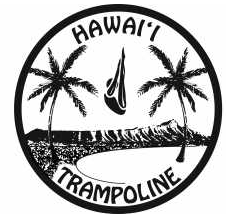




Hawai'i Academy



NEWSLETTER

February 2007

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences

Volume 9, Issue 2

Upcoming Events

Feb 10 Sat Parents' Night Out 5-10p, \$10/15 (Bring Friends!)

Feb 16-18 Fri-Sun Paradise Friendship Meet at HA

Feb 22-24 Thu-Sat US Winter Classic, World Arena, Lubbock, TX

Mar 10 Sat Parents' Night Out 5-10p, \$10/15 (Bring Friends!)

Mar 10-11 Sat-Sun British Universities Champs, Surrey, GBR

Mar 11-17 Sun-Sat Spring Open House - Routines by all Students

Mar 16-17 Fri-Sat Aalsmeer Trampoline Flower Cup, Nederland

Mar 18-19 Sun-Mon Flemish DMT Champs, Schelle, Belgium

Mar 19-23 Mon-Fri First week Spring Break Camp

Mar 24 Sat Spring Break Slumber Party 6p-8a \$25 (Bring Friends!)

Mar 26-30 Mon-Fri Second week Spring Break Camp

Mar 28-29 Wed-Thu Spring Break NO CLASSES

Next Issue Submission Deadline: 26 Feb 2007

Vision

We envision a society in which everyone, regardless of age, enjoys health, fitness, and a quality of life that is enhanced through regular physical activity. We wish to inspire an approach to wellness that encourages children, teens, adults, and seniors, regardless of physical ability, to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their years of functionality and independence. We train athletes in numerous competitive athletics programs,

Mission

1. To provide private education for children, teens, adults, and seniors that promotes life-long fitness, an understanding of human sciences, and the effective use of technology in order to extend one's years of functional independence.
2. To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelli-

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HA'S PURSUIT OF EXCELLENCE IN TRAMPOLINE

Hawaii Academy produces elite athletes faster than anywhere, travels the most internationally, and has the only formal high school, collegiate, adult, and seniors competitive trampoline programs.

4 Elites, 3 on US National



HA Elites with World Champion & Olympian, Dmitri Poliaroush, now the US National Team Coordinator (US Olympic Training Center)



Matt Moniz 20 was named to the 2007 US Senior Double Mini Team. He is a JO and Junior Elite National



Spencer Dupio 16 was named to the 2007 US Junior Double Mini Team. He is a JO National Champion and currently ranked 2nd



Nani Verduyssen 15 was named to the 07 US Junior Tramp & DM Teams. She is the US Jr Elite Champion on TR, DM & SY; Japan,



Kelsen Onigama 12 is a three-time US Junior Olympic National Champion and now one of the youngest and smallest US elites. For

Pre-Elites Hoping to Make US



Spencer Madanay 14 is the current US Level 10 Jr Olympic National Champion on trampoline and aspires to compete as an elite this year and



Kathryn Chinn 14 is a current Level 10, with particular promise on double mini. She hopes to make the



Kristie Kawazoe 14 is a current Level 10 on trampoline and hopes to make the US team for the International Age Group Competitions in



Josh Smith 12 is a Level 10 on TR & DMT and hopes to make both US teams for the International Age

International Competitions

- Jan 24-29 Int'l German University Champion Ships, U of Freiburg, Germany
- 30-2/5 4th All Japan Double Mini Champs Kaminojama City, Yamagata
- Feb 17-18 4th Paradise Friendship Meet, HA
- 22-24 US Winter Classic, Lubbock, TX
- Mar 8-11 British Universities Champs (TR) Surrey, Great Britain
- 13-17 17th Aalsmeer Flower Cup (TR) Amsterdam, Nederland
- 18-19 Flemish Championships (DMT) Schelle, Belgium
- Apr 13-15 6th Hawaii Championships, HA
- May 9-14 US Elite Challenge (1st IAG TRIAL) USOTC, Colorado Springs, CO
- 17-20 USAG TT Region 2 Champs, Bakersfield, CA
- Jun 16 Pacific Summer Meet, HA
- 18-23 US (Elite) Champs, Memphis, TN
- 22-23 US Collegiate National Championships, Memphis, TN
- 23-28 US Junior Olympics National Championships, Memphis, TN
- Jul 31-8/7 31st All Japan Inter-High School Champs, Tochigi, Japan
- Aug 21-26 42nd All Japan Inter-College Champs, Akita
- Sep 12-16 Stars & Stripes Cup (2nd IAG TRIAL) Birmingham, AL
- 25-11/1 44th All-Japan (Elite) Championships Himawari Dome, Kumatori
- Oct 7 9th Larry Anderson Classic & Seniors Exhibition, HA
- 31-11/3 World Championships, Quebec City, Canada
- Nov 6-11 Int'l Age Group Competitions Quebec City, Canada

