

# EOP Express OCTOBER 2012

## 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 3 months  
Oct-Dec  
\$30 or  
\$20/month

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

## UPCOMING SHOWS/PERFORMANCES 2012

**October 7, Sunday, 4PM – St. Francis of Assisi Church Fiesta, 1048 W Ventura Street, Fillmore**  
**ALL Polynesian Dance Students may participate.** All Performance Class should be participating.

**October 13, Saturday, 8:30PM – Installation Dinner (we will eat at 6pm) – OPAC Oxnard Room**  
**Open to those who performed for the Bicol Club at Mary Star of the Sea Church**

**October 20, Saturday, 6:30PM – CAMARILLO KNIGHTS OF COLUMBUS ANNUAL LUAU – Padre Serra “Serra Center” Hall**  
5205 Upland Road Camarillo. **PERFORMANCE CLASS TO PARTICIPATE**

**OCTOBER 31, WEDNESDAY – MACKINNON STUDIO CLOSED**

**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 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.** All Performance Class should be participating.

**December 14, Friday, 11:30AM – City of Ventura Holiday Luncheon,** Wedgewood Banquet Center, Ventura

**DECEMBER 24, MONDAY – JANUARY 3, THURSDAY – MACKINNON STUDIO CLOSED**

**\*\*\*BE AT 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.

### LAYERED SHOWS

**ALOHA DRESS - WHITE PA’U SKIRT, LONG WHITE PAREO (MOMS, JR. WAHINES), SHORT WHITE PAREO.**

**MAORI - PIUPIU SKIRT**

**PANDANGGO SA ILAW AND/OR TINIKLING - KIMONA**

**ACCESSORIES - FERN LEI SET, MAILE LEI, MAILE/TUBEROSE LEI (MOMS), QUEEN’S HAKU (MOMS), WHITE GINGER LEI SET,  
SHELL LEIS, YELLOW HIBISCUS FLOWER, KUKUI NUT LEI**

**MAORI – TIKI GOD, HEADBAND AND POI BALLS**

**PANDANGGO SA ILAW - CANDLES**

## POLYNESIAN DANCE RULES

1. **TUITION** should be paid by the end of the first class. Unless other arrangements have been made.
2. Have your **CLASS PAREO** on before you get in line. PLEASE DO NOT ask me to tie your pareo once I have started class. If you need to fix your pareo, step out of line and go to the back of class to fix it. NO JEANS OR SWEATPANTS.
3. Have your **HAIR** tied back, up or braided.
4. **NO GUM IN THE STUDIO.** This is a MacKinnon rule!!!
5. Have **ALL IMPLEMENTS** in class, not in the hall or in the car or at home.
6. **CELL PHONES** should be off or on silent.
7. **RESTROOM AND WATER BREAKS** – Go to the restroom or drink water before or after class.
8. Give a **COURTESY** email, text or phone call at least an hour before class if you are going to be late or absent.
9. Make sure you get in your **APPROPRIATE LINE** and that your **LINE IS STRAIGHT.**
10. If you arrive **LATE**, come in quietly and go to the end of the line you are supposed to be in.



## HOLIDAY SHOW COSTUME

### Class I & II

RED ALOHA DRESS

WHITE PA'U SKIRT

LEATHER FERN HEADBAND

LEATHER FERN LEI

ULI'ULIS



### Class III

BLUE ALOHA DRESS

WHITE PA'U SKIRT

LEATHER FERN HEADBAND

LEATHER FERN LEI

IPU AND PU'ILIS



**IF YOU ARE  
PLANNING TO  
PERFORM IN  
THE HOLIDAY  
SHOW YOU  
MUST ORDER  
NOW!!!**



**BOYS, KANES**  
YOU WILL LEARN  
THE PU'ILIS