



Dolly Bhatia-Frolick will introduce evening Bollywood dance classes for children, youth and adults at Oscar Peterson Public School this fall.

Bollywood Comes To Town

By Kate Gilderdale • Stouffville Free Press

Anyone who has seen movies like *Slumdog Millionaire*, *Bend it Like Beckham* and *Monsoon Wedding* can testify to the sheer exuberance and energy of Bollywood dance.

This fall, Dolly Bhatia-Frolick, a certified personal trainer and fitness instructor, brings Bollywood to Stouffville with a session of Indian dance classes in the gymnasium at Oscar Peterson Public School, beginning Sept. 24.

"Bollywood dancing is a mix of world dance styles such as traditional/modern Indian dance, hip-hop, jazz, Bhangra, Latin and Arabic, all to the beat of popular Bollywood songs as seen on the silver screen," she explained. The term Bollywood is a blend of Bombay and Hollywood, and refers to India's popular film industry based in Mumbai, formerly known as Bombay.

Ms Bhatia-Frolick was born in New Delhi, India, and came to Canada in 1976. "My dance training as a child consisted of taking community classes in hip-hop and some classical Indian, but mostly I taught myself Bollywood dance through watching Indian movies on the big screen," she said.

"It's what I call 'wellness in motion' which offers great health benefits by providing a full cardiovascular workout that helps lower blood pressure and fight stress, while burning calories and having fun."

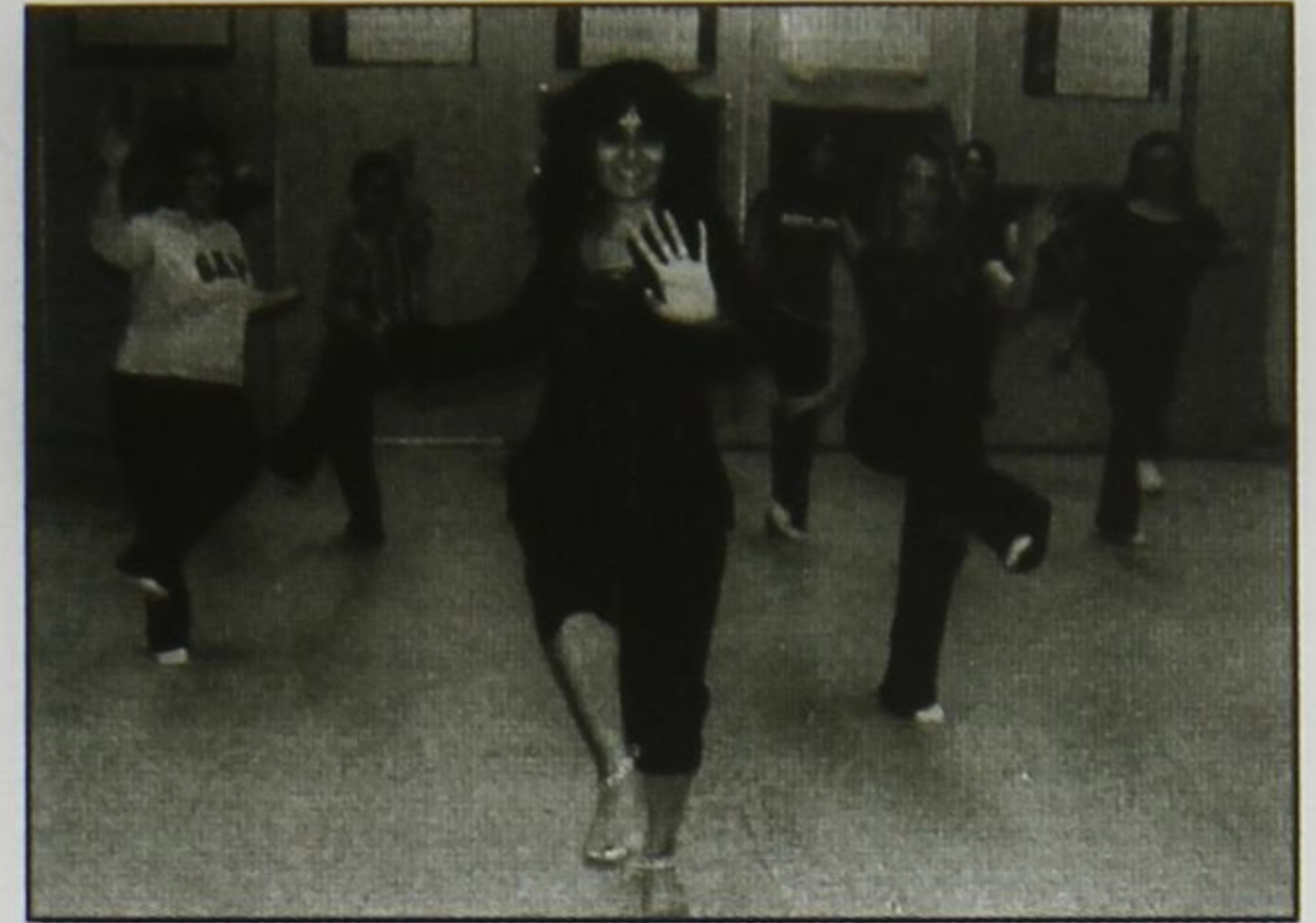
An instructor at the York Dance Academy, Ms Bhatia-Frolick is working towards creating a training and certification program in Bollywood dance. She is a long-time fan of Michael Jackson and won first place in a high school competition, dancing to *Billie Jean*. "He was a huge inspiration for me

