

Desert Beats Belly Dance 2019 Winter Registration

Classes at Free Flow and Dance Saskatchewan Inc.

First Name: _____ Last Name: _____

Email Address: _____

Check the 2019 Winter classes you would like to register for:

Monday (Free Flow – 224 25th Street West)

Intermediate to Advanced Belly Dance 7:00 – 8:15 pm

Intermediate to Advanced ATS® 8:15 – 9:30 pm

Wednesday (Dance Saskatchewan Inc. - 205A Pacific Ave.)

Beginner ATS® 8:00 – 9:00 pm

Beginner Belly Dance 9:00 – 10:00 pm

Thursday (Dance Saskatchewan Inc. - 205A Pacific Ave.)

Beginner Belly Dance 6:30 – 7:30 pm

Conditioning Class 7:30 – 8:00

Fusion Belly Dance 8:00 – 9:15 pm

Cost: Beginner ATS®, Beginner Belly Dance \$125 each
Intermediate to Advanced Belly Dance/ATS®/Fusion \$150 each
Conditioning Class \$75

Discounts: Take any 2 adult classes - save \$50, any 3 classes – save \$75. Conditioning class is \$50 if taking another Thursday class.

Payment types: cash, Paypal or cheque (payable to Anastasia Vander Most, or Victoria Morris, or Desert Beats Belly Dance)

Health concerns: (please inform the instructor if something has occurred that will affect your practice. Check below injuries that consistently cause you concern.)

Lt/Rt Knee, Lower Back, Lt/Rt Shoulder, Upper Back, Neck, Cannot go on toes, Not able to spin, Cannot go down on knees, Difficult to hold arms above my shoulders, Food allergies (snacks may be consumed between classes, therefore is necessary to know if you have food triggers) Other

(explain) _____

Do you exercise (please circle one): Regularly Occasionally Never
Dance experience (circle one): Beginner 1 to 2 years 3 years or over

Emergency Contact

Name/relationship: _____

Emergency Contact Number: _____

I hereby release and hold harmless Anastasia Vander Most, Victoria Morris, Desert Beats, Free Flow, DSI, any other teacher and fellow participants from any liability with respect to injury to me or my child or my property arising out of or connected with my participation in dance classes taught by Desert Beats Belly Dance, at Free Flow or DSI. I understand that I will be engaging in physical activity which could, if not undertaken in a reasonable and responsible manner relative to my physical conditioning, result in personal injury.

Participant Signature: _____

Date: _____

Payment Amount: _____ Payment Method: _____