University Teams

HA is the first in recent years to field coeducational university trampoline teams to compete internationally (see information on page 3). These teams are comprised of students from any university on Oahu. Some competitions require full-time student status while others only require university affiliation (viz., even faculty and staff may compete). Athletes may represent their native countries in world level competitions and compete for their school in collegiate meets. In addition,



Kira Verduyssen 19 is a US Junior Olympics national champion who is the first athlete to compete in collegiate championships in

High School Teams

Anyone attending high school on Oahu is eligible to compete on the Hawaii Trampoline Team as 'All-Star' athletes in local meets and as a team in the All-Japan Inter-High School Championships

Adult Teams

Adults age 19-59 regularly train at the Academy and compete in fun competitions at HA throughout the year. The practices and competitions are open to everyone in this age group. No previous experience is required... in fact, it is better to have no experience to really enjoy the fun. There are 10-2

Senior Teams

Adults age 60-100 train at the Academy and show their talents in local events. Our oldest member will turn 100 this year. The oldest competing athlete is 95 (a two-time Hawaii state champion). Three have started jumping trampoline in their 90s. The

Recreation Trampoline

Members and non-members from 3-100 are welcome to train and participate in our local meets, slumber

2007 Home Meets:

- Feb 16-19 Paradise Friendship & Geriatrics Championships
- Apr 13-15 Hawaii Championships
- Jun 16 Pacific Summer Meet

Annual Events at Hawaii Academy

Trampoline & Fitness Meets (4/yr) Feb, Apr, Jun, Oct

Parents' Night Outs (12/yr) 5-10pm Once monthly

Slumber Parties (4/yr) 6pm-8am Mar, Jun, Aug, Dec

Safe Falling Workshops (11/yr) 2 hours (almost monthly)



Happy Chinese New Year!

Proficiency Based Curriculum For PreSch and Beg

The **Movement Education** (ages 1-5 yrs; Parent-Tot & Preschool; Mr Michael Nakashima, Program Head) and **Recreational PE** (ages 6+ yrs; Beginners, Intermediates, Advanced, & Teens; Ms Justine Perkins, Program Head) **Programs** recently implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels.

The ME 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. Although students may advance on an accelerated schedule based on ability, the classes are generally grouped by age of the students. Our classes are called Parent-Tot (1-3yrs), Preschool (3-5yrs; PS345, PS44, PS45), and PS/Beg (for ages about 5-8yrs before they are split to a PS class and a Beg class). The PE program is based on 1-hr to 2-hr classes that advance in abilities with classes grouped by ages beginning at about 6 yrs. Watch the bulletin boards in the gym for student listings with the skills they have mastered. In development are fitness tests and progress reports.

Please contact the program heads if you have comments or wish further information.

We have 15 Parent-Tot (Ages 1-3 yrs) Classes per Week (start times):
Mon 9a 2p; Tue 9:30a 12p 2p; Wed 9:30a 12p; Fri 9:30a 2p; Sat 8:30a 9:30a 10:30a 11:30a; Sun 8:30a 9:30a

We have 58 Preschool (Ages 3-5 yrs) Classes per Week (start times):
Mon 9a 12p 2-6p; Tue 10:30a 12-6p; Wed 10:30a 12-6p; Thu 3-6p; Fri 10:30a 2-5p; Sat 8:30-11:30a 12:30p 1-4p; Sun 8:30-11:30a 12:30p 1-4p.

Watch for more new jungle gym and upper

Special Events & Programs Department

This department administers all events, activities, and programs *not* covered by the other seven departments. Often ideas and entire programs are developed in this department and then moved into a permanent home in say Athletics or Physical Education/Recreation.

