

Damariñas Village Association Inc.

1417 Campanilla Street, Dasmariñas Village
Tel. No.; 817-3316; Fax: 810-2795

D.V.A. CIRCULAR NO. 2012 – 19

May 2, 2012

Dear Residents:

Good news!

We invite all our residents to register in the numerous fitness activities we are offering at our newly renovated dance studio at the 2nd floor of our DVA Fitness Gym. The schedules are as follows:

Monday, 4:30 – 5:30 PM

DANCE AERO : P800/month
Instructor, Louie Santiago

Monday & Wednesday, 7:30 – 9:30 PM

PEKITI TIRSIA KALI : P2,700/month
Instructor, Wendell Simbulan

Pekiti Tirsia Kali (PTK) is a Filipino close quarter fighting system that focuses on edged weapons. It encompasses a wide range of traditional weapons and tactics namely: single stick (single sword), double sticks (two swords), single knife, double knives, espada y daga, sibat, empty-handed techniques and grappling. The PTK strategy is based on mobility, counterattacking and triangular movement.

Tuesday & Thursday - Yoga and Dance (P3,500 for 10 sessions, or P400/session)

Instructor, Marlette Besa

8:30-9:30 AM : Vinyaga Yoga Plus

This is a type of Hatha Yoga wherein the poses flow with the breath. The asanas are repeated instead of held for a number of breaths. Some poses and stretching exercises for Pilates, dance, martial arts and other sports are incorporated in the sequence. The class is multilevel.

10:00-11:00 AM: Mixed Hiphop

The class includes Streetjazz, Mashsup and Sensual Groove.

11:00-12:00 NN: World Dances

In this class, students will learn Bellydance, Bollywood, Hapa Haole Hula, African Jam and Latin Dance.

Friday & Saturday, Ballet (Instructor, Vivian Perez-Nolasco)

P3,500/month for 10 sessions

3:30 – 4:30 PM Baby Class level (2 – 4 years old, attire = pink leotards, pink tights, pink skirt, and pink ballet shoes)

4:30 – 5:30 PM Ballet Level 1 (5 – 13 years old, attire = black leotards, pink tights, pink skirt, and pink ballet shoes)

One of the goals of the past and present DVA Board of Governors is the promotion of health consciousness among our Village residents. Come and visit our sports facilities to better appreciate the improvements we have undertaken at our Campanilla Park.

For inquiries, please call up Mrs. Oying Rafael at 817-3316 loc. 114.

MISCELLANEOUS ANNOUNCEMENT

We are also happy to inform you that the DVA Kiosk which being handled by Mr. William Velhagen is again open to serve our park goers and sports buffs.

DVA MANAGEMENT