



# HULA CLASS DESCRIPTION & WHAT TO WEAR

## **Beginning Hula (3-6yrs)**

Finding the beat and the melodies of peaceful Hawaiian music starts as soon as children are born. This is our introductory class to hula, with our youngest keiki (children). They will learn the basic movements with the hands, the names of the movements, and the steps. They will practice these fundamentals in a warm-up, and end the 30 minute class with a hula dance that applies these steps and hand motions with music. We want them to enjoy the music and feel our love for them by dancing hula.

## **Beginning Hula (7-11yrs)**

This hula class is also an introductory class for older girls, ages 7 to 11. We will teach the girls basic movements in hula, hand motions and foot work, along with their Hawaiian names and English meanings. Every class session will include working on a dance number that incorporates these dance motions, and also learn the meanings of the words of the music. We will emphasize the meaning of the words in the song, and how they connect with the motions for the dance. We highlight their efforts and celebrate their expressions of love for the hula.

## **Intermediate Hula (12-16yrs)**

This hula class is designed for girls who have had some or little dance, or hula experience. They will learn dance steps and motions beyond the basics, and learn to incorporate these into a hula dance. They will become more accustomed to hearing Hawaiian words used for the dance motions, and be encouraged to look for words and meanings that can be drawn from the songs they are learning to dance. The support from other "hula sisters" and bond within this group should grow, as dancers start to feel more confident in their abilities to dance and share the hula.

## **Adult Women & Advanced Youth**

This dance is for women and experienced youth who have had prior dance experience, especially in hula dance. We begin with warm-ups that incorporate and review all dance steps and motions used in hula dancing, at a rate that requires good fitness, strength and flexibility. Emphasis on good technique and form will ensure a good work-out, and beautiful dancing. Each class will teach a Hawaiian dance and talk about the meaning of the song and dance motions. Our goal for this class is to see and feel the love for hula and the songs they are dancing, come through in their performances.

**Attire: Dancers will need to come dressed in clothing they can move in. A skirt, lavalava or pa'u skirt is highly recommended. Please attend first class for more dance attire requirement.**

LEHI LEGACY CENTER  
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[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS  
Monday-Friday  
8 a.m. to 6 p.m.  
or register online.