



Ongoing Classes Dates/Times:

Thursdays

Beginner: 7:30 pm to 8:30 pm

\$60.00 per person/4 week session

Classes are held inside:

Academy of Classical Ballet

21501 N. 78th Ave, Ste 100

Peoria AZ 85382

623-572-7222

78th Ave. And W. Deer Valley

Classes start the first Thursday of the month



KALENA

Academy of Classical Ballet

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Peoria AZ 85382

[www.tropicalpolynesianproductions.com](http://www.tropicalpolynesianproductions.com)

## POLYNESIAN DANCE CULTURAL EDUCATIONAL CLASSES AND PROGRAMS



## TROPICAL POLYNESIAN PRODUCTIONS

GLENDALE, AZ  
USA



## HOW TO HULA

A dance set to poetry. Learn the difference between Hula Kahiko (Ancient Hula) and Hula Auana (Modern Hula). Storytelling in dance form. Learn the various types of Hawaiian dance: Hula Kahiko and Hula Auana and the costumes used for each. Then learn the basic foot and hand motions, and complete choreographies. Hula Kahiko (Ancient Hula) is performed with a chanter, who plays the Ipu Heke (double gourd drum) and the dancer(s) who dance to the beat of the drum. Chanting is a form of Hawaiian mele (song) to honor a person, place, or event. Chanting is performed at funerals, weddings, graduations and just about for any occasion.

Dress: Women - Pa'u or skirt (or leotards and tights). Wear comfortable clothing. All ages, men are welcome also.

Additional Information about Chants: All music from all over the world started out as chants-- religious chants; then, it emerged into secular (non-religious) music.

Prepayment is required to guarantee your spot in any class and is due first of the month  
No refunds or make-up classes are available for missed classes (4 week session classes)

## ORI: THE DANCE OF TAHITI

The most energetic of all the Polynesian dances and widely known for very fast hip movements (Remember the dancer during the Hawaii 5-0 theme song and credits.) Emphasis is on hip isolation. Instruction includes strength and stamina training. Learn the difference between Otea and Aparima. This class is appropriate for beginners as well as experienced dancers. For men and women.

Dress: A pareo or scarf for the hips (or leotards and tights). Wear comfortable clothing. All ages, men are welcome also.

## NEW ZEALAND MAORI POI DANCE

Learn the art of twirling Poi balls (soft white balls at the end of bright, braided yarn which Maori women twirl in their dancing). The Poi dance was originally used by the Maori women for keeping their hands flexible for weaving and by the men for strength and coordination required during battle. For men and women. Dress: (leotards and tights). Wear comfortable clothing. All ages, men are welcome also.

**DANCE WITH US!**

## OTHER DANCES TAUGHT

FIJIAN  
TONGAN  
SAMOAN

FYI: Samoans and Tongans perform the Money Dance, it is a tradition for the audience to give the dancer money, by either placing the money on the stage near her or tucking the money into her clothes. Some throw the money on the stage. The purpose of this dance is to show appreciation and support for her dancing, as well as the dancer.

### **Educational Programs for Schools/Groups**

\$100.00 for one hour

\$75.00 for each additional hour

### **Dance Lessons at Studio**

\$60.00 per person/4 week session

### **Private Lessons**

\$75.00 per hour

### **Group Lessons for Parties**

\$100.00 per hour, 1-30 people

\$150.00 per hour 31+ people

Please contact:

Kalena

623-255-8491

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