



## **Aloha Hula Girls Sessions and Registration Information**

### **What classes do the Aloha Hula Girls offer?**

- Beginning Wahine (Women) Hula (ages 16 and older)
- Performance Wahine Hula (by invitation)
- Beginning Keiki (Child) Hula (girls ages 8-15, mother-daughter pairs are also welcome)
- Performance Keiki Hula (by invitation)

The Beginning Wahine meet Tuesday nights 6:30 – 7:15 p.m., the Performance Wahine meet Tuesday nights 7:15 – 8:00 p.m., the Beginning Keiki meet Thursday nights 6:30 – 7:15pm, and the Performance Keiki class meets Thursday nights from 7:15 – 8:00 p.m.

### **Where are classes held?**

Classes are held in Studio 4 of the Rockford Dance Company, 711 North Main St., Rockford, IL, 61103. The Rockford Dance Company is located in downtown Rockford, Illinois inside the Riverfront Museum Park. The park is also home to the Discovery Center Museum, Burpee Museum of Natural History and the Rockford Art Museum. When you walk in the building, head to the 2<sup>nd</sup> floor using the stairs to your left.

### **How long are hula sessions and what are the fees?**

Each session is 9 classes long. Students may register for the entire session (9 classes) for \$90, or on a class-by-class basis for \$12 each.

### **How do I register/pay for classes?**

Come to a class and one of our instructors will help you. Cash and checks (made out to the Aloha Hula Girls) are accepted. You can also contact us at [info@alohahulagirls.com](mailto:info@alohahulagirls.com). You do not need to sign up for classes through the Rockford Dance Company.

### **Is the Aloha Hula Girls a part of the Rockford Dance Company?**

No, the Aloha Hula Girls is just renting studio space from the Rockford Dance Company. For any questions, please contact us at [info@alohahulagirls.com](mailto:info@alohahulagirls.com)

**What if I'm not sure about registering for classes? Can I attend a class to check it out?**

Yes! We invite anyone who is interested to join us for one free class. Download this free class coupon to take advantage of a class soon.

<http://www.alohahulagirls.com/classes/images/Classcoupon.jpg>

**What should I wear to hula class?**

We recommend wearing standard workout attire that allows free movement. We traditionally dance barefoot, and we also recommend students wear a sarong if they have one. More advanced students often wear the traditional pa'u (pronounced pah-oo) skirts. For information about, or to purchase sarongs, AHG recommends

[www.abcstores.com](http://www.abcstores.com). For pa'u skirts, visit [www.fmart.com](http://www.fmart.com) and look under "Hula supply."

**Should I bring anything with me?**

We recommend that students bring a notebook and pen to class. As students learn the language and dances of Polynesia, keeping a notebook with translations, dance steps and background information for future reference is extremely helpful.