

(Q) Health & Wellness

Pacific Island Dance – Fall 2024

Class Learning Objectives:

- 1) Learn about the culture and history of a few Pacific Island dances. The course will give an overview of the dances of Hawaii, Tahiti, New Zealand, and the Philippines.
- 2) A student may take this class several times for exercise only or also to master skills and dance routines.
- 3) Students will have fun, learn some cultural dance numbers, and benefit from physical exercises while dancing.
- 4) Classes will include modifications, if necessary or desired such as using a chair for exercises.
- 5) There will be Warm-up and Cool-Down exercises for each session.

OLLI Catalog Info – Q-247-KS

Wednesday 12:45pm – 2pm. Dates: Spring 2023

Enjoy learning about the culture and heritage of the Pacific Islands. Get great exercise while learning about the dances of the Pacific Islands, such as Hawaii, Tahiti, New Zealand, and the Philippines. This course is for beginners and will focus on having fun while exercising. The dances will encourage you to move in fun ways and build stamina, balance, and grace. Wear comfortable clothes.

Instructor:

ALZONA, CEZARINA CORNEJO- Has taught at her church-based Filipino/Pacific Island cultural weekend school since 1994. Learned dance at age 5 from her mom, then in college and private studios and performed with a professional South Sea Island group for 10 years. She taught her 4 kids, and has 7 grandkids that will learn dance. (Q247-KS)