

Dear Reader,

Cinnamon Twist is now taking enrolments for the 2010 beginners' belly dance courses commencing soon. We provide classes for all levels including **adults** and **kids**. Cinnamon Twist classes are lots of fun as well as great exercise. We have beginners' classes on **Monday nights**, and **Saturday mornings**. Also available at Cinnamon Twist – **Indian Bollywood, Arabic Drumming, Prenatal Belly Dance, and Mummy & Me classes!**



Belly dance is a fantastic alternative to traditional sports, promoting positive body-image, and healthy mind and body in a safe and friendly atmosphere. Cinnamon Twist Belly Dance classes are for all women, regardless of age, size, and cultural background. Wear something comfortable to class like pants and a top and be prepared to remove your shoes on entry to the studio.

**Terms are usually run 5 or 10 weeks blocks and require upfront payment. Our next term is a 9 week term costs \$100 and our 5 week terms cost \$60.** Please note that places in the beginners classes are limited and are filled as payment is received, so to ensure your place in the class be sure to send in your form well before the start of session.

**Term 1 Enrolments Taken Now  
– Hurry, places are limited!**

Below is some information about our upcoming term, as well as an enrolment form, if you have any questions about starting belly dancing, please do not hesitate to contact me on ph (02) 4226 1861 or email [ctbellydance@gmail.com](mailto:ctbellydance@gmail.com). You can also check out our website: [www.cinnamon-twist.com.au](http://www.cinnamon-twist.com.au)

Best Wishes,  
Virginia Keft-Kennedy

Day	Class	Time	Teacher
<b>Mon</b>	Prenatal Belly Dance	5.00-6.00pm	Virginia
	Beginners Belly Dance	6.00 -7.00pm	Virginia
	5 week Beginners belly (starts mid-term only)	7.00-8.00pm	Virginia
<b>Tues</b>	Intermediate Belly Dance	6.00-7.00pm	Virginia
	Advanced Belly Dance	7.15-8.30pm	Virginia
<b>Wed</b>	Mums & Bubs (newborn to 12months)	9.30-10.30am	Kim
<b>Thurs</b>	Little Genies (ages 9-14)	4.30-5.30pm	Kim
	Arabic Drumming	6.00-7.00pm	Shane
	Bollywood Dance	7.00-8.00pm	Safina
<b>Fri</b>	= no classes currently =		
<b>Sat</b>	Mummy & Me (12mths to primary age)	9.30 - 10.15am	Mel
	Beginners Belly Dance	10.30-11.30am	Mel
	Intermediate Belly Dance	11.30-12.30pm	Kim

**Term 1 Start Dates (9weeks)\***

**Mon** classes begin: 1<sup>st</sup> Feb  
**Tues** classes begin: 2<sup>nd</sup> Feb  
**Thurs** classes begin: 28<sup>th</sup> Jan  
**Sat** classes begin: 30<sup>th</sup> Jan

\*Next 5 week term: Mon 22<sup>nd</sup> Feb

**Rest of 2010 Term Start Dates**

Term 2: Mon 19<sup>th</sup> April  
Term 3: Mon 19<sup>th</sup> July  
Term 4: Mon 11<sup>th</sup> Oct

Cost: \$110 for 10 weeks or \$60 for 5 weeks.

**Beginners (10 weeks or 5 weeks)**  
**Intermediate\***  
**Advanced\***  
**Mummy & Me\***  
**Mums & Bubs**  
**Prenatal Belly Dance\***  
**Little Genies Kids**  
**Indian Bollywood**  
**Arabic Drumming**

*\*Indicates classes where casual rate of \$15 per class is available. All other classes are run on the basis of an upfront fee for 10 weeks or 5 weeks. Note: 5 week classes are run mid-term.*

## 2010 Enrolment & Payment Form

Cinnamon Twist Dance Studio, Ph: 02 4226 1861

Shop 3/ 6 Kenny St, Wollongong 2500 E: [ctbellydance@gmail.com](mailto:ctbellydance@gmail.com)

**Yes, enrol me at Cinnamon Twist!**



Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**In which Term are you enrolling? (circle):** 1 2 3 4

**Adult Classes:** Beginners Belly Dance: Mon  **Or** Sat   
Intermediate Tues  **Or** Sat  Advanced  Bollywood Dance  Arabic Drumming   
Mummy and Me  Mums and Bubs  Prenatal Belly Dance   
5 week Belly Dance (only available mid-term)   
**Kids Classes (fill in below)** : Thurs Little Genies (4-14yrs)

