



Aloha Hula Girls Sessions and Registration Information

What classes do the Aloha Hula Girls offer?

The Aloha Hula girls offer Beginning Wahine (Women) Hula (ages 16 and older), Performance Wahine Hula (by invitation) and Keiki (Child) Hula (girls ages 8-15). The Beginning Wahine meet Tuesday nights 6:00 – 7:00 p.m., the Performance Wahine meet Tuesday nights 7:00 – 8:00 p.m. and the Keiki class meets Thursday nights from 7:00 – 8:00 p.m.

Where are classes held?

Classes are held in the upstairs studio at Peak Sports Club, 4401 Peak Drive, Loves Park, IL (off Perryville Rd.).

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 for 3-class blocks (classes must be consecutive) for \$35. For a complete list of session dates, see our website.

How do I register/pay for classes?

Stop by the desk at PEAK Sports Club for registration information and forms. Cash, check (made out to PEAK Sports Club) and credit cards (Visa, MasterCard, or Discover) accepted.

Do I need to be a member of PEAK to attend hula classes?

No, you do not need a PEAK membership to attend hula classes. PEAK will set all of our students as guests in their system. While you are welcome to change in the PEAK locker rooms and take advantage of PEAK childcare, all other services and facilities are not open to hula students without PEAK membership.

Is PEAK childcare available to hula students?

Yes. The fee for childcare is \$5/child for 2 hours. Parents are provided with a pager should they need to be reached while in class.

If I am a member of PEAK, do I still need to pay for classes?

Yes. The Aloha Hula Girls are a separate organization and hula classes are not included in PEAK membership. However, we invite you to attend one class free to see if hula is for you before registering!

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. Just let PEAK staff know you are a guest for the hula classes and come check it out! Download this free class coupon to take advantage of a class soon.

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. For pa'u skirts, visit 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.