

Benefits of Trampolining

Trampolining is not only fun, but surprisingly beneficial and can be a key factor for a healthy lifestyle.

♥ Research studies show that ten minutes of trampoline bouncing can give your body's cardiovascular system a better workout than 30 minutes of running. There is also the added benefit of being a low impact exercise with just the right amount of stress to build up bone density and reduce the risk of fractures and osteoporosis. Also, by strengthening your legs, they act like an auxiliary pump for your cardiovascular system, reducing the strain on your heart.

♥ Trampolining aids in the development of co-ordination and muscle control. The simple act of bouncing in one place helps you exercise your body's sense of balance and awareness. Performing twists and flips require various muscle groups to work together and improves co-ordination. By improving your co-ordination and balance you can then gain a better understanding of your own body, and through that, improve other aspects in your life both physical and mental.

♥ Trampolining can also improve your body's lymphatic circulation. With each bounce, all of your body's lymphatic valves open and close simultaneously. The changes in gravitational forces encourage the lymphatic flow against gravity throughout your body.

♥ Leaning and improving even the most basic trampoline skills can improve self-confidence while working on a forgiving surface, with each new accomplishment giving a boost in confidence.



Trampolining at HA

Trampoline has long been one of the best training tools for learning to flip and twist. In 2000, trampoline became an Olympic sport and Hawai'i Academy launched a formal Trampoline and Tumbling Program for recreational and competitive activities. In 2001 we hosted the first USAG Hawaii Trampoline and Tumbling State Championships. We strive to have the best program in Hawaii in every way. Our overhead bungee systems for trampolines and floor provide the users with more air time for flipping and twisting. They are ideal for trampoline, tumbling, diving, acrobatics, extreme sports, and gravity games.

Trampoline Classes

We offer a variety of Trampoline Classes here at HA for all ages and skill levels.

Beginning Trampoline

Students learn the basics of proper jumping/bouncing, drops/landings, and trampoline skills. They are taught proper techniques for jumps and drops (e.g., seat drop, back drop, front drop, and combinations with twists).

Intermediate Trampoline

Students progress towards front flips, back flips, front hand-springs, back handsprings and more advanced body skills on trampoline. Students are also introduced to the whip-type and layout-type somersaults on the trampoline and other rebound surfaces.

Advanced Trampoline

Students learn more advanced trampoline skills, including porpoises, and twisting front and back somersaults. Many students at this level join our competitive Trampoline and Tumbling Team. Multiple twisting and somersaulting skills are developed at this level using a variety of assistance technologies (e.g., overhead spotting rigs and bungies).



Training at Hawai'i Academy

Hawai'i Academy—is housed in an 11,000 sqft facility (building is 8,000 sqft) with a full range of state-of-the-art competitive and recreational equipment for trampoline, power tumbling, artistic gymnastics, double-mini trampoline, martial arts, dance, sport acrobatics, cheer, circus, and fitness training. There are 12 trampolines, three double mini tramps, two tumbling rod-floors, an 8x50 ft individual tumble-tramp, an 8x40 ft group tumble-tramp, specialized skills cushions (pits), two overhead traveling spotting systems, eight overhead bungee systems, and special spring-loaded equipment. This gym is ideally suited for learning flips and twists... likely the **Best in the Pacific**.



Class Times

We offer Trampoline Classes on Saturdays and Sundays. Please Call the office for class openings. Class Schedules also available on our website.

Day	Time	Instructor
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday	8:30-9:30a; 9:30-10:30a; 10:30-11:30a; 11:30a-12:30p; 1-2p; 2-3p; 1-3p; 3-5p	Matt Jang/ Katie Robinson/ Chad Godinez/ Kelly Wescott/ Shane Doi
Sunday	8:30-9:30a; 9:30-10:30a; 10:30-11:30a; 10:30a-12:30p; 11:30a-12:30p; 1-2p; 1-3p; 2-3p	Brandon S.P./ Zach Lima/ Patrick R./ Chris Jackson/ Kaitlin Woytus/ Leah Miyasato/ Brian Lane/ Kelly Wescott

Prices & Information

Beginner Trampoline Classes (60 min/class):

1 day/week	\$60.00
2 days/week or 2nd family member	\$108.00
3 days/week or 3rd family member	\$153.00

Intermediate & Advanced Trampoline Classes (2 hours/class):

1 day/week	\$90.00
2 days/week or 2nd family member	\$162.00
3 days/week or 3rd family member	\$229.50

- ◆ Tuition for each month is due by the first day of each month
- ◆ Family discounts available!
- ◆ **Make-ups MUST be scheduled BEFORE missing class** Make-ups allowed within each month.
- ◆ \$60.00 Annual Fee due 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**

Instructors

Shane Doi

Instructor, Team Coach, Judge, Trampoline Program Head

Mr Shane has been taking classes at the Academy since 2006. He is currently enrolled in our Adult Fitness Program and has won awards for rapid learning. His classes grow much because of his personal enthusiasm to learn.

