

Some novel navels...



Castanets flashing Judy Dick whirls for audience at Arabian Nights party held for Academy of Dance students Sunday. (Photos by Ray Saitz).

Picture a roomful of 50 undulating hips, swaying to the rhythm of Middle-Eastern vibrations. It's enough to boggle the mind, let alone the eyes.

Fifty students of the Academy of Dance Arts, several scantily attired in exotic costumes, celebrated the completion of their 12 week belly dancing course just recently at the Alhambra Steakhouse in Mississauga.

Gloria Shulman, wife of Dr. Morton Shulman, NDP MPP for High Park, and seven Mississauga women were among the graduates.

Maria Morca, co-owner of Academy Dance Arts, claims, "Belly dancing is very good for flattening the tummy, slimming the waistline and removing unwanted bulges."

The course, which costs \$65 for 12 weeks, is given at the main studio, Yonge and Eglinton,

and at Montgomery Mills, Etobicoke. Students of the latter location ranged in ages from 18 to 74, some housewives, others working women.

Lorraine Penna, of Mississauga, instructor at the Etobicoke location, leads the students into various exercises which conceivably helps to improve their posture as well.

"With twisting action and undulating exercises, some students have lost inches off their waist and have trimmed their legs and thighs," explains Ms. Morca.

Depending on the students' level of belly dancing, classes run from one to one-and-half hours a week. Some students have been taking the course continuously for over a year. Upon completion of the course, students are not given certificates, but are given an Arabian Nights party, as was held Sunday.



Belly dancing enthusiasts claim the Mid-East art is good for the soul and the waistline. Here novice students dance for audience.



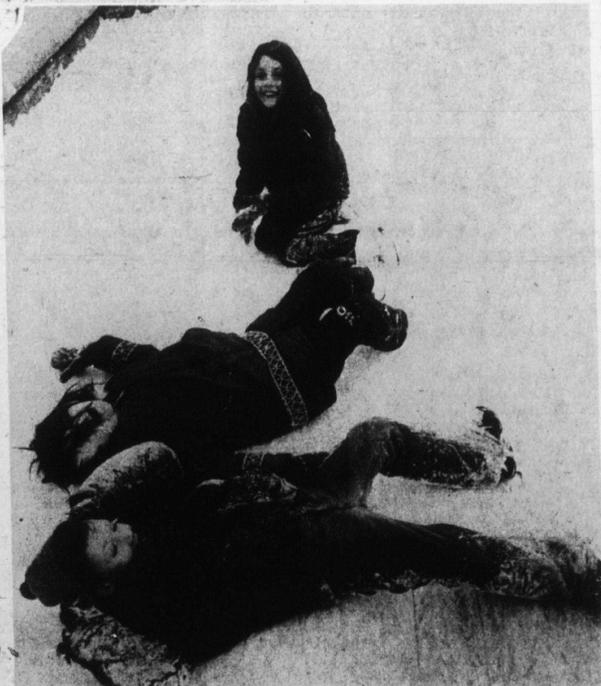
Getting down to work, TV cameraman seeks unusual angle.

Figure 8's at Square One

Can't cut the ice eh? Learning to skate is usually first among Canadian children's experiences (and sometimes the most painful and embarrassing). Kids used to learn on frozen ponds, stubbornly ankling their way into the winter twilight.

Now, as this collection of erstwhile Toller Cranstons testify, the first faulty strides take place in the centre of huge shopping malls such as Square One.

But it is still the same result — torn snowsuits, soggy leggings and sighs of resignation.



(Times photos by Ron Pozzer).