### Kids Class Enrolment Form – Yes, I want to be a Little Genie!

Child's Name: \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**In which Term are you enrolling? (circle):** 1 2 3 4

**Tick one:** Little Genies (under 13yrs)  Mummy & Me  Mums & Bubs   
**Child's DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_

### Payment Options – early payment ensures your place.

**Cheque:**  **Money Order:**  **Direct Deposit:**  (Transfer from bank to bank – details below)

**Cash:**  (cash payments should be made well before start of term to ensure your place!) Please note:  
We **don't have** Eftpos or credit card facilities!

#### Make cheques & money orders payable to:

Cinnamon Twist School of Belly Dance

**Mail to:** PO Box 464, Figtree, 2525

*(NOTE: PLEASE ONLY MAIL YOUR FEES TO  
THE ABOVE PO BOX & NOT THE STUDIO  
ADDRESS)*

#### Direct Deposit Payments

Account name: Virginia Keft-Kennedy

BSB: 012 622

Account #: 4982 28757

Reference: put YOUR name in the reference  
(otherwise I can't trace your payment to you!)

Please read and sign the Terms and Conditions below.

## Terms & Conditions

Please read the following terms and conditions carefully. This form must be signed prior to commencing Cinnamon Twist dance classes.

### Dance Studio Policies:

- Casual payment is not accepted in most classes.
- Students with outstanding fees will not be permitted to participate in classes until full payment is received.
- Term payments are strictly non-transferable to another term in the school year.
- There are no make-up classes or refunds for missed classes.
- Only enrolled students are permitted in the dance studio during classes. Whether you observe the class or you dance, you are considered to be participating and therefore are required to pay for the class. This includes kids.
- Street shoes are strictly not permitted on the studio dance floor. Be prepared to dance barefoot, in socks, or in jazz shoes.
- In the event that the usual teacher is unavailable, Cinnamon Twist reserves the right to provide a substitute teacher, or, in rare cases, cancel classes without notice. We reserve the right to run classes on public holidays.
- For most people, belly dancing is a fun and safe form of exercise. However, as with all forms of exercise you should observe a few simple precautions:
  - The 'warm up' at the start and the 'cool down' at the end of class are compulsory. These are important and are designed to prevent injury; to fail to join these parts of the class is to do so at your own risk.
  - If you have a pre-existing injury, or if you fall pregnant, you should consult your doctor before beginning/continuing classes. These may not prevent you from participating in classes, but it is recommended that you seek medical advice and inform your teacher of any such condition/s.

### Children's Classes:

- Parents/guardians are expected to arrive 5 minutes before the end of class to collect children.
- Newsletters, notices, and forms are all handed out to students at the end of their class; please check with your child each week to make sure they bring home any relevant paperwork.
- It is the parent's responsibility to ensure that children behave in an appropriate manner before and after classes.
- Parents/guardians are permitted to settle very young children at the start of classes but must leave the studio within 10 minutes of the commencement of the class.

**Refund Policy**, in accordance with the policies set out by the NSW Office of Fair Trading. Please choose carefully, we do not give refunds in the following circumstances:

- You simply change your mind or you make a wrong decision
- Your work, family, or social commitments coincide with classes
- You fail to attend classes
- After week 5 of the school term no refunds will be given under any circumstances.

Cinnamon Twist may give you a partial refund as a goodwill gesture in the following circumstances:

- If you have paid your term fees prior to the start of term but wish to cancel your enrolment, you must inform Cinnamon Twist in writing (email is acceptable) with a minimum of 14 days notice before the start of the first class. In this case you are entitled to a refund of your fees, less a 20% administration fee.
- If you fall ill or are incapacitated during the first five weeks of the term and are unable to continue with classes, you may receive a partial refund, provided you produce a medical certificate from a qualified medical practitioner certifying that you are unable to continue dance classes. In this case, you will be refunded a total of 50% of the remaining term payment (For eg, you fall ill in week 4 and cannot finish the term, you will receive 50% refund of remaining 6 weeks of the term).

**I have read, understand, and accept that the Terms and Conditions of Cinnamon Twist School of Belly Dance. I acknowledge and understand that they are binding, and accept that I am responsible for my own well being during classes held by Virginia Keft-Kennedy and her representatives.**

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_