

Desert Beats Belly Dance 2017 Fall Registration

Classes at Free Flow and Dance Saskatchewan Inc.

First Name: _____ Last Name: _____

Email Address: _____ Phone: _____

Check the 2017 Fall classes you would like to register for:

Monday (Free Flow – 224 25th Street West)

Beginner ATS ® 6:00 – 7:00pm

Intermediate Belly Dance 7:00 – 8:15 pm

Intermediate ATS ® 8:15 – 9:30 pm

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

Beginner Belly Dance 5:45 – 6:30 pm

(beginner students are welcome to stay for 15 min into the fusion class for conditioning)

Fusion Belly Dance 6:30 – 7:45 pm

Troupe Belly Dance 7:45 -9:00 pm

Cost: Beginner Belly Dance and ATS® \$125 each

Intermediate Belly Dance, ATS®, Fusion and Troupe \$150 each

Discount: Take any 2 classes - save \$50, any 3 classes – save \$75, any 4 classes - \$100

Payment: cash, check, or e-transfer (if taking ONLY Monday classes – payment to Victoria Morris, if taking combination of Monday and Thursday, please make payment to Anastasia Vander Most or Desert Beats Belly Dance)

NOTE: Children will be allowed in the Beginner Belly Dance Class on Thursday – but ONLY if attending class with an adult.

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: _____