

# Welcome!

Welcome to our family establishment. We offer all kinds of classes from gymnastics for children and adults to our Senior FlexFit classes, including a variety of recreational physical activities. Please look over our selection of brochures to find a class that interests you. Your first class is free so you can see if it fits your needs. We hope you enjoy your visit and decide to become a member.

# Hawaii Academy

*Hawai'i Academy* is a private school for the advancement of lifetime fitness, gymnastics, trampoline, tumbling, and human sciences for all ages and abilities. Our goal is to promote programs that motivate participants to better understand the importance of maintaining one's health, fitness, and wellness throughout life.

The Academy serves as a second home for the family. We promote exercise throughout life, for each generation, in a safe environment that facilitates cooperation, group and individual motivation, determination, respect, and well-being. We aspire to achieve excellence in our programs. But more important than rapid skill achievement is breadth of application and development of personal values and training attitudes that transfer across activities throughout one's life.

# What Should You Do?

## Before Coming:

1. Browse/Surf our website ([www.hawaiiacademy.com](http://www.hawaiiacademy.com)) or ask to have a brochure mailed or faxed to you.
2. Phone **842-5642** to schedule a free trial lesson. The best times to call are Mon-Fri from 2-8 pm, Sat/Sun 8am-5pm but our answering machine will take messages 24/7 and we will always return your call as soon as possible.
3. Submit, or print out and bring, our online registration form OR plan to arrive a few minutes early.

## Upon Arrival:

1. Parking in our lot is free but limited. Street parking is free all the time but limited M-F until 4:20p and open evenings, weekends, and holidays.
2. Check-in at the office and complete the registration forms if you have not already. An adult signature is required before the student (child or adult) participates.
3. Listen for the start of your (child's) class at the scheduled time and begin warming up. If you cannot locate the instructor for your class ask the manager.
4. Review the literature and ask questions about the program or your classes.
5. Ask others about the classes you are taking. Get acquainted with others doing the same class.

## After Your Class:

**If you liked your trial lesson** and wish to sign up for instruction, please contact the gym manager in the recreation office to register and reserve a spot in the class of your choice.

**If you did NOT like your trial lesson**, please work with the gym manager to resolve your concerns and schedule another free trial as appropriate.

If the service you receive is ever unsatisfactory, feel free to contact one of our Assistant Directors.

**Thank you for taking a free trial lesson at Hawaii Academy.**

# When Do Classes Meet?

See the schedule in the Academy Information pamphlet. Notice on our "calendar" that there are four lesson days per month for each class. When a month contains five Saturdays for instance, one of those five days is then used for the first lesson of the next month or for facility remodeling/maintenance (no classes that day).

Most important is the pamphlet entitled "Academy Information."

# How Much Does It Cost?

(Please see our "**Academy Information**" brochure.)

Generally, one-hour classes per week are \$120 per 8-wk session and two-hour classes are \$180 per session with discounts for multiple family members, military, twins/triplets, and more. Please pay BEFORE classes start.

There is a \$60 annual membership fee (Jan-Dec) that is prorated for new members at a rate of \$5 for each of the remaining months of the year.

**Remember:** Please pay for the next session in the 7th or 8th week of the current session.

# Bring a Friend Incentive

The Academy also has a membership incentive program, through which members earn \$50 for each new recreation student who registers for classes and, \$100 for each new team member who joins. Make sure that the name of the recipient appears on the new student registration form.

# Managers & Program Heads



**Emily Anderson**  
Mon & Thurs Day Manager  
Instructor



**Scott Ryan**  
Fun Night Program Head,  
Coach, Instructor



**Brittany Barry**  
Tumbling Program Head,  
Friday Day Mgr, Instructor



**Elaine Santo**  
Sun PM Gym Manager



**Michael Hedwall**  
Wednesday & Saturday  
Manager, Instructor



**Ven Seward**  
Fitness Program Head, Instruc-  
tor



**Paris Macabeo-Spahn**  
Associate Director, Substitute  
Manager



**Amanda Stone**  
Substitute Mgr, Instructor



**Dr Donna Mah**  
Associate Director, Adult  
Program Head, Team Physi-  
cian, Coach/Judge, Instructor



**Kira Verduyssen**  
Assistant Director, Sports  
Department Chair, Coach/  
Judge, Instructor



**Nancy Miceli**  
Substitute Manager, Instructor



**Mia Verduyssen**  
Assistant Director, Substitute  
Manager, Coach/Judge, Instruc-  
tor



**Mike Nakashima**  
Par-Tot/PreSchool Program  
Head, Judge, Instructor



**Nani Verduyssen**  
Asst Director, Tramp Program  
Head, Manager, Coach/Judge,  
Instructor, Elite Gymnast



**Amaryllis Pascua**  
Weekday Morning Manager



**Justine Perkins**  
Assoc Director, Special Events  
& Prgrms Chair, Tues/Sun Day  
Mgr, Coach/Judge, Instructor

# Coaches & Instructors

Hawaii Academy has many instructors who have all been either USAG trained or have received Hawaii Academy in-house training. All of them train multiple levels of students. Academy instructors come from diverse backgrounds, including artistic gymnastics, diving, trampoline, tumbling, cheer, parkour, athletics, dance, etc. Most of the instructors are either obtaining or have already received a degree of higher education and have spent years working with children. They are always happy to see new faces entering the program and will make sure that new students excel.

## Other Instructors:

Zac Ceroli  
Irina Jang  
Angel Keene  
Travis Mukina  
Mika Neil  
Alyssa Peric  
Hang Pham Boge  
Ben Quinata  
Patrick Reinholz  
Katie Robinson  
Makoto Sakamoto (Sensei)

Brandon Samson-Payder  
Fred Sanidad  
Ven Seward  
Kelsey Silva  
Ally Verduyssen  
**Other Coaches:**  
Shane Doi  
Spencer Dupio  
Joan Kufferath  
Jean Morrison  
Paul Pitman  
David Wilson

**Hawai'i Academy**  
1314 Moonui Street  
Honolulu, HI 96817 USA



## Directions to the Academy

**Ewa Bound** - - Take the H-1 freeway westbound and take the Vineyard St. exit, stay in the left lane, and turn left at the traffic light. Continue down the road (Farrington High School will be on the right) and across King St. Moonui St will be the second street on the left side, turn left at the gas station. Hawaii Academy is located at the end of the road on the left side.  
**Diamond Head Bound** - - Take the H-1 freeway eastbound and take the King St. exit. Continue through downtown Kalihi on King St. until Kalihi St. Get into the right lane (Farrington High School will be on the left side) and continue on King St. to Waiakamilo St. Turn right onto Waiakamilo, and get in the left lane. Moonui St. will be the second street on the left side. Turn at the corner service station, and the gym will be at the end of the road on the left.

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# FREE TRIAL LESSON Information



## Hawai'i Academy

1314 Moonui Street  
Honolulu, HI 96817 USA

(808) 842-5642 gym

(808) 841-2564 fax

info@hawaiiacademy.com

www.hawaiiacademy.com