Regularly Hosted Events:
Services: Parents' Night Out
 Birthday Parties & Celebrations
 Clinics, Workshops, Seminars
 Camps & Fun Care During School Breaks

Contracted Private
 School Excursions
 Off Site Contracting

Fundraising Special Activities
 4 Annual Slumber Parties
 2 Local Athletic Competitions
 2 International Athletic Competitions
 Development of New Classes & Programs
 2 Showcases of Student Achievement

Slumber Parties
 Private Events (Parties/ Meetings)
 Private Lessons
 Exhibitions & Demonstrations
 Special Performances
 Facilities & Equipment

Research Department (Projects)

- * Hawaii Longitudinal Study of Fitness Project
- * Screening for Fitness to Drive Projects
- * Screening for Fitness to Exercise Projects
- * Creation of Lifespan Fitness Norms Projects
- * Senior Exercise and Therapy Projects
- * Flexibility and Fitness Training for All Ages Projects
- * Motivation Strategies for Improving Fitness Scores Projects
- * [Safe Falling Techniques](#) for All Ages and Abilities (Position Statement & Course)

2007 Safe Falling Workshops



Falls are inevitable but injuries are preventable!

We have initiated a campaign to reduce the number of injuries that could have been prevented with safer falling mechanics. These workshops are for all ages and can change

the way you contact the ground forever. \$30 for workshop, \$75 for a certificate to teach workshops (3 sessions & tutoring). We are devel-

Feb 26	Mon	12-2p	Aug 13	Mon	12-2p
Mar 11	Sun	6-8p	Sep 11	Tue	6-8p
Apr 9	Mon	12-2p	Oct 13	Sat	6-8p

Adult Fitness and Gymnastics Classes

Try a free adult class. You'll love it! If you want to continue, it is 1/2 price, \$50 / month for 2 hours/wk, less with a family discount if your children



INSPIRING!



FUN!

Sat	8:30a-10:30a	
	Corrine	
	1-3p	
	Kayla	3-5p
		Kayla
Sun	8:30-10:30a	
	Zack	
	10:30-12:30p	
	Zack	
	1-3p	
	Kayla	

Parents' Night Out (monthly)

Parents! Ever feel you need a night out without the kids? Bring them over to Hawaii Academy and let us watch them for five hours while you rest, catch a movie, or just have a quiet dinner alone. They can run and play until 10 pm for only \$15 per person. (Academy members are only \$10 each = \$2/hr). This is a monthly fundraiser for our traveling teams. Activities are supervised by coaches, advanced team athletes, and parents from the team booster club. Bring

Sat, 10 Feb 2007	5-10p
Sat, 10 Mar 2007	5-10p
Sat, 21 Apr 2007	5-10p
Sat, 12 May 2007	5-10p
Sat, 2 Jun 2007	5-10p
Sat, 14 Jul 2007	5-10p
Sat, 18 Aug 2007	5-10p
Sat, 8 Sep 2007	5-10p
Sat, 20 Oct 2007	5-10p

Try HA's College Trampoline Team Program



In 2006, Hawaii Academy started the first Collegiate Trampoline program in America. **Kira Verbruggen** and **Matt Moniz** (students at the University of Hawaii) were pioneers in this new venture, just as they were the first athletes from Hawaii to compete in the USAG Nationals back in 2002. They are pictured (left) at the 41st All Japan Inter-College Championships near Osaka in August 2006. In January they compete in the International German Universities Championships in Freiburg, a 40+ year competition that includes most of the college-aged athletes in Europe. In March they travel to England for the British Universities Championships in Surrey before competing in the Aalsmeer Flower Cup (Holland) and the Flemish Double Mini-Trampoline Championships (Belgium). In June they hope to compete in the first US Collegiate Nationals (as part of the US Championships) in Phoenix. In August they conclude the year with the 42nd All Japan Inter-College Championships in Akita, Japan. Hawaii competes as an "all-star" team meaning athletes may attend any college in Hawaii (some competitions require full-time status) and *ability is not a limiting factor*. There are three

'Bring a Friend' Initiative

Starting in January, 2007, bring a friend to the gym for a free trial lesson and if they sign up for classes your family gets a \$50 certificate to purchase items in our ProShop, Concession, or to apply toward tuition. If your friend signs up for team you will get a \$100 certificate. Remember to put your name on the registration form they complete. **Bring lots of friends!**
\$50 - \$100/friend

Exercise as a Family!

Saturday and Sunday classes feature concurrent adult and child classes!

