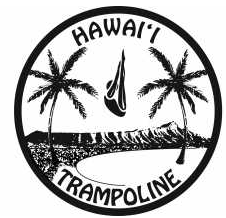




Hawai'i Academy



NEWSLETTER

March 2007

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

Volume 9, Issue 3

Upcoming Events

- Mar 10 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
- Mar 10-11 Sat-Sun** British Universities Champs, Surrey, Great Britain
- Mar 11-17 Sun-Sat** Spring Open House - Routines by all Students during regularly scheduled times
- Mar 17 Sat** 17th Aalsmeer Trampoline Flower Cup, The Netherlands
- Mar 18 Sun** Flemish Double Mini-Trampoline Championships, Schelle, Belgium
- Mar 21 Wed** Miyata Family Farewell 8p
- Mar 19-23 Mon-Fri** 1st wk Spring Break Fun Care
- Mar 24 Sat** Spring Break Slumber Party, 6p-8a, \$25 (Bring Friends!)
- Mar 26-30 Mon-Fri** 2nd wk Spring Break Fun Care
- Mar 28-29 Wed-Thu** Spring Break — NO CLASSES
- Apr 8 Sun** Easter — NO CLASSES
- Apr 9 Mon** Safe Falling Workshop, 12-2p, HA, \$30
- Apr 13-14 Fri-Sat** Hawaii Championships at HA — NO CLASSES
- Apr 21 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
- Apr 29 Sun** HA Booster Club Fundraiser, 5-7:30p, Team Athletes doing fitness circuit for sponsors
- May 03 Thu** Department of Education Statewide Conference on Physical Education
- May 07-10 Mon-Thu** US Nat'l Team Training Camp, US Olympic Training Center, Colo Sprs, CO
- May 09-14 Wed-Mon** 1st Trial for Int'l Age Group Competitions & US Elite Challenge, Colo Springs, CO
- May 12 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
- May 17-21 Thu-Mon** USAG Region II Trampoline Championships, Bakersfield, CA

Next Issue Submission Deadline: 28 Mar 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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FAREWELL MIYATA SENSEI AND FAMILY — HURRY BACK!

Everyone has benefited from the Miyata Family sabbatical year with us. *Domo Arigato Gozaimasu!*

Hawai'i Academy

Lifetime Fitness - Trampoline - Tumbling - Gymnastics - Cheer 842-5642



In April 2006 Mr Yukinori Miyata (known affectionately at Hawaii Academy as 'Miyata Sensei'), a 38 year old physical educator, Japanese national team coach, and international judge, moved from the Yokohama area, near Tokyo, to Honolulu for a one-year sabbatical at our Academy. His goal was to study how the

elite and international trampoline 'players' here learned advanced skills so quickly compared to other training facilities. What he discovered was culture shock, frustration, and a new perspective, but all with many new friendships and a very positive outcome.

Miyata comes from a long, rich history (tradition) of excellence in trampoline. His father, Mr Kazuhisa Miyata, previously a great trampolinist, is currently the Japan Trampoline Association (JTA) Vice President (a position like chairman of the board for a large US company), nearly the highest position in the sport, and often opens and closes major championship events. Miyata Sensei attended Nippon Sports Science University (NiTaiDai) where he received a BA in Physical Education and a MS in Sport Science (his thesis was on bone metabo-



lism) while competing and training with the most famous collegiate trampoline program in the world. He then took a position as PE instructor and head trampoline coach at Keio High School and University (a sister school to Punahou but with instruction for Kindergarten-PhD/MD). While developing his own athletes at Keio, Miyata was promoted within the JTA where he has served as organizer for their high school and collegiate national championships and as fitness research testing coordinator. Advancing through the world judging ranks, he obtained a FIG category 2 (international) rating, one of the highest in Japan (and the US), making him qualified for judging international/world competitions. As a coach he rose to the ranks of Japan national team coach and coached the Japanese team at the 2006 Pacific Alliance Championships in Honolulu last April.

