

## Introduction to Pacific Island Dances

OLLI Program: Kent/Sussex

Course Location: Ocean View Town Hall, Ocean View

Instructor: Cezarina Cornejo Alzona

Number of sessions – 4

Class limit - 20. Course Format: Active

**Wednesday 12:30pm – 2pm. Dates: Fall 2022**

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:**

Cezarina Cornejo Alzona has been teaching at the Filipino/Asian cultural weekend school at her church since 1994. She first learned dance at the age of 5 from her mother and then took classes in college and in private dance studios. After college, she joined a semi-professional South Sea Island dance group performing at luaus (country clubs, private parties, and military installations) in the DC Metro Area for 10 years. She taught her four children and now has six grandchildren that will be learning dance.

**Please let me know if you need anything else!**

Thanks,

Cezarina

Cezarina Alzona

[cezarinaalzona@yahoo](mailto:cezarinaalzona@yahoo)

Fall Session - Pacific Island Dance

I can teach an "Intro to Pacific Island Dancing" for 4 weeks at Ocean View Town Hall right before

Carol's class. It would be on Wednesdays 12:30pm to 2pm starting in September but ending after the first week in October.

Please let me know what I would need to do as I cannot teach 5 sessions as going out of the country on October 11 for 2 weeks.