Chad Godinez

Instructor

Chris Jackson

Instructor

Coach Chris was an Artistic Gymnast for the University of Minnesota, and is currently studying meteorology at the University of Hawaii. He teaches a variety of classes at the academy Including beginning and intermediate tumbling, trampoline, and preschool.

Matt Jang

Instructor

Brian Lane

Instructor

Zach Lima

Instructor

Leah Miyasato

Instructor

Ms Leah is Moanalua Highschool Graduate (c/o 2014). She attends the University of Hawaii, Manoa where she is working on her Bachelors of Science in Civil Engineering. She is a competitive artistic gymnast (level 9) and teaches Beginning Mixed, Beginning Trampoline, and Preschool classes here at the Academy.

Donna Mah MD

Academy Physician and Associate Director; Elite Trampoline Coach/Judge

Dr Mah was a high school and college All-American gymnast. Now she is a pediatrician and sports medicine specialist who teaches adult classes, coaches the most advanced gymnasts, and attends to the medical needs of our academy athletes. She is assistant coach of HA's world level athletes.

Patrick Reinholz

Instructor

Patrick is a Moanalua High School Graduate (class of 2007). He loves practicing martial arts and, teaches a variety of classes including Trampoline and Tumbling.

Brandon Samson-Payden

Instructor

Mr Brandon is a Punahou Graduate, class of 2011. He started gymnastics as self-taught, and quickly started practicing parkour, and has been training for the past seven years.

Nani Vercuryssen

Assistant Director, Tumbling Coach/Judge & Instructor

Coach Nani, is the most decorated athlete at the Academy and in the state/nation. She is a 3-time Age Group WORLD CHAMPION (<18 yrs) on double mini and trampoline. She is also a six-time national champion and one of our top coaches/judges. She is the top senior elite on the US women's team and often medals at world level competitions.

Kelly Wescott

Instructor

Ms Kelly is a graduate of Belvidere High School (c/o 2006). She then attended Norwich University in Vermont (2010), then earned her Masters Degree in Health Care Administration in Grand Canyon University, Arizona. Ms Kelly was an All Star Cheerleader, and currently works at Hawaii Pacific University Sports Medicine with Acrobatics and Tumbling.

Kaitlin Woytus

Instructor



Trampoline Tumbling Diving Drill Team Sport Acrobatics Dbl Mini-Tramp Floor
Bungee Trampoline Bungee Aerial Swing Dance Extreme Sports Cheerleading

Hawai'i Academy

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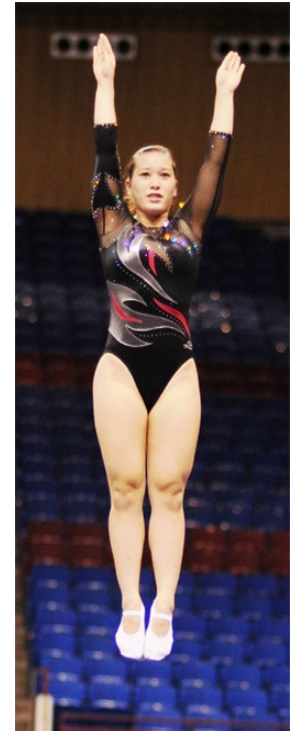
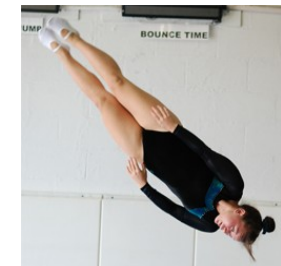


Directions to the Academy's Kalihi Gym

Diamond Head Bound— Take the Moanalua Freeway eastbound and take the King Street exit just after Moanalua Gardens. Continue across Middle St., 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'onui Street (Chevron Station on the corner). Hawaii Academy's gym is half way down Mo'onui 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 St. 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'onui on the left side.

TRAMPOLINE PROGRAM



Hawai'i Academy — a private school for lifetime fitness, gymnastics, and human sciences for students of all ages and abilities

Hawai'i Academy

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