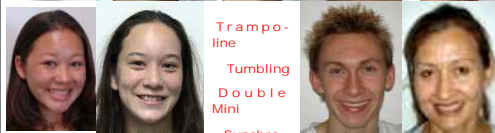
(Parent-Tot, Preschool, Beginning, Intermediate, Advanced, Teen, Adults, plus Beg & Intermediate Cheer/Power Dance Classes all at the same time)



Read
Hawaii Parent Magazine

HA is a distribution point. Pick up free copies from the gym.

HA Sport Teams



Trampolines
Tumbling
Double Mini
Synchro TR
Dance Coaches

HA athletes at the state and national levels may choose from 16 2-hr workout times per week and from among nine coaches. Train as little as two hrs per week or as much as 32, alternating according to family and school schedule changes (e.g., more

Congratulations!

- Aug Nani Verduyssen Pan-American Champion, Mexico
- Kira Verduyssen & Matt Moniz in All Japan Inter-College Championships, Osaka, 9th & 22nd (only foreigners)
- Oct Nani Verduyssen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th and 47th in Senior Division (18+ yrs) (the only foreign athletes)
- Nov Nani Verduyssen Silver Medalist in the Slavic Games, Vitebsk, Belarus (Jr Record for highest routine difficulty = 13.2)
- Dec Ann Marie Ryan & Dr Max for driving simulator research publications and conference presentations at MIT, Boston
- Jan Matt Moniz, Spencer Dupio, & Nani Verduyssen for selection to US National Teams for International Meets Spencer Madanay, Kelsen Onigama, & Josh Smith for selection to the US PreElite National Training Squad Kira Verduyssen for German International University Tramp Championships, Univ of Freiburg, Germany, 13th place overall
- Feb Nani Verduyssen & Kelsen Onigama at All-Japan Double Mini-Tramp Championships, Kaminojima, Yamagata, Japan, 1st & 2nd overall

Good Luck Athletes!

HA Athletes at Paradise Friendship Meet (here) Feb 15-19
 Matt Moniz, Spencer Dupio, & Nani Verduyssen at US National Team Training Camp, Houston, TX Feb 6-11
 Matt Moniz, Spencer Dupio, Nani Verduyssen, & Kelsen Onigama at US Winter Classic, Lubbock, TX Feb 21-25
 Kira Verduyssen at the British Universities Trampoline Championships, Surrey, Great Britain Mar 8-12
 Matt Moniz, Kira Verduyssen, Mia Verduyssen, Spencer Dupio, Nani Verduyssen, & Kelsen Onigama at the Aalsmeer Flower Cup, Netherlands (Mar 13-17) and the Flemish Dbl Mini Nat'l Champs, Schelle, Belgium (Mar 18)

Adaptive & Special Education

The Academy aspires to provide educational programs for all ages and abilities. In addition to our standard classes, we have special classes for physically, mentally, or emotionally challenged students. Coach Julian Simee offers developmental classes Wednesdays 2:45-3:45pm and Fridays 3-4pm. Dr Max and Mr Mike Nakashima offer a special seniors exercise class (60-100 yrs) Mondays 10-11:30am and conducts individual assessments and personal training (by appointment). Therapist Ann Marie

Hawaii Trampoline Judges Training

Congratulations to the following for completing Hawaii judges certification training in trampoline, double mini-tramp, and tumbling: **Tiare Bolongan, Tina Bolongan, Spencer Dupio, Abby Eaton, Spencer Madanay, Dr Donna Mah, Yukinori Miyata Sensei, Shawna Northrop, Richard**

3 Attended US Team Training Camp

Matt Moniz, Spencer Dupio, and Nani Verduyssen were selected to **US TT National Teams** and attended the **National Teams Training Camp in Houston, TX**, at the

Mahalo for Donations!

Welding throughout the gym (Kelsen Onigama's Dad); and all the help from All the Parents. We have a nonprofit booster club so your donations can be tax deductible. Thanks in advance for helping us (to serve you).

Wanted:

We need a SEAMSTRESS / TAILOR / SEWER for sewing mat covers and equip skirting.

If you are a PLUMBER, ELECTRI-

Newsletter & Yearbook

Our Newsletter is published monthly. Please give us feedback to make it a useful document. Watch for our first HA Yearbook scheduled for March 2007. You'll be really impressed. Make sure we have each

Dance Classes

Teacher Cathy Izumi is our dance instructor and Program Head. She teaches jazz, hip-hop, and ballet technique in combination with Tramp Dance on Mondays, 4:30-7pm. She is often assisted by her talented children. Teacher Cathy is the Director of Honolulu Dance Studio. For

Seniors Exercise & Rehab

Senior (60+) FlexFit classes are Mondays 10-11:30 am. Tuition is FREE. Our oldest student turns 100 in 2007. They are great classes, **give one a try...** Rehabilitation sessions are by appointment with our therapists. Phone 842.5642 now!

