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CITY OF PALMDALE

NEWS RELEASE

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Registration Underway for Belly Dance Classes

PALMDALE – The City of Palmdale’s recreation and culture department is accepting registration for its upcoming belly dancing classes which begin on Thursday, May 15 at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. in Palmdale.

Classes will be held on Thursdays from 7:45 to 8:45 pm from May 15 through June 19. The cost is \$65. The instructor will be Dana Adoptante.

“Students will learn basic belly dance moves and combinations of American Tribal style belly dance,” said Program Coordinator Becky Bartlett. “The class will teach slow movements and fast steps while focusing on group improvisations, isolations, strengthening, drills, technique and an introduction to zills (finger cymbals). Geared toward the new student, it’s also for continuing students for refinement and helps establish a strong foundation.”

Participants should bring a yoga matt wear comfortable clothes that are easy to move in.

Registration is available online at www.cityofpalmdale.org/playpalmdale, at the parks and recreation office located at 38260 10th St. East in Palmdale, or by calling 661/267-5611.

For more information, visit www.cityofpalmdale.org or call 661/267-5611.

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