



*OmBellyCo is a
FatChanceBellyDance
Sister Studio!*

OmBellyCo
211 Cross Street
Carlisle, MA 01741

New Location Added!
Belly Moves
9 Peabody Square,
Peabody, MA

website: ombellyco.com
e-mail: info@ombellyco.com

Schedule for Fall 2011

Starting Monday, September 12, 2011

ATS Level 1: Dance Fundamentals

60 minutes: \$17 with class card
Drop-in (\$20), all levels welcome
Mondays: 6:15pm -7:15pm

In this class, you will learn to dance by drilling the basic ATS vocabulary into fun combinations. Using both slow and fast movements, you will learn to improvise in your first class! We will also look at partner and group dynamic while dancing. This class runs in 6-week cycles, and includes posture and body awareness, zils and music.

You are welcome to drop-in on this class after the course has started as we review all the moves in each class.

ATS Level 2: Tribal Combinations

60 minutes: \$17 with class card
Drop-in (\$20), must have experience in FCBD Level 1
Mondays: 7:30pm-8:30pm

In this class, we will expand our ATS vocabulary as well as work on refining technique through basic steps drilling and creative variations and combinations. This class is best used simultaneously with Level 1, as there is no description of the basic steps. To take this class, you must understand partner and group dancing.

This is a 12-week cycle class.

ATS Level 3: Drills and Improvisational Choreography

60 minutes: \$17 with class card
Drop-in (\$20), must have completed Level 1&2 classes. Check with a teacher before joining if you are unsure of your placement.
Tuesdays: 6:30pm-7:30pm

In this class, we will work on advanced steps and combos, which may include floor work and sword. We will work in duet, trio and chorus formations, as well as set up choreographies using the full range of movements. This class is also a prep class for Student performances.

Mixed Levels ATS class

60 minutes: \$17 with class card
Drop-in (\$20), all levels welcome
Mondays: 9:00am -10:00am

This class is open to all level dancers. We will work on important ATS concepts such as cues and formations as well as how to create improvisational choreographies. The class includes plenty of review for basic steps while introducing new vocabulary.

ATS level 1: Dance Fundamentals

6 week sessions starting on October 11 through November 22
(no class on October 18)
Tuesdays 6:30-7:30pm
Cost is \$102 per session
To register please email eva@ombellyco.com
Held at Belly Moves, 9 Peabody Square, Peabody, MA