growing up," she said of the late king of pop.

Fall sessions start Sept. 24, with classes for children aged from 6 to 12, and youth and adult classes for students aged 13 and up. On Sept. 17, Ms Bhatia-Frolick will hold a free class to introduce Bollywood dancing to the community.

"As the town of Stouffville evolves into a more diverse and multicultural community, it is a wonderful opportunity to offer residents of all ages new and interesting programs to increase their learning of the various world dance styles," she said.

For more information call 905-642-9478.



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A dedicated team of town staffers won a gold medal in the United Way Dragon Boat Festival at Seneca College's King Campus on Aug. 15. Overall, the event raised more than \$167,000 for the United Way of York Region. Way to go, Whitchurch-Stouffville!



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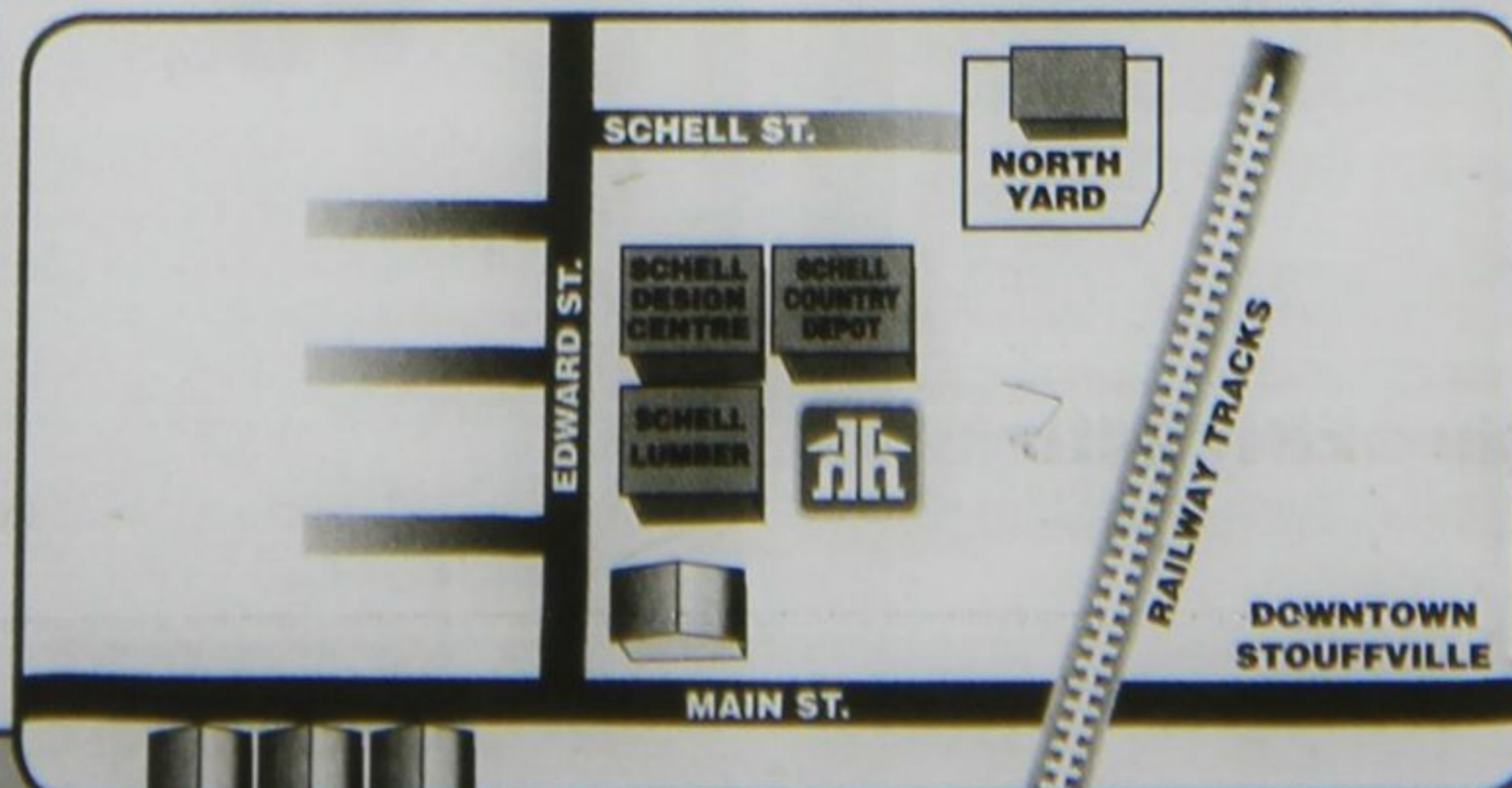
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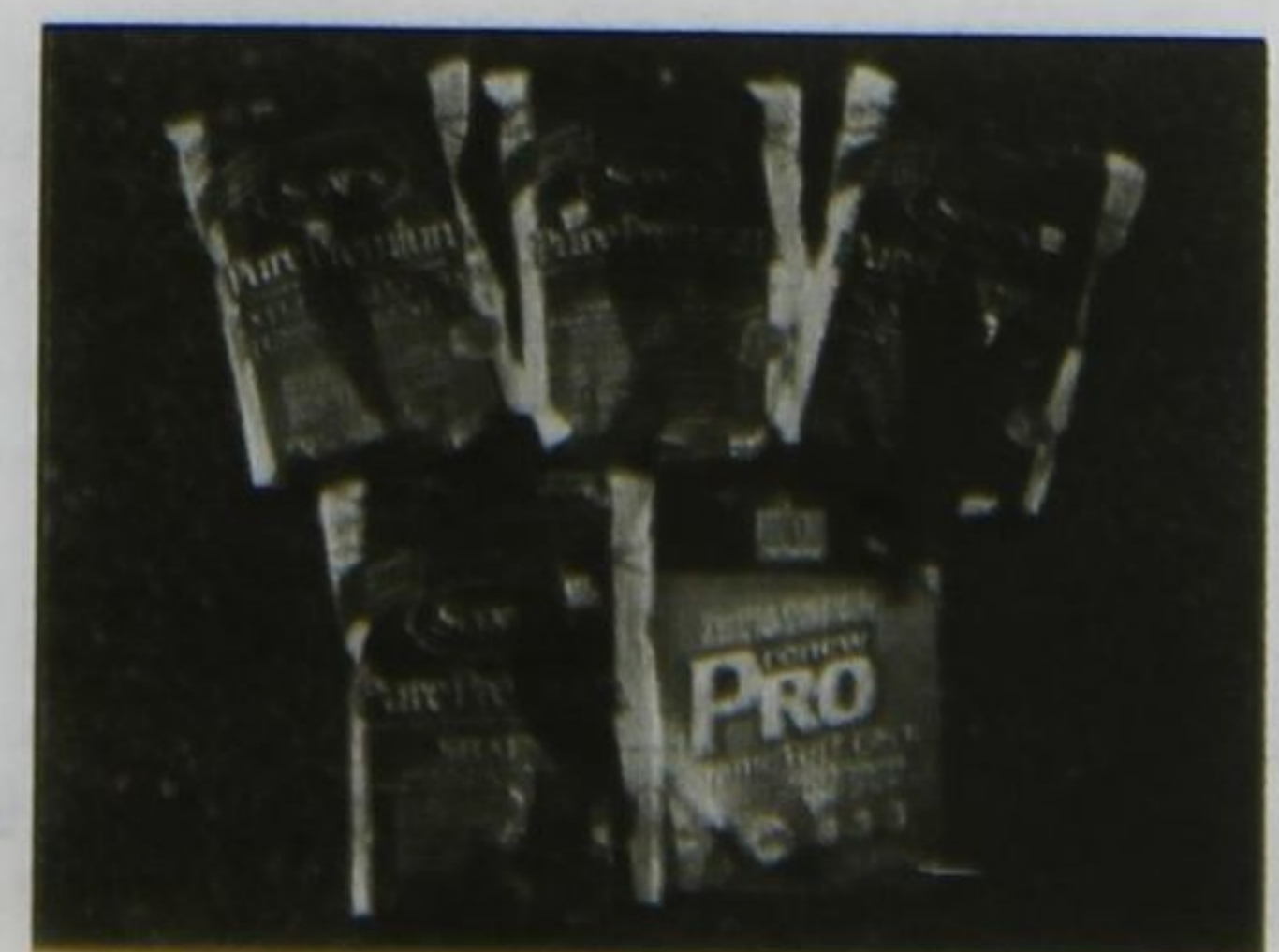
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