

Gymnastics Instruction

Our physical education and recreational gymnastics programs are designed to provide fun, safe, effective, and efficient instruction in a way that promotes enhanced self-image and self-esteem for students of all ages. Our curriculum includes instruction in fundamentals of the human sciences (e.g., anatomy, physiology, biomechanics, fitness, nutrition). And we also provide gymnastic training in our adult and senior (50+ yrs) FlexFit classes. We aspire to promote personal fitness for students of ALL ages and abilities.

Training at Hawai'i Academy

Hawai'i Academy features a gymnasium with 8,000 square feet of specialty equipment making it possibly the best rebound facility in the Pacific. We have a range of state-of-the-art competitive and recreational equipment for artistic gymnastics, power tumbling and trampoline, and martial arts, dance, cheer, and fitness training. We have the only tumbling rod floor, specialized skills cushions, two overhead traveling spotting systems, eight custom overhead spotting systems, eight of the best bungee systems in the world, and other special spring-loaded equipment, making this gym ideally suited for learning to spring, flip, and twist. The Academy is also internationally known for its applied and fundamental neuromuscular research in such multidisciplinary areas as developmental ergonomics, transgenerational design, and gerontechnology, in addition to our ongoing longitudinal research on lifetime fitness and sport biomechanics.

Don't Forget our FUN NIGHTS on Monday (7-10pm), Wednesday (7-10pm), and Friday (6-10pm) for \$6/hr (\$5/hr members). This is a great opportunity for the family to use our equipment and get mini-lessons or to leave the children while the parents go on a date.

Preschool Classes



Parent-Tot Classes



Trampoline Gymnastics Team Training

The Academy is very rare in offering gymnastics classes for adults and seniors (our oldest student is 98), but even more unique is our adult, college, and Kupuna (elders) trampoline teams who train and compete in meets. We are pleased to provide training for children, parents, grand parents, and even great grand parents at levels from remedial/rehabilitation to world competitions (we have had several age group world champions, elite national champions, national team competitors, are currently training gymnasts for the 2012 London Olympics). Try team training!

Power Tumbling



Flexibility Training



Trampolines for All



Class Times

Please refer to Hawaii Academy's current Recreation Activity Schedule to find day and time class offerings.

We offer classes all seven days of the week. Phone the office for class availability and to schedule a free trial lesson.



Adult Fitness Classes

Prices & Information

PRESCHOOL & BEGINNER CLASSES (60 min/class):

Days/Week for 8 Weeks	Price	Military Discount
1	\$120	\$96
2 or 2nd family member	\$180	\$144
3 or 3rd family member	\$250	\$200
4 or 4th family member	\$310	\$248

INTERMEDIATE & ADVANCED CLASSES (2 hours/class):

Days/Week for 8 Weeks	Price	Military Discount
1	\$180	\$144
2 or 2nd family member	\$280	\$224
3 or 3rd family member	\$380	\$304

- ◆ Fees per session are due before the 1st class of each session
- ◆ \$20.00 late charge if fees are not paid by the 2nd class of session
- ◆ Make-ups encourage within the 8-wk session
- ◆ \$60.00 Annual Fee due before the 1st class of January (fee is prorated for students joining later in the year).
- ◆ \$25.00 Returned Check Fee
- ◆ **Two week written notice for withdrawal (discontinuation of classes) is required**

Faculty

Dr Max Vercruyssen *Academy Director*

Dr Max was a gymnast, head coach (club, high school, and college for boys and girls at all levels), club owner/director in Montana and Colorado, national women's judge (beginning - elite), exercise physiology and biomechanics researcher, national collegiate statistician, international clinician, and equipment design consultant. He has Post-Doctoral training in Ergonomics and Applied Physiology; advanced credentials in Gerontology; a PhD in Neuromuscular Control and Human Performance; Masters degrees in Exercise Science, Physiological Psychology, and Public Health; and a Bachelor degree in Experimental Psychology. He started coaching in 1970. Presently, he is Director of the Academy, Chair of the Research Department, and Head of the Elite/International Trampoline Program. He is also a father of four girls (who all trained and work at the Academy).

Dr Donna Mah *Associate Director & Team Physician*

Dr Mah was a Hawai'i state champion gymnast who became a high school (Punahou) and college (University of Denver) All-American. She was voted the team captain at each school she attended and received outstanding scholar-athlete and most inspirational gymnast awards. She started coaching in 1978 and loves working with gymnasts of all levels and ages. She is a board certified Pediatrician (with special interests in pediatric sports medicine) in private practice; Clinical Assistant Professor of Pediatrics at the University of Hawai'i, John A. Burns School of Medicine; small business owner; mother of four girls (three compete for the Academy); and the Academy Associate Director, Instructor, Girls Coach, and Team Physician.

