

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

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Learn How to Belly Dance---American Tribal Style

PALMDALE – There are still spots available for the City of Palmdale’s Belly Dance-American Tribal Style class, which begins this Thursday, Sept. 18 at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. in Palmdale.

Classes will be held Thursday evenings Sept. 18 through Oct. 23 from 7:45 to 8:45 pm. The cost is \$65.

Led by instructor Dana Adoptante, students will be taught basic belly dance move and combinations of American Tribal Style belly dance in the Fat Chance Belly Dance format. Using slow movements and fast steps while focusing on group improvisation will help students get dancing in the first class. Isolations, strengthening drills, technique and an introduction to zills (finger cymbals) are all a part of the instruction. Geared toward new students, this class is also helpful for continuing students for refinement. Performance opportunities will be available.

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. Belly dance classes will also be offered in October.

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

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