To advance further in Japan required a sabbatical to learn new methods that would give Keio and JTA an advantage in the sport of trampoline. Keio supported him and his family financially and HA provided an opportunity for him to study English at the University of Hawaii and to personally work with HA international athletes, three of them on US national teams.

So the Miyata family moved to Honolulu for a Hawaii educational experience. Miyata's wife, Satomi, and two children, daughter Chiho (10 yrs) and son Ikuo (8 yrs), settled into the Manoa area so the children could attend Noelani Elementary School.

Satomi attended McKinley Adult School English classes while Miyata Sensei was trained at the UH Extension Intensive English Language Program. The first few months were difficult, mostly due to home sickness and culture/language difficulties. But with time, everyone in the family made local friends and became a part of the Honolulu community.

Nothing could have prepared Miyata for the athletes, families, and way of life he encountered while at HA. At Keio, much like Punahou, school tuition provides the sport experience for student athletes (including the cost of facilities, equipment, coaches, travel, everything). At HA everything is paid by each athlete's parents and it is very expensive (\$8,000-40,000/year). Further, the balancing of all school and family activities often interferes with serious sport training. In Japan, elite athletes are serious about diet, rehabilitation, intense training, and learning as much as possible in each practice. At HA, Miyata found athletes doing school homework during practice, missing many practices for school projects or family outings, and trampoline training was a second or third priority... talented athletes that didn't seem dedicated. Despite



HAWAII CHAMPIONSHIPS 13-14 APRIL 2007

The biggest meet of the year is coming in April—the Hawaii Championships, our state meet! This is a USAG qualifying meet for nationals, an invitational which has at least one team coming from California, and an opportunity for everyone in the state to

participate in a culminating annual event. Last year's youngest was 3 yrs old and oldest was 94 yrs young. This year we have many preschoolers entering, more adults and seniors than every before, and three athletes in their 90s. This event is open to all recreation

students, those not on competitive teams, and all members of the family. The cost is \$40 and the sessions are: Friday 4p warm-up, 5-8p meet for Levels 9-10 (all ages) and ages 3-10 years; Saturday 9a WU, 10a-12p for Elites and 11-18 years; Saturday 1p WU, 2-4p for adults

Annual Events at Hawaii Academy

- Trampoline & Fitness Meets** (4/yr) Apr, Jun, Oct, Feb
- 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 St Patrick's Day!

Physical Education and Recreation News

Some 85% of the Academy membership takes classes in the PE/Rec Department. 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** are the largest subsets of the department. Recently these programs implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels (see bulletin boards near the front door).

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, PS34, 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.

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

Mar 11	Sun	6-8p	Sep 11	Tue	6-8p
Apr 9	Mon	12-2p	Oct 13	Sat	6-8p
Jun 11	Mon	12-2p	Nov 19	Mon	12-2p
Jul 22	Sun	7-9p	Dec 16	Sun	6-8p
Aug 13	Mon	12-2p			

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



FUN!

INSPIRING!



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

'Bring a Friend' Incentive

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 apply toward tuition, registration, fees, etc. 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

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 Ryan does rehabilitation sessions for groups and



Read
Hawaii Parent Magazine

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

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.

<i>Regularly Hosted Events:</i>	<i>Contracted/Private</i>
<i>Services:</i>	<i>Birth-</i>
Parents' Night Out	
day Parties & Celebrations	
Clinics, Workshops, Seminars	School Excursions
Camps & Fun Care During School Breaks	Off Site Contracting
Fundraising Special Activities	Slumber Parties
4 Annual Slumber Parties	Private Events (Parties/ Meetings)
2 Local Athletic Competitions	Private Lessons
2 International Athletic Competitions	Exhibitions & Demonstrations
Development of New Classes & Programs	Special Performances
2 Showcases of Student Achievement	Facilities & Equipment

Seniors Exercise & Rehabilitation

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! **Falls** are the leading cause of fatalities and injury-related hospitalizations among Hawaii senior citizens 65 years and older.

