

EOP Express January 2013

Aloha Everyone,

Polynesian Dance Class Schedule

Class I - Beginners

Monday and Wednesday

6:10-6:40pm

Class II - Beginners/Intermediate

Monday and Wednesday

6:10-6:55pm

Class III - Performance Class

Monday, Wednesday 6:10-7:40pm,

Thursday 7-8pm

Island Aerobics Thursday 7-8pm

CANCELLED UNTIL

KEALOHA GETS CLASS SCHEDULE

All classes are in Studio C

WANNA BURN CALORIES AND TONE UP YOUR ARMS, LEGS, BELLY, AND
‘OKOLE’?

COME & TRY

ISLAND
AEROBICS

THURSDAYS 7-8PM

at MACKINNON DANCE ACADEMY
STUDIO ‘C’

Set to Tahitian drum beats and Hawaiian, reggae, and
Top 40 music, this fun, Polynesian dance-inspired
cardio workout incorporates exercises and choreography
that focus on your core and lower body.

Great for
ALL levels!
(Beginners too!)
ONLY
\$20/MONTH



Qs??? Call or text:
Josie 805/218-7274
Or
Kealoha (instructor)
805/625-1153

Performance Class Requirements 2013

1. ATTENDANCE
2. Knowledge of BASICS
3. Participation and attitude in class
4. Participation and attitude in shows
5. Knowledge of dances
6. *Ability to learn choreography at a faster pace*
7. *Ability to use constructive criticism to his/her advantage*
8. *Noticeable improvement in basics*
(i.e. arm placement, hip motion, etc. – so we can tell that you are committed to the class and willing to practice and improve on your own time)
9. Must have required costumes and implements (You can still be accepted in to Performance Class if you do not have everything as long as we know you are making the attempt to obtain all that is needed)
10. Completed at least one month of Class I

All that is mentioned above is to consider for you to be a part of Performance Class. This is also considered for you to stay in Performance Class.

Implements – Uli’ulis, ipu, puil’lis, poi balls (Maori),
candles (The Philippines)

Lei sets – white ginger lei set, fern lei set, pink lei set, shell leis,
headband (Maori), tiki god (Maori), etc.

Costumes – Red aloha dress, blue aloha dress, white pa’u skirt,
white pareo (short and long – keikis only need short),
piupiu skirt (Maori), kimona (The Philippines), etc.

I understand you may have other commitments outside of dance. Just let us know. I also understand you cannot purchase everything at once. Purchase what you can when you are able. Heather will assist you on this.

Accepting to be apart of the Performance Class, you are also accepting to be apart of Kealoha And Company “Expressions of Polynesia”. This is a big responsibility and requires commitment from both student AND parent(s).

*Mahalo and Aloha,
Auntie Josie “Kealoha”*

I HOPE EVERYONE HADA GOOD VACATION/BREAK!!! I DID!!!