Makoto Sakamoto (Sensei) *Instructor*

Makoto emerged in the gymnastic world with a style and poise that began a new era of excellence in men's artistic gymnastics. He was unforgettable in 1965 when he won all seven events at the National Amateurs Athletics Union National Championships. Fortunately for all, he continued in the sport as a coach at UCLA during a time when some of his gymnasts became Olympic winners. In his over 40-year professional career he was a multiple champion, both as an athlete and as a coach. He participated in the Los Angeles City High School Championships, AAU National Championships, World University Games, NCAA Championships, World Championships, and the Olympic games. He was inducted in 1986 to the U.S. Gymnastics Hall of Fame. Mako coached at Brigham Young and UCLA. He was the assistant coach to 1984 US gold medal Olympic team in Los Angeles. He was Peter Vidmar's and Tim Daggett's personal coach at UCLA and helped coach Mitch Gaylord. Mitch, Tim and Peter were members of the 1984 gold medal Olympic gymnastics team. He gained a BA degree and a MA degree in teaching English as a second language and education. On his 53rd birthday, Mako performed 163 handstand pushups (in 30 minutes), touching his shoulders on each count, and without coming down from a handstand... a record no one has touched.

Other Outstanding Faculty

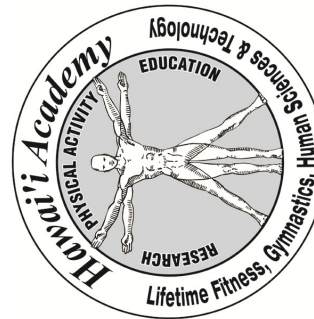
Brittany Barry
Zac Ceroli
Shane Doi
Spencer Dupio
Michael Hedwall
Angel Keene
Justine Perkins

Katie Robinson
Scott Ryan
Ven Seward
Kira Vercruyssen
Mia Vercruyssen
Nani Vercruyssen
David Wilson



Hawaii Academy's Military Liaison is Ms Angie Ceroli

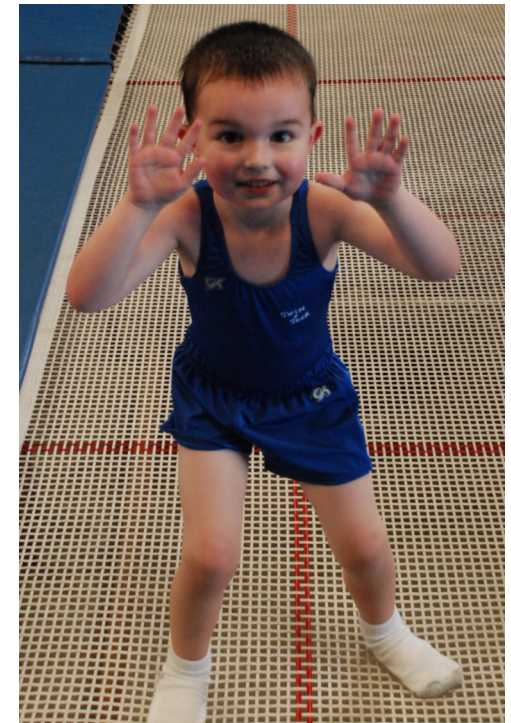
Hawaii Academy
1314 Moonui Street
Honolulu, HI 96817 USA



Hawaii Academy — a private school for the advancement of lifetime fitness and human sciences for all ages and abilities.

Lifetime Fitness, Trampoline, and Gymnastics for

MILITARY Families In Hawaii



Hawaii Academy

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Honolulu, HI 96817
(808) 842-5642 gym
(808) 841-2564 fax

info@hawaiiacademy.com
www.hawaiiacademy.com

Directions to the Academy

Diamond Head Bound— Take the Moanalua Freeway eastbound and take the King Street exit just after Moanalua Gardens. Continue across Middle Street, and thru downtown Kalihi until Kalihi Street. Get into the right lane and turn right onto Waiakamilo (after passing Farrington High School on the left). Go two short blocks and turn left on Mo'ouui Street (Chevron Station on the corner). Hawaii Academy's gym is half way down Mo'ouui on the left side.

Ewa Bound— Take the H-1 freeway westbound and take the Houghtailing exit. Turn left at the traffic signal and proceed down Waiakamilo (Farrington High School will be on the right), across the King Street intersection. Moonui Street will be the 2nd street on the left (there is a Chevron station on the corner); our gym is half way down Mo'ouui on the left side.