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 more information, phone 524-8455.

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 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

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)

HA Sport Teams



Trampoline
Tumbling
Double Mini
Synchro TR
Dance Coaches

HA athletes at the state, national, high school, college, adult, and senior 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 during school breaks and

Congratulations!

- Aug Nani Vercauysen Pan-American Trampoline Champion, Mexico
Kira Vercauysen & Matt Moniz in All Japan Inter-College Championships, Osaka, 9th & 22nd (only foreigners)
- Oct Nani Vercauysen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th and 47th in Senior Division (18+ yrs) (the only foreign athletes)
- Nov Nani Vercauysen Silver Medalist in the Slavic Games, Vitebsk, Belarus (Junior 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 Vercauysen 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 Vercauysen for German International University Trampoline Championships, University of Freiburg, Germany, 13th place overall
- Feb Nani Vercauysen & Kelsen Onigama at All-Japan Double Mini-Tramp Championships, Kaminyama, Yamagata, Japan, 1st & 2nd overall
Nani (1st TR, 1st DM), Spencer Dupio (1st DM, 7th TR), Kelsen (8th DM, 14th TR), and Matt (10th TR, 11th DM) at the US (Elite) Winter Classic, Lubbock, Texas

Good Luck Athletes!

Matt Moniz, Kira Vercauysen, Mia Vercauysen, Spencer Dupio, Nani Vercauysen, & Kelsen Onigama at the Aalsmeer Flower Cup, **Netherlands** (Mar 13-17) and the Flemish Dbl Mini Nat'l Champs, **Schelle, Belgium** (Mar 18)

All HA Students and Athletes in the Hawaii Championships (Apr 13-14) at our Hawaii Academy gym

State-Level Teams

For those students (~5-13 yrs), that are interested in more than just intermediate/advanced recreation classes, try a State-Level Team. This program is intended to train athletes for competition on Oahu. This is an inexpensive entry to competitive gymnastics. All training culminates in the Hawaii Championships, our USA-Gymnastics Hawaii State Championships. All expenses, parent obligations, and athlete commitment is designed to be minimal. The team fee is \$80/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous trampoline experience is required although lessons in our recreational programs may be beneficial. It is important that all entry athletes are able to follow coaching instructions. Select any of the 16 2-hour team practices or other times that are convenient throughout the week (as long as the practice is not full). Practice 1-16 times per week according to school and family schedules and personal interest. There is no charge for missed practices (coupon system) and no obligation to attend a minimum number of practices per week. There are nine coaches from which to choose for training. Coach Wendy Rosen is in charge of the State-Level Teams Program. Invite your friends. Contact the office to try a free practice and then a trial month.

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, Alena Eaton, Spencer Madanay, Dr Donna Mah, Yukinori Miyata Sensei, Shawna Northrop, Richard Pur-**

US Winter Classic Elite Winners

Matt Moniz, Spencer Dupio, Nani Vercauysen, and Kelsen Onigama were elite winners at the **US Winter Classic** in **Lubbock, TX**, at the Lubbock Civic Center, 23-

Mahalo for Donations!

Welding throughout the gym (Kelsen Onigama's Dad); and all the help from All the Parents. We have a nonprofit booster

2007 Home Meets:

- Feb 16-19 **Paradise Friendship Meet**
- Apr 13-14 **Hawaii Championships**

National-Level Teams

Athletes (~5-18 yrs) wishing to go beyond the opportunities provided by the State-Level Teams should try the National-Level Teams Program. In addition to the team fee of \$80/month and the tuition coupon (\$6.25/practice = \$3.125/hr) for each practice, a \$350 deposit is required to cover the coach's expenses to take athletes to Regionals (this year in Bakersfield, CA) and Junior Olympics Nationals (this year in Memphis, TN). To be on these teams requires USAG Level 5 abilities on trampoline, double mini, or tumbling. Select any of the 16 2-hour team practices or other times that are convenient throughout the week. Kira Vercauysen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Kira to start. Invite your friends!!!

