

# JWAAD SUMMER SCHOOL 2019 WEEKEND TIMETABLE

<b>THURSDAY</b>	Souk:				3:30-5:30	5:45	6:15	7:30-9:30		
	HS:				7 & 3-DAY ARRIVALS	THE GRAND TOUR! Meet in the garden for tour of venue  <i>(we suggest you wear your class clothes so you don't have to walk back to change after supper)</i>	Supper	JO Welcome meeting followed by:  SUE 2-3 B City Groove – Baladi to Shaabi <i>(bring a plain hipscarf)</i>  RAPHAELLE 3-4 B Girls Just Wanna Have Fun!		
<b>FRIDAY</b>	7:45	8:45-9:30	10:00-12:00	12:15	1-2	2:00-3:30	3:30-5:30	4:30-6:00	6:15	7:30-9:30
	Breakfast	GWEN 1 B Abs & Glutes  <i>(bring water and a towel/yoga mat)</i>	GALIT 2-3 B Funky Footwork  SANDRA 3 B Reda in Hollywood <i>(bring a full skirt and cane)</i>  KAY 4 B Saiidi Superstars <i>(bring assaya- straight stick)</i>	Lunch <i>(1:30-1:50 Sagat) - OG</i>	SOUK	MARGARET 2-3 B Vintage Dreaming  GWEN 3-4 B Layer cake! challenge your technique	2-DAY ARRIVALS	SOUK  CHRISIE 2 B Fun with a pop song	Supper	JO Welcome meeting followed by:  SUE 2-3 B Funky Ghawazee <i>(optional sagat)</i>  ISHTAR 3-4 B-C Flamenco & Paso Doble Fusion <i>(bring a wide skirt)</i>
<b>SATURDAY</b>	7:45	8:45-9:30	10:00-12:00	12:15	1-2	2:00-3:30	3:30-5:30	4:30-6:00	6:15	8.00
	Breakfast	RAPHAELLE 2 C Cardio Bellydance  <i>(please bring trainers, water and a towel or yoga mat)</i>	ISHTAR 2-3 B-C Bugsy Malone 20s Dance  GALIT 3 B Pop Choreography  JO 4 B Professional Dancers Solos with Live Tabla	Lunch <i>(1:30-1:50 Sagat) - OG</i>	SOUK	KAY 2-3 B Dance with Live Tabla  GWEN 3-4 B Lyrical Choreography Mastering smooth and sharp	5-DAY ARRIVALS	SOUK  RACHAEL 2B Dance to Zay el Assle  5:30 Welcome for 5-day dancers	Supper	Harem Night Party  HS
<b>SUNDAY</b>	7:45	8:45-9:30	10:00-12:00	12:15	2:00-3:30	4:30-6:00	6:15	8.00-9:30		
	Breakfast	GWEN 1 B-C Bellydance Gym Drills for Precision  <i>(bring water and a towel/yoga mat)</i>	KATHERINE 1 A-B With the Flow, Tribal Improv  TALIA 2+ B Spin Doctor!  CATHERINE Y 3 B Super Saiidi	Lunch <i>(1:30-1:50 Sagat) - OG</i>	DEBBIE 2 B Candle Dance  MARGARET 3-4 B Expressive Baladi Choreography and Interpretation	SOUK  2 & 3-DAY DEPARTURES	Supper	CATHERINE Y 1 A Yoga and Pilates Relaxation		

