Hens Parties
- Corporate Functions
- Weddings
- Birthdays
- Community events & Festivals



[www.virginiabellydancer.com.au](http://www.virginiabellydancer.com.au)

(PLEASE PRINT THIS FORM AND FILL IN MANUALLY  
OR ENROL ONLINE)

## 2011 Enrolment & Payment Form

Cinnamon Twist Dance Studio,  
Ph: 02 4226 1861  
Shop 3/ 6 Kenny St, Wollongong 2500  
E: [ctbellydance@gmail.com](mailto:ctbellydance@gmail.com)

Name: \_\_\_\_\_

Parent/Guardian name (for kids enrolment): \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

In which Term are you enrolling?

(circle): 1 2 3 4

Choose which class you are enrolling in:

Beginners Belly Dance: Mon  Sat

Beginners Gypsy: Mon

Gothic Fusion Belly Dance: Mon

Intermediate Tues  Sat

Advanced  Advanced Choreography

Drumming

Mums and Bubs

Mummy and Me: Sat

ZUMBA: Mon  Wed

Kids Little Genies (4-14yrs)

Kids classes - please provide the following info:

Parent/Guardian's name: \_\_\_\_\_

Child's DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

### Payment Options – early payment ensures your place.

**PayPal:**  (go to [www.cinnamon-twist.com.au](http://www.cinnamon-twist.com.au))

**Direct Deposit:**  (Bank transfer details below)

**Cheque:**

**Money Order:**

**Cash:**  (Please contact Virginia to arrange payment)

**Please note:** We **don't have** Eftpos or credit card facilities in the studio!

#### Make cheques & money orders payable

**To:**

*Cinnamon Twist  
School of Belly Dance*

**Mail to:** *PO Box 464,  
Figtree, 2525*

*(NOTE: Please do not  
post your fees to the  
studio address)*

#### Direct Deposit Payments

**Account name:**

Virginia Keft-Kennedy

**BSB:** 012 622

**Account number:**  
498228757

Reference: put YOUR name in the reference (otherwise I can't trace your payment to you!)

If you have any questions about starting classes, please do not hesitate to contact me on ph (02) 4226 1861 or email [ctbellydance@gmail.com](mailto:ctbellydance@gmail.com). You can also check out our website: [www.cinnamon-twist.com.au](http://www.cinnamon-twist.com.au)

Please read and sign the Terms and Conditions below.

## Terms & Conditions

Please read the following terms and conditions carefully. This form must be signed prior to commencing Cinnamon Twist dance classes.

### Dance Studio Policies:

- Casual payment is only accepted in selected classes.
- Students with outstanding fees will not be permitted to participate in classes until full payment is received.
- Term payments are strictly non-transferable to another term in the school year.
- There are no make-up classes or refunds for missed classes.
- Only enrolled students are permitted in the dance studio during classes. Whether you choose to observe the class or you dance, you are considered to be participating and therefore are required to pay for the class. This includes kids.
- Hard soled shoes are strictly not permitted on the studio dance floor. Be prepared to dance barefoot, in socks, or in jazz shoes.
- In the event that the usual teacher is unavailable, Cinnamon Twist reserves the right to provide a substitute teacher, or, in rare cases, cancel classes without notice. We reserve the right to run classes on public holidays.
- For most people, belly dancing is a fun and safe form of exercise. However, as with all forms of exercise you should observe a few simple precautions:
  - The 'warm up' at the start and the 'cool down' at the end of class are compulsory. These are important and are designed to prevent injury; to fail to join these parts of the class is to do so at your own risk.
  - If you have a pre-existing injury, or if you fall pregnant, you should consult your doctor before beginning/continuing classes. These may not prevent you from participating in classes, but it is recommended that you seek medical advice and inform your teacher of any such condition/s.

### Children's Classes:

- Parents/guardians are expected to arrive 5 minutes before the end of class to collect children.
- Newsletters, notices, and forms are all handed out to students at the end of their class; please

check with your child each week to make sure they bring home any relevant paperwork.

- It is the parent's responsibility to ensure that children behave in an appropriate manner before and after classes.
- Parents/guardians are permitted to settle very young children at the start of classes but must leave the studio within 10 minutes of the commencement of the class.

**Refund Policy**, in accordance with the policies set out by the NSW Office of Fair Trading. Please choose carefully, we do not give refunds in the following circumstances:

- You simply change your mind or you make a wrong decision
- Your work, family, or social commitments coincide with classes
- You fail to attend classes
- After week 5 of the school term no refunds will be given under any circumstances.

**Cinnamon Twist may give you a partial refund as a goodwill gesture in the following circumstances:**

- If you have paid your term fees prior to the start of term but wish to cancel your enrolment, you must inform Cinnamon Twist in writing (email is acceptable) with a minimum of 14 days notice before the start of the first class. In this case you are entitled to a refund of your fees, less a 20% administration fee.
- If you fall ill or are incapacitated during the first five weeks of the term and are unable to continue with classes, you may receive a partial refund, provided you produce a medical certificate from a qualified medical practitioner certifying that you are unable to continue dance classes. In this case, you will be refunded a total of 50% of the remaining term payment (For eg, you fall ill in week 4 and cannot finish the term, you will receive 50% refund of remaining 6 weeks of the term).

I have read, understand, and accept that the Terms and Conditions of *Cinnamon Twist School of Belly Dance*. I acknowledge and understand that they are binding, and accept that I am responsible for my own well being during classes held by Virginia Keft-Kennedy and her representatives.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_