

Paaldansles

Established since:

2000 – this was one of the first schools to open in Belgium; at this time pole dancing was not well known and in some regions it was forbidden.

Venues:

In many different regions around Belgium, for example Ghent and Antwerp. We rent the dancing area and install our own poles, but the Ghent area is the biggest region that we have introduced pole dancing to.

Poles used:

Our own developed poles in coating, plus other poles for more experienced dancers.

Classes offered:

Acrobatic pole dancing, but also the combination between the more sensual dancing moves and amazing power routines (we call it the Combi course).



Levels offered:

Beginner, Intermediate and Advanced.

Class Structure:

Each lesson is 2 hours with 30 minutes of warming up and flexibility training, then we practice individual moves for different levels and include different spins.

A couple of moves

taught:

Beginners like the Scorpio and Gemini a lot and the monkey spin, different inverts, plus superman is always popular.

Class Venues and Their Facilities:

Fitness centre.

Quick Background of the Instructor:

School Name:
Paaldansles, gewoon anders

Address:
Various regions over Belgium.

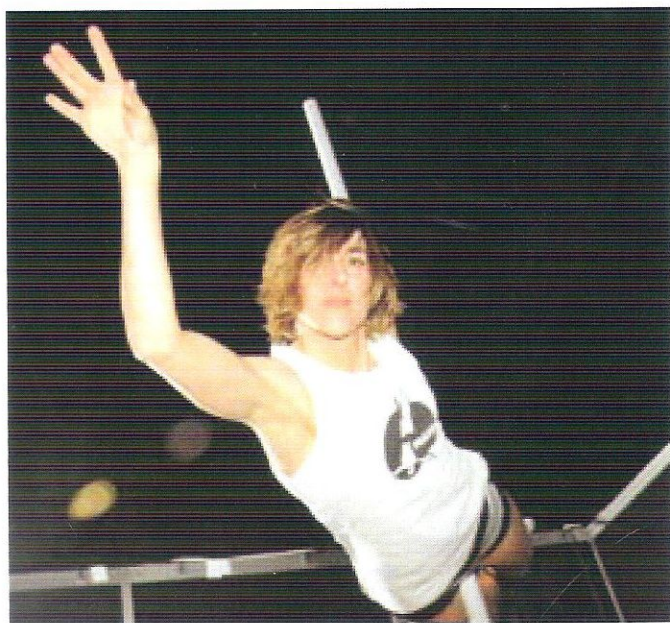
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Instructors:
Karin Vandaele

Karin Vandaele studied classical and jazz dance and performed for a short time in Paris as a gogo dancer. She earned money a long time ago by pole dancing in clubs and started her own school in the city of Ghent 15 years ago when pole dancing was not yet recognized as a sport or dance.



Your School's Ethos or Slogans:

Paaldansles, gewoon anders...

Future Plans:

I would like to introduce workshops like Burlesque or Aerial Silk into our classes to give the students wider options which could benefit acrobatics but also sensual pole dancing.

I will also attend the summer pole camp this year to do some networking and learning.

For the first time this year we organized an interschool showcase event to get students performing.

STUDENT TESTIMONIAL

I went to my first class not knowing what to expect. Karin was the teacher, already older and mature but very friendly and open. We first started with a work-out for about 30 minutes and it was then that I realized that these were professional trainers and that pole dancing is not just dancing around the pole, but that you need much more strength and energy.

During my first try-out we immediately started climbing on the pole and did an amazing invert, something I thought I would never do, but it all worked well. Also, the team spirit among the pupils was so great, everybody helped each other and we all needed each other to succeed on the Pole. The atmosphere was full of positive energy!

So after more than a year now, I'm still in to pole dancing, I have bought myself an Xpole and I'm looking great, strong and muscular. The pole ladies are my friends now and we even practice together at home.

In Belgium it is still a new trend for the ladies, the strong ladies, so beware...

Lucca – 31 years old and mother of three.