# JWAAD SUMMER SCHOOL 2019 WEEKDAY TIMETABLE

<b>MONDAY</b>	7:45	8.45-9.30	10.00-12.00	12:15	2:00-3:30	4.30-5.00	6:15	8.00
	Breakfast	<p>SOPHIE 1 C Superboost Workout</p> <p><i>(please bring trainers, water and a towel or yoga mat)</i></p>	<p>DEBBIE 2 B Tribal Fusion Basics</p> <p>RAPHAELLE 2-3 B Estakooza Pop Dance to perform</p> <p>JO 4 Professional Dancers Dance to perform</p>	Lunch (1:30-1:50 Sagat) - OG	<p>ALANYA 1 B Samba Party! Dance to perform</p> <p>SANDRA 2-3 B Cheeky Melaya Leff! Dance (Bring a large veil/ melaya)</p> <p>GALIT 3-4 B Tango Fusion</p>	<p>SOUK</p> <p>ANN 1 A Bellydance Talk: Turkish Delight!</p>	Supper	<p>TALENT SHOW!</p> <p>Bring your non-belly dance talent (and a glass of something) to this hilarious and relaxed evening!</p>
<b>TUESDAY</b>	7.45	8.45-9.30	10.00-12.00	12:15	2:00-3:30	4:30-6:00	6:15	8.00
	Breakfast	<p>CATHERINE Y 1 A-B Pilates for Bellydancers</p>	<p>ALANYA 2 B Double Veil Technique (bring 2 veils)</p> <p>GWEN 3 B Expression Lab</p> <p>JO 4 Professional Dancers Dance to perform</p>	Lunch (1:30-1:50 Sagat) - OG	<p>ALANYA 1 B Samba Party! Rehearsal</p> <p>RAPHAELLE 2-3 B Estakooza Rehearsal</p> <p>JO's PANEL 4 Professional Dancers 15 Mins of Fame</p>	SOUK	Supper	SHOW
<b>WEDNESDAY</b>	7.45	8.45-9.30	10.00-12.00	12.15	2:00-3:30	4:30-6:00	6:15	8.00-
	Breakfast	<p>RAPHAELLE 1 B Discover Khaleegy</p>	<p>GWEN 2 B Vision of the Golden Age (bring a veil)</p> <p>KAY 3 B Cairo Combinations</p> <p>JO 4 Professional Dancers Solos with Live Band</p>	Lunch (1:30-1:50 Sagat) - OG	<p>ELIZABETH 2 B Taqaqim Baladi</p> <p>KAY 2-3 B Dance with Live Band</p> <p>TALIA 3-4 B-C Hard Raqs Drum Solo</p>	SOUK	Supper	FANCY DRESS PARTY
<b>THURSDAY</b>	7.45	9.00-10.30	11.00-12.00	12.15	1.30-3.30			
	Breakfast	<p>GALIT 1 A Awaken and Relax! Body Awareness</p> <p>TALIA 1 B Howdy! Intro to Country Line Dance</p>	<p>EVERYONE Last Blast!</p> <p>KAY 2 B Shaabi fun - Mafia Mafia</p>	Lunch	<p>DEPARTURES</p> <p>We look forward to seeing you again next year!</p>	<p>Souk:</p> <p>HS:</p>		

**CLASS LEVELS...**

**TECHNICAL LEVEL**

*These are estimates of how long it takes to achieve each level. It also depends on you and your teacher.*

- 1 – All - anyone can try
- 2 – Improvers - 6 months - 2 years
- 3 – Intermediate - 2 years & over
- 4 – Advanced

**Professional Dancers with Jo**  
Advanced and Professional performers (pre- register your interest to attend any of these classes)

**CLASS LEVELS...**

**INTENSITY LEVEL**

*These are estimates of the energy level of the class*

- A – very gentle
- B – moderate intensity
- C – higher intensity or cardio fitness

**STUDIOS/ROOMS**

Classrooms for solo rehearsals & private lessons:

- HC1, HC2, HC3, HC4
- BCR – Beresford Common Room
- DC – Dance Centre
- HS – Home Studio
- MP – Monro Pavilion (carpeted)
- OG – Old Gym
- TCR – Talbot Common Room
- T – Theatre

*These rooms can sometimes be used outside class hours for rehearsal or practice. You can book studio time by filling in the Studio Booking form on the information desk in Beresford House entrance hall.*

**PRIVATE LESSONS**

The residential teachers are sometimes available to teach private lessons. Please approach the teacher for a lesson.

The fee for a 1-hour lesson is £35 and is payable direct to the teacher.

The fee for a 1-hour lesson with Josephine Wise is £45

**TEACHERS**

- Josephine Wise
- Kay Taylor
- Gwen Booth
- Raphaelle Masson
- Margaret Krause
- Sandra Thompson
- Dorte Evelyn (*Ishtar*)
- Galit Mersand
- Talia Soleil
- Catherine Ydstie
- Ann Hall
- Sue Baker
- Abbie Mason (*Alanya*)
- Katherine Caddick
- Elizabeth Aitken
- Debbie Phillips
- Chrissie Warwick
- Rachael Borek
- Sophie Calvert

**PERCUSSIONIST**

- Tim Garside

**LIVE MUSIC**

- Gamal el Sarir
- Emile Bassili
- Ali Ahmed Ali
- Haytham Sebaei

**ANGELS**

- Archangel Sophie Wise
- Katherine Caddick
- Cheryl McGowan
- Kat Shaw
- Zoe Taylor

**ADMINISTRATION**

- Josephine Wise
- Sophie Wise
- Margaret Krause
- Gwen Booth

**SOUK**

The Souk is in Talbot House

**SWIMMING POOL**

The swimming pool is usually open from 11am until 6pm daily.

There may be times when the pool is closed because it is full, particularly between 2pm and 4:30pm