Elite & International Teams

Athletes 6-100 yrs are candidates for selection onto international and elite teams. Training costs \$300, \$400, or \$500 per month for tuition depending on ability level (i.e., pre-elite, junior elite, or senior elite) for a maximum of six 4-hr workouts per week with tutoring on personal training at home. Also, a \$2,000 deposit is required to cover the elite coach's travel expenses for the year (total cost based on number of trips traveled). Dr Max Vercauysen is the head coach, Yukinori Miyata Sensei is the Japan national coach on sabbatical, and Dr Donna Mah is the assistant coach and physician. Contact Dr Max to audition, try a practice, and then try a month before committing for the year.

High School Teams

For those in high school (~14-18 yrs), that are interested in more than just intermediate/advanced recreation classes and want to be with other teenagers but don't want to train a lot, try a High School Team. The team fee is \$40/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous experience is required. Train during high school training hours or select any of the 16 2-hour team practices or other times that are convenient throughout the week. Mia Vercauysen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Mia to start. Invite your friends!!!

Collegiate Teams



In 2006, Hawaii Academy started the first Collegiate Trampoline program in America. **Kira Vercauysen** 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 competed in the 41st All Japan Inter-College Championships in Osaka in August and the International German Universities Championships in Freiburg in January. In June they hope to compete in the first US Collegiate Nationals (as part of the US Championships) in Memphis. 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 skill divisions: Class C for those with no experience performing routines with no or few flips, Class B for 1-

Adult Teams

For those 19-59 yrs, that are interested in more than just the adult classes, try an Adult Team. The team fee is \$40/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous experience is required. Select any of the 16 2-hour team practices or other times that are convenient throughout the week and prepare your routines for our four meets a year. Dr Mah is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Dr Mah to start. This is a great value for team training!

Senior Teams

For those 60-100 yrs, that are interested in more than just the seniors class, try a Seniors Team. The team fee is \$40/month and the tuition is free. Select any of the 16 2-hour team practices or other times that are convenient throughout the week and prepare your routines for our four meets a year. Dr Max is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. A \$300/month value! Contact the office to register and Dr Max to start.

Member Birthdays in March and April

Please wish them a Happy



- 2007 Mar** 1- Precious Anela Balguna, Michelle Tsai, Gail Potter 2- Haile Pang, Christal Whitt 3- Andrew Dashiell, Virginia Yoshida 4- Ruby Lawton, Nicholas Ashimine, Shaienne Tolentino, Esther Kim 5- Tiare Bolongan 6- Alyssa Pang, Kota Nakayama 7- Kylie-Rose Sumile, Christian Rae Wong, Amy Johnson, Tiana Kono 8- Matthew Maiva, Micah Maiva, Michael Maiva 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 Gian 15- Cali Cain, Olivia Yoshida, Kelley Cabais, Trevor Leong 16- Clarissa De Smet, Journey Matos, Alexsi Wong, Dylan Carmichael 17- Luke Kaahaaina, Isabel Yeoh, Trevor Nakaahika 18-Buddy Yeoh 19- Shaylenne Ranit, Samantha Reynolds 20- Andy Asai, Shanel Sakamoto, Michael Burton 21- Dayna Miyashiro, Donna Mah 22-Kassidy Bates Piliialohaokalani Kaaloo, Annika Northrop, Nakita Sang 23- Andrew McCurdy 26- Tapairu Rezentos, Charlemagne Dolor, Kailey Watanabe 28- Michael Tamashiro, Katelyn Lui 29- Kristi Koyanagi, Jeffrey Wannomea 30- Hemakanaokeakua Kaaloo, Charles Kam, Aleiah Pascua 31- Jenna Yamami, Emmett Miyahara, Rhysa Lee
- 2007 April** 1- Alisha Matsumura, Angela Aarii, Erin Moss 2- Lexi Fujita, Nalu Ancheta, Celeste Guiles 3- Zoe Minakami, Tiara Deir, Trevan Suzuki 4- Kate Blanchette, Kealaoakalani Kaaloo, Harper Okamoto 5- Kahahao Matsumoto, William Todebush, Elias Paul, Karin Karpin, Janet Onigama 6- Luke Matsumoto, Susan Kim Alvarez, Kelly Onigama, Yasuyo Kohara 7- Naomi Kobayashi, Tina Bolongan 8- Alison Arima, Aleana Meiyue Baynan, Aaron Mcleary, Richard Purcell 9- Nikki Yee, Max Vercauysen 10- Tyler Takahashi, Tiffani Muramoto, Peter Helto 11- Skye Eversole, Simone Yamamoto, Kyra Hendricks, Kiana Jung, Peter Ramano, Kira Vercauysen 12- Ciera Malava, Maria Aguilar 13- Laurence Nirula, Skyler Sybounmy, Shayna Chung 14- Matthew Okinishi 15- Ikaika Malig, Darla Kanae 16- ~~Mia Goldstein, Jason Burke, Joshua Smith, Maria Yamamoto, Kent Miyahara, Kelsen Nakamoto, Ariel Sat, Kellis Adachi, Felicia Romero, Quinn~~ Activities are usually two-hour length including 30 minutes for eating and rest. Cost: \$10/participant, \$175/month (20% discount for PIA 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 possible. The gym is usually available Saturdays and Sundays from 5:30-7:30 pm and during Academy breaks. Contract additional times if you like. See

