



# HĀLAU HULA O KĀHEALANI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>HULA AEROBICS</b> 5:30PM - 6:20PM			<b>HULA AEROBICS</b> 5:30PM - 6:20PM	<b>PAPA KUKUI</b> 11:00AM - 12:20PM	
	<b>PAPA MU'O</b> 6:30PM - 8:00PM			<b>PAPA LEHUA</b> 6:30PM - 8:00PM	<b>PAPA LAUA'E</b> 12:30AM - 1:50PM	
					<b>PAPA LIKO</b> 2PM - 3:20PM	
					<b>PAPA KUPUKUPU</b> 3:30PM - 4:50PM	

Hula dancing has many benefits for adults as well as children. Hula is one of the best ways to learn about the Hawaiian culture, language, customs and protocol. In Hawaii and abroad, students learn hula at a very young age. Many schools in California offer something different to their students (performance, competition, cultural sharing, etc.) Finding a hula school in your area that is right for you will take some time and research.

MEMBERSHIP OPTIONS		
Monthly Classes	4	8
Monthly Tuition	80.00	145.00
Add-on Classes	\$20 for each add-on class.	
*Membership - Students registered from January 2022 to present		
**Students registered prior to January 2022, inquire for pricing		

"Mōhala i ka wai ka maka o ka pua" - Unfolded by the water are the faces of the flowers 'Ōlelo #2178



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## DESCRIPTION OF CLASSES

<b>HULA AEROBICS</b>	Daily exercise such as walking, swimming or bicycling is all aerobic activities that affect your heart, lungs and blood flow. Regular aerobic exercise can help you to live a longer and healthier life. During Hula Aerobics, you will repeatedly move large muscles in your arms, legs and hips allowing you to breathe deeply, maximizing the oxygen in your blood. Your body will release endorphins reducing stress and improving sleep. Regardless of your age, weight or athletic ability, Hula Aerobics will help to improve your health. LEVEL: ALL LEVELS
<b>PAPA MU'O</b>	This class is focused on the repetition of basic hula steps to provide the beginning student with a greater understanding of Hawaiian dance. Students are introduced to hula through basic hand and foot movements helping them to develop coordination and rhythm. Slowly basic dance steps are arranged into hulas. This class will prepare the beginner student for the next level of hula which would be the Recreational Hula class. LEVEL: BEGINNER
<b>PAPA KUKUI</b>	The value and benefits of hula is best seen over a long period of time. Regular attendance over a prolonged period of time will result in an enhanced quality of life, more energy, and the social benefits of meeting like-minded people who share common interests. This class is designed for mothers, grandmothers or those that begin hula as an adult. This is the next adult class after Papa Mu'o. LEVEL: BEGINNER/INTERMEDIATE
<b>PAPA KUPUKUPU</b>	Children are introduced to hula through basic hand and foot movements helping them to develop coordination and rhythm. They will also learn to sing songs in Hawaiian to encourage learning the language. Children learn all basic hands and feet movements according to Ike Kumu basics (handout). They will learn ancient, contemporary and noho hulas. In addition they will be slowly introduced to dancing with hula implements (short kala'au, pu'ili). This class will help prepare the student to move forward in skill and understanding required in the next level
<b>PAPA LIKO</b>	Students will be tested on Hawaiian vocabulary and need to know the Ike Kumu basics. They will learn dances which require more complex movement and coordination. Hula implements used in this age group will be ipu, 'uli'uli, pu'ili and 'ili'ili. This class will help prepare the student to move forward in skill and understanding required in the next level