

UPCOMING SHOWS/PERFORMANCES 2012

November 10-11, Saturday-Sunday, 10am-5pm -

**Lotogatsi Polynesian Institute of Learning,
Tina's Ports of Paradise, Oceanview Pavillion,
575 E. Surfside Drive, Port Hueneme**

ALL Polynesian Dance Students may participate.

All Performance Class should be participating.

**NOVEMBER 22, WEDNESDAY -23, THURSDAY
MACKINNON STUDIO CLOSED**

November 23, 2012, Friday, 10:15AM

Ventura County ADHC

1700 North Lombard Street, Oxnard

ALL Polynesian Dance Students may participate.

November 29, Thursday, 8:30PM -

CS UNIVERSITY CHANNEL ISLANDS,

MALIBU HALL, Chapel Drive, One University Drive, Camarillo

PERFORMANCE CLASS TO PARTICIPATE

December 9, Sunday, 12 Noon & 2:30PM -

MacKinnon Holiday Show

ALL Polynesian Dance Students may participate.

December 14, Friday, 11:30AM -

City of Ventura Holiday Luncheon,

Wedgewood Banquet Center, Ventura

ALL Polynesian Dance Students may participate.

December 15, Saturday, 7PM, YAC

ALL Polynesian Dance Students may participate.

December 16, Sunday, 8PM

CBC NEX Holiday Luau

ALL Polynesian Dance Students may participate.

DECEMBER 24, MONDAY - JANUARY 3, THURSDAY

MACKINNON STUDIO CLOSED

POLYNESIAN DANCE CLASS WILL RESUME JANUARY 9, 2013

*****BEAT ALL SHOWS AT LEAST AN HOUR BEFORE*****

**REMEMBER WE PERFORM AT THE HONG KONG INN WITH AUNTIE TINA
EVERY FRIDAY AND SATURDAY,**

**AS LONG AS Kealoha And Company "Expressions of Polynesia"
DOESN'T HAVE A PERFORMANCE SCHEDULED.**

ALL STUDENTS ARE WELCOME TO COME TRY IT OUT.

EOP Express November 2012

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 and Wednesday

6:10-7:40pm

Island Aerobics

Thursday 7-8pm

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!)

For 2 months
Nov-Dec
\$30 or
\$20/month

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

**IF YOU ARE PLANNING TO PERFORM IN THE HOLIDAY SHOW YOU MUST ORDER NOW!!!
 EVERYONE MUST HAVE THEIR COSTUME AND IMPLEMENTS BY NOVEMBER 15!!!
 TALK TO HEATHER FOR WEB-SITE AND ORDERING ASSISTANTS!!!**

ULI'ULIS

- Anika
- Lakele
- Delayna
- Ienaki
- Iaila
- Milanaka
- Kaweaho
- Kinipela
- Noelani
- Kaika
- Kalaka
- Kiana
- Naneki
- Iamea

Class I
**RED ALOHA DRESS
 (SHORT)**
WHITE PA'U SKIRT
LEATHER FERN
HEI/HAKU & LEI
ULI'ULIS



PU'ILIS
 Nikaka
 Lekina
 Iokua
 Palikane
 Ika'Aka
 Iekieli
 Kelalaka



Class II
**RED ALOHA DRESS
 (SHORT)**
WHITE PA'U SKIRT
LEATHER FERN
HEI/HAKU & LEI
PU'ILIS



BOYS, KANES
YOU WILL LEARN
THE PU'ILIS
BLUE ALOHA SHIRT
WHITE PANTS
LEATHER FERN
HEI/HAKU & LEI

**Class III/
 PERFORMANCE CLASS**

IPU
 Kealani
 Kalea
 Aylani
 Koukonei
 Waneka
 Emelia
 Tasi
 Aleianakala
 Ienika

**BLUE ALOHA DRESS
 (SHORT)**
WHITE PA'U SKIRT
LEATHER FERN
HEI/HAKU & LEI
IPU



THINGS TO REMEMBER—
PA'U SKIRT IS WORN ON
YOUR HIPS
FERN HEI/HAKUIS WORN FLAT
ON TOP OF YOUR HEAD
PARALLEL WITH THE GROUND
LEI SHOULD BE WORN
BALANCED FRONT AND BACK

