

Class Times

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent Tot	8:30-9:30a, 9:30-10:30a, 4-5p	8:30-9:30a, 9:30-10:30a, 4-5p, 5-6p	8-9a, 9:30-10:30a, 11-12p, 3-4p, 4-5p, 5-6p		3-4p, 4-5p, 5-6p	8:30-9:30a; 9:30-10:30a; 10:30-11:30a	8:30-9:30a; 9:30-10:30a; 10:30a-11:30a
Instructors	Mike Nakashima/ Chad Godinez	Mike Nakashima/ Chris Jackson	Mia Vercruyssen		Chris Jackson	Kelly Wescott	Brian Lane/ Kaitlin Woytus
Preschool	8:30-9:30a, 9:30-10:30a, 3-4p, 4-5p	8:30-9:30a, 10:45-11:45a; 1-2p 2-3p; 3-4p; 4-5p; 5-6; 6-7p	8-9a, 9:30-10:30a, 11-12p, 2-3p, 3-4p, 4-5p, 5-6p	3-4p; 4-5p; 5-6p; 6-7p	3-4p; 4-5p; 5-6p	8:30-9:30a; 9:30-10:30a; 10:30-11:30a; 11:30a-12:30p; 1-2p; 2-3p	8:30-9:30a; 9:30-10:30a; 10:30-11:30a; 11:30a-12:30p; 1-2p; 2-3p
Instructors	Mike Nakashima/ Chad Godinez	Mike Nakashima/ Chris Jackson	Mia Vercruyssen Chad Godinez/ Ven Seward	Kelly Wescott/ Aimee Walters	Chris Jackson	Spencer Dupio/ Chad Godinez/ Kelly Wescott/ Katie Robinson	Patrick Reinholz/ Zach Lima/ Chris Jackson/ Kelly Wescott/ Leah Miyasato

Please call us at 808.842.5642 for more information, or to enroll in a class.

Movement Education

Our Movement Education Program builds confidence and appreciation of fitness and sports in young children. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. The equipment and events are modified to accommodate smaller bodies and shorter attention spans.

The classes are generally grouped by age of the students.



Prices & Information

Parent Tot/Preschool Classes

Monthly Tuition (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

- ◆ 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**

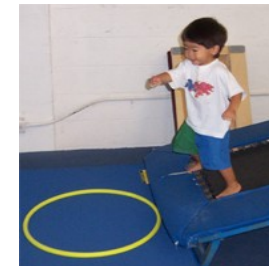


Parent Tot Classes

Parent-Tot Classes are for children 1-3 years of age. During these classes students and their parents can work together to bond with each other, and socialize with other children. Students will learn how to better control their bodies by improving coordination, and strengthening their young muscles building confidence, flexibility, balance, gross motor skills, and spatial awareness. Students also work on developing cooperation and listening skills in a positive and encouraging environment.

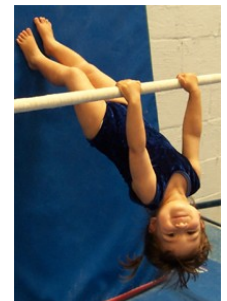


Preschool Classes



Preschool classes are for children 3-5 years of age, and are generally split up based on age (PS345, PS34, PS45). We also provide a transitory Preschool/Beginner class for students 4-8 years of age.

In these classes, students are taught basic gymnastic skills on trampoline and other equipment and gain an increased amount of strength, flexibility, balance, and coordination. Students learn to listen in a class setting, and cooperate with each other while increasing their confidence, and willingness to try new things.



Instructors

Spencer Dupio

Tumbling Team Coach/Judge & Instructor

Coach Spencer is a past US elite national champion and the 2007-2009 bronze medalist on double mini-tramp at the Age Group World Championships. Ask him to demonstrate and you will be surprised. He coaches all levels and is still capable of world level rebounding (twisting triple somersaults)

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.

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.

Mike Nakashima BA

Instructor, Judge, Seniors Coordinator

Mr Mike earned a Bachelor's Degree in Physical Education and certificate in Early Childhood Development from Long Beach State University in California. 25 years of gymnastics experience includes being a USAG National Safety Instructor, an NCAA University gymnastics coach at Long Beach State University, a Compulsory Team Coach, a USAG Skill Evaluator, and a Tramp-Tumbling judge (all levels in Hawaii).

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.

Katie Robinson

Instructor

Ms Katie is currently working on earning a Bachelor's Degree in Family Resources at the University of Hawaii Manoa. She is a graduate of Punahou, and has competed in ILH gymnastics and was team captin, and was nominated M.I.P. (Most Inspirational Player). Ms Katie has participated in competitive artistic gymnastics for five years (where she competed at level 8) and has also coached for five years. Ms Katie teaches a wide range of classes here at HA from Parent-Tot to Trampoline.

Ven Seward

Fitness Department Head / Instructor

Ally Vercreyssen

Assistant Manager/Instructor

Ally Vercreyssen is a high school student at Roosevelt High School who was a four-time Trampoline and Tumbling Gymnastics National competitor and a Regional Champion. She has also competed in the Japan Junior National Championships.

Mia Vercreyssen

Associate Director Of PH Gym / Instructor

Coach Mia began helping at the Academy as an instructor's assistant at the age of ten. Since then she has taught students of all ages in recreational artistic gymnastics, trampoline, tumbling, fitness, and cheerleading classes. Mia has also coached the state and travelling trampoline teams, conducted flip and handspring clinics, and judged local trampoline competitions. She applies her technical knowledge as a former state and regional level artistic gymnast, state and national trampoline champion, international trampoline competitor, and high school cheerleader, with her love of teaching, to make her classes as fun and educational as possible.

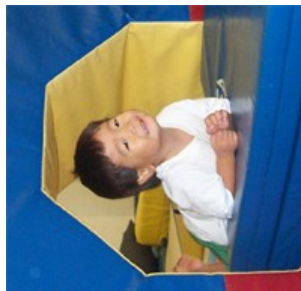
Aimee Walters

Instructor

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.



Hawaii Academy — a private school for lifetime fitness, gymnastics, and human sciences for ALL ages and abilities.

MOVEMENT EDUCATION: PARENT TOT AND PRESCHOOL CLASSES



Hawaii'i

1314 Mo'ouui Street
Honolulu, HI 96817
USA

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'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 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'ouui on the left side.

Hawaii'i Academy

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