Birthday Parties & Celebrations

Phone the Academy to book your birthday party, graduation party, celebration, excursion, or other special event. Activities are usually two-hours in length including 30 minutes for eating and rest. Cost: \$10/participant, \$175 minimum (**20% discount for HA members**). Book early, select your party instructor from among our qualified staff, plan the event, complete the contract and pay the \$50 deposit, as soon as

Member Birthdays in February and March

Please wish them a Happy Birth-



2007 Feb 1- Emily Larkey, Kelsi Arki, Michael Olderr 2-Kira Augustin 3-Erica Calaro, Trevor Kodama 4-Jake Dickinson, Janet Shaw, Rosaline Zane, Wendy Rosen 5-Gabrielle Ah Mook Sang, Zach Ikehara, Sunmi Lui 6-Thomas Busch, Nani Verduyssen, Bryan Munoz 8-Benny Chan 9-Pomai Goeas 10-Camille Feary, Kacie Kajihara, Patricia Bain 11-Dennis Erickson, Katelyn Nakagawa 14-Molly Palalay, Mahina Garrity, Brittney Higa 15-Makoa Rezentes, Everette Higa, James Deo Sarol, Clarissa Gonzales 16-Tai Miller, Shante Ainsworth 17-Anuhea Keene, Kelana Cambra, Shari Kogan 18-Shay Fukayama 19-Kaila Reynolds, Rylee Okura, Keoni Taum 20-Emma George, Grace Shirley, Khyra Demello 21-Kristi Nishigata, Brandon Leong, Jeffery Kwok Alisa 22-Alisa Cardine 23-Harlee-Rose Shim-Huckso 24-Tiana Caramonte, Lainey King, William Tucher, Mariah Yamamoto, Justine Perkins 25-Alena Eaton, Charlie Hirano 26-Mahina Salvani 27-AJ Patalinghog, Isaac Nakandakari, Alix Cortez, Kelli Shimazu, Sarah Hadmack 28-Mariah Tsuruda, Cody Slaton **Mar** 1- Precious Anela Balguna, Michelle Tsai, Gail Potter 2- Haile Pang, Christal Whitt 3- Andrew Dashiell, Virginia Yoshida 4- Ruby Lawton, Nicholas Ashimine, Shaianne Tolentino, Esther Kim 5- Tiare Bolongan 6- Alyssa Pang, Kota Nakayama 7- Kylie-Rose Sumile, Christian Rae Wong, Amy Johnson, Tiana Kono 8- Matthew Maiava, Micah Maiava, Michael Maiava 10- Sabrina Heath 11- Shannon Lee, Colton Burke 12- Vickie Sakamaki, Takuzo Kusaka, Robert Ashimine 13- Ava O'Donnell, Jonathan Olderr, Lyla Rosen, Sherry Ho 14- Brenna George, Trinity Shinto, Taylor Tamashiro, Zach Giano 15- Caili Cain, Olivia Yoshida, Kelley Cabais, Trevor Leong 16- Clarissa De Smet, Journey Matos, Alessi Wong, Dylan Carmichael 17- Luke Kaahaaina, Isabel Yeoh, Trevor Nakaahika 18-Buddy Yeoh 19-

NORTH SHORE GYMNASTICS CLUBS:

Cassandra's Gymnastics (Cassandra Miller)

55-066 Naupaka Street, Laie, HI 96762

282.9467

Different Clubs Featured Each Month

ADVERTISE HERE!

Circulate your message to over 2000/month. We want to help your visibility and income.

Ad Size	Per Issue	Per Year
1/12 page	\$50	\$500
1/6 page	\$80	\$800
1/4 page	\$120	\$1000



Spring Break Slumber Party

Sat 24 Mar 07
6p till 8a Sun

\$25 per person

(Sat Dinner, Sun Breakfast & Snacks included)
Fun Activities! Bring Your Friends!

