



Middle Eastern Dance

Middle Eastern Dancing is an ancient form of dance which became popular in the west in the 18th and 19th centuries when Orientalist artists depicted romantic images of life in the Ottoman Empire.

Today, it is a fun way for over 55s to exercise as every part of the body is involved in the dance, the most featured body part usually is the hips!

Our Middle Eastern Dancers have a wonderful time each week and voluntarily perform in their colourful outfits a couple of times a year at Centre events. Come and join our new tutor, Libby Hakim, and our dancers...

CLASS TIME: MONDAYS FROM 2 TO 3PM

CLASS RATE: \$8 PER CLASS (flat rate)