WEST OAHU GYMNASTICS CLUBS:

Rainbow Gymnastics Academy
98-023 Hekaha Street #7, Aiea, HI 96701
www.geocities.com/Rainbowgym/ 488.7030

Beach Cities Gymnastics
84-510 Farrington Hwy, #8
Waianae, HI 96792 967.8480

Different Clubs Featured Each Month

ADVERTISE HERE!

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

Ad Size	RATES: Per Issue	Per Year
1/12 page	\$55	\$550
1/6 page	\$90	\$900
1/4 page	\$125	\$1100



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:

- If your picture is NOT on one of the bulletin boards, please ask for it to be taken...we need them for the yearbook.
- 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
March 2007: Volume 9, Issue 3

Items For Sale:

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

- '94 Chevy Astro 8psg Van \$2,000
- '99 Chevy Astro 8psg Van \$6,500
- '00 Chevy Venture 7psg Van \$7,000
- 72-speed 4-seat BikeCar w/ Moped assist \$900
- Trampolines (all sizes and configurations)

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



Wanted:

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

If you are a PLUMBER, ELECTRICIAN, or CARPENTER; Birthday Party Specialist needed, please contact an HA director about work at the Acad-

Donations Sought (New or Used)

- Outside Steel Stairs (demo or kits).
- Large Circus Tents.
- Gym and Exercise Equipment.
- Computers (for research and student use).
- TRAMPOLINES (in any condition).
- Lumber (for construction).
- Donations to Specific Funds and Endow-

Please Support Our Sponsors & Contributors

- Anonymous Donations
- Jen Yi Chang, MD, Orthopedic Surgery, Taiwan
- Jeanette Chang, MD, Pediatrics
- Munehiro Harada, PhD, Sport Mrktg/Mgmt, Japan
- Hawaii Parent Magazine
- Joan Kagawa, MD, Child Psychiatry
- Yuko Kusaka, MD, Psychiatry
- Shari Kogan, MD, Geriatrics
- Donna Mah, MD, Pediatrics
- Robert Ruggieri, MD, Emergency Medicine
- Penske Truck Rentals
- Peterson Sign Company
- Psy-Med Associates, Ergonomics
- University of Hawaii Geriatric Medicine
- USAG Trampoline-Tumbling Elite Program

Academy Personnel

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

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 May 2007. You'll be really impressed. Make sure we have each student's portrait.

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)

In Memory of HA Supporters

- Mr Bo Bolongan, Body Builder & Motivator
- Mr Sam Nakamura, HA Seniors Program Founder

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