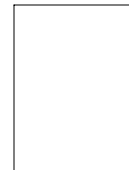
Reminders:

- Please consider signing up for more classes per week. Skills are learned faster with the extra practice and tuition rates decrease with the number of hours you attend (\$12.50 to \$1.90/hr).
- Please recommend free trial lessons to neighbors and friends. This increases the number of friendly, smiling faces, carpooling opportunities, and overall comfort level of everyone. Plus, if they sign up, you can earn \$50-100.
- Please phone to schedule trial lessons or makeup classes.
- Please pay tuition on or before the 1st of each month (by your 1st lesson at the latest).
- Remember to give two weeks written notice of discontinuation so we can adjust your billing and arrange replacement enrollment.



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawai'i Academy NEWSLETTER
February 2007: Volume 9, Issue 2

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences for ALL Ages and Abilities.

Other Items For Sale:

We sell used equipment and replace with new ... therefore, Everything in the Gym is FOR SALE.

Trampolines (all sizes)

Gym Mats (all sizes) & **Gym Equip-**



Sample ProShop Items



Please Support Our Sponsors & Contributors

Anonymous Donations
Jen Yi Chang, MD, Orthopedic Surgery, Taiwan
Jeanette Chang, MD, Pediatrics
Munehiro Harada, PhD, Sport Mktg/Mgmt, Japan
Hawaii Parent Magazine

Joan Kagawa, MD, Child Psychiatry
Yuko Kasaka, MD, Psychiatry
Shari Kogan, MD, Geriatrics

Donna Mah, MD, Pediatrics
Penske Truck Rentals
Peterson Sign Company
Psy-Med Associates, Ergonomics
Robert Ruggieri, MD, Emergency Medicine
University of Hawaii Geriatric Medicine
USAG TT Elite Program

Academy Personnel

Director	Dr Max Vercreuyssen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(Sat) Ms Lori Shinsato (M-F) Ms Paris Macabeo- (Sun) Ms Kira Vercreuyssen
Spahn	Ms Paris Macabeo- Spahn
Secretary	Ms Janet Onigama
Registrar	Ms Lori Shinsato
PE/Recreation Department Chair	Ms Abby Eaton
Athletics Department Chair	Mr Julian Simee
Special Events & Programs Chair	Clinical Services Department Chair
Dr Donna Mah	Dr Donna Mah
Outreach Specialist	Ms Sarah Hadmack
Rehab Therapist & Senior Exercise	Ms Ann Marie Ryan

Donations Sought (New or Used)

Outside Steel Stairs (demo or kits). Large Circus Tents.
Carpets (to replace carpeting in several areas). Gym and Exercise Equipment.
Computers (for research and student use). **TRAMPOLINES (in any condition).**
Lumber (for continued construction throughout the Academy).

Hawaii Academy Programs

Physical Education & Recreation Department (85%)
Parent-Tot, Preschool, Beginner, Intermediate, Advanced, Teen, Cheer, Tumbling for Drill & Power Dance, Adult and Seniors Classes

Athletics Department (5%)
State Level Teams
National Level Teams
International & Elite Level Teams
Coed High School & Collegiate Teams
Adult & Seniors Teams

Special Events and Programs Department (5%)
Birthdays Parties & Celebrations
School/Group Excursions
Camps, Clinics & Workshops
Sport Competitions
Conferences & Seminars
Equipment & Facilities Rentals
Exhibitions & Demonstrations

Special Activities & Contracted Services
Outreach Movement Education
Dance, Martial Arts, Circus
Private Lessons

Research Department
Longitudinal Study of Fitness
Human Speed of Behavior & Mvt Control
Fitness-to-Drive (Teen & Elders)
Intelligent Assistive Technologies
Trampoline & Gymnastics Biomechanics

Clinical Services Department
Physical & Occupational Therapy
Pediatric Sports Medicine
Functional Fitness & Neuro Assessments
Rehabilitation & Personal Training

Academics Department
Member Curricula, Degrees, Certificates
Courses & Publications

Development Department
Donations, Newsletter, Yearbook, Alumni
(see Organizational Chart on website)

Member Discounts

Pay Full Year (10% off total tuition)
4-Generations (All tuition is FREE)
3-Generations (50% off all tuition)
Military (20% off tuition)
Multiple Siblings (Twins, Triplets; 20% off tuition)
All Private Parties (20% off tuition)

In Memory of HA Supporters

Mr Bo Bolongan, Body Builder & Motivator
Mr Sam Nakamura, HA Seniors Program
Founder
Prof Dr Merrill E Nobel, Professor/