



Aloha Everyone,

Island Aerobics. Everyone should try to attend this class. ALL the dancers need to strengthen your legs and arms to keep your knees bent and arms up.

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

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



BOYS, KANES

YOU WILL LEARN
THE PU'ILIS

