

HAWAII ACADEMY
RECREATION CLASS SCHEDULE
 (Proposed Classes in Parentheses)

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Parent & Child (age 1 - 3 years) CoEd / 1 hr	8:30-9:30a 9:30-10:30a Mike Nakashima	(8:30-9:30a) 9:30-10:30a Mike Nakashima	8:30-9:30a 9:30-10:30a Mike Nakashima	(8:30-9:30a) 9:30-10:30a Mike Nakashima	Sign Up to Start	8:30-9:30a, 9:30-10:30a 10:30-11:30a Justine Perkins	8:30-9:30a Katie Robinson 9:30-10:30a Mika Neil (10:30-11:30a) 11:30-12:30a Mike Nakashima
Pre School (age 3-5 years) CoEd / 1 hr	9:30-10:30a MN (1-2p) Mike N 3-4p Emily A 4-5p Emily A	10:45-11:45a MN 3-4p, 4-5p MN 5-6p Mike N 6-7p Mika N	10:45-11:45a MN 2-3p Emily A 3-4p Emily A 4-5 Mika Neil 5-6, 6-7p Emily A	10:45-11:45a MN (2-3p) 3-4p Mike N 4-5p, 5-6p, 7-8p Brandon SP	(10:45-11:45a) (2-3p) 3-4, 4-5, 5-6p Mika Neal	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p Alyssa Peric, Marlyse Mercado 1-2, 2-3p Spencer Dupio	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2, 2-3p Mika Neal, Katie R, Brandon SP Alyssa Peric, Marlyse Mercado
Trampoline Classes (age 6+ years) Co-Ed / 1 hr	(1-2p) Mike N 3-4, 4-5p Emily A 6-7p, 7-8p Spencer Dupio	3-4p Mika Neil 4-5p, 5-6p Mika N 6-7p Mike N	3-4p Mika Neil 4-5p Emily A 5-6p Mika Neil 6-7p Mika Neil 7-8p S Dupio	3-4p Justine P 4-5p Mike N 5-6p Mike N 6-7p Mike N 7-8p Mike N	(2-3p Mika N) 3-4p Mika N 4-5p Mika N 5-6p Mika N	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p Shane Doi, Alyssa Peric, Marlyse M 1-2, 2-3p Patrick Reinholz	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p Brandon SP, Alyssa P, Mika N Shane D, Katie R, Patrick R, MM
Intermediate & Adv Trampoline Classes Co-Ed / 2 hrs	6-8p Spencer Dupio						10:30a-12:30p Shane Doi
Beginning Tumbling for Cheer, Drill, Dance Co-Ed / 1 hr	3-4, 4-5p 5-6, 6-7p Brittany Barry	7-8p Travis Mukina	(3-4) S Dupio 4-5, 5-6p Pat R 7-8p S Dupio		4-5p, 5-6p Ven Seward	11:30a-12:30p Justine Perkins	9:30-10:30a Nancy Miceli 1-2p, 2-3p, 3-4p, 4-5p Nancy Miceli
Intermediate & Adv Tumbling Co-Ed / 2 hrs					4-6p Ven Seward		1-3p Scott Ryan
Beginning Artistic Gymnastics Classes Co-Ed / 1 hrs		Sign Up for Other Week Days & Times			Sign Up for Other Week Days & Times	8:30-9:30a, 9:30-10:30a David Wilson	10:30-11:30a (11:30a-12:30p) Alyssa Peric
Intermediate Artistic Gymnastics Classes Females / 2 hrs	6-8p David Wilson	Sign Up for Week Days & Times	6-8p David Wilson	6-8p David Wilson	6-8p David Wilson	10:30a-12:30p David Wilson	8:30-10:30a Kira Verduyssen
Beginning Mixed Gym Classes Co-Ed / 1 hr	4-5p, 5-6p Spencer Dupio	5-6p Angel Keene		6-7p, 7-8p Justine Perkins		9:30-10:30a, 10:30-11:30a Sensei Makoto Sakamoto 1-2, 2-3p Justine Perkins	
Intermediate & Advanced Mixed Gym Co-Ed / 2 hrs	4-6p Spencer Dupio		4-6p Spencer Dupio	4-6, 6-8p Justine Perkins	6-8p Ven Seward	8:30-10:30a, 10:30a-12:30p Spencer Dupio 1-3, 3-5p Justine Perkins	8:30-10:30a, 10:30a-12:30p Shane D, Nancy M 1-3, [Adv: 3-5p] Spencer Dupio & Scott Ryan
Fitness All Ages & Abilities Co-Ed / 1-2 hrs		6-7p Angel Keene (7-8p Angel K)	6-7p Patrick Reinholz			(8:30-9:30a M Sakamoto) 11:30a-12:30p M Sakamoto	8:30-9:30a Nancy Miceli 1-2p Ven Seward (Kick-Fit)
Trick-nastics Tricking - Stunting Co-Ed / 1-2 hrs						Coming Soon	
Adult Fit Gym CoEd / 19-59 yrs (2 hrs = pay for 1 hr)		7:30-9:30/10p Dr Mah		7:30-9:30/10p Dr Mah			
Senior Flex Fit CoEd / 60-97 yrs (1.5 hrs)	10:45a-12:15p Mike Nakashima	12:15-1:45p Mike Nakashima					
Special Ed (45-50 min w/ Aid)					3:00-3:45p Ven Seward		
Homeschool			12:15-1:15p MN				

FREE TRIAL CLASS!

Family, Twins & Military Discounts Available

Recreation 8-wk Session Tuition:

	1 Class Per Week	1 student/2X 2 students/1X	1 student/3X 3 students/1X	1 student/4X 4 students/1X	1 student/5X 5 students/1X	1 student/6X 6 students/1X	1 student/7X 7 students/1X
2 Month Session	\$120.00	\$180.00	\$250.00	\$310.00	\$360.00	\$400.00	\$440.00
1 Hour Class	\$180.00	\$280.00	\$380.00	\$470.00	\$550.00	\$620.00	\$680.00

Join Anytime!

Join anytime during an ongoing monthly session, we simply pro-rate the remaining weeks.

Make Ups!

Students are encouraged to make-up missed classes, but only if space is available.

Cancellation Notice:

Once enrolled, a student's space in a class is automatically reserved from month to month unless the office receives written notice of discontinuation at least two weeks before the end of the month.

Annual Membership:

\$60 due 01 January each year for insurance, T-shirt, fitness testing, portrait, registration, etc.

Birthday Parties:

**Mid-year admission is pro-rated at \$5 for each remaining month of the calendar year
 Saturday and Sunday Evenings 5:30-7:30/8p; \$100 deposit; book early because the dates fill quickly**

Fun Nights:

Mondays (7-10p), Fridays (6-10p), \$5 per hour, Ages 5+ (5 yr olds must have parental supervision)

Group Events:

Contact our office to contract a special event for you group.

Equipment:

All of the equipment in the gym is available for rent or sale (we replace sold items with new ones).