

HAWAII ACADEMY

1314 Mo'ouui Street, Honolulu 96817
Phone 842.5642 Fax 841.2564

RECREATION CLASS SCHEDULE

Effective October 2009

E-mail: info@hawaiiacademy.com

(Proposed Classes in Parentheses)

Web page: www.hawaiiacademy.com

| CLASS | MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|--|---|--|--|---|--|
| Parent & Child (age 1 - 2.5 years) CoEd / 1 hr | 9-10a Ivika Nakashima | 9:30-10:30a Ivika Nakashima | 9:30-10:30a Ivika Nakashima | 9:30-10:30a Ivika Nakashima | 9:30-10:30a Richard Boge | 8:30-9:30a J Perkins 9:30-10:30a J Perkins 10:30-11:30a J Perkins 11:30-12:30a J Perkins | 8:30-9:30a Katie Robinson 9:30-10:30a MIKA NEIL 10:30-11:30a MIKA NEIL 1:30-12:30a Mike Nakashima |
| Pre School (age 3-5 years) CoEd / 1 hr | (12-1p), 1-2p, 2-3p 3-4p, 4-5p, 5-6p Mike Nakashima 3-4p Nani V 4-5p Spencer D | 10:45-11:45a(MN) 2-3p Mike N 3-4p, 4-5p 5-6p, 6-7p MikeN MikaN | 10:45-11:45a(MN) 3-4p, 4-5p 5-6p, 6-7p MikeN MikaN JoelleP ShaneD | 10:45-11:45a(MN) 3-4p Mike N 4-5p Katie R 5-6p Katie K 6-7p Katie R | 10:45-11:45a(RB) (2-3p Taylor C) 3-4p Taylor C 4-5p Taylor C | 8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p | 8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p MikaN JoelleP KatieR MikeN |
| Tramp-Gym Classes (age 6+ years) Co-Ed / 1 hr | (12-1p Mike N) 3-4p Zach G 4-5p, 5-6p, 6-7p Spencer D 7-8p Spencer D | 3-4p Mika N 4-5p, 5-6p MikaN 6-7p Mike N. (7-8p MikaN) | 3-4p Mika Neil 4-5p Shane D 5-6p Mika Neil 6-7p Mika Neil (7-8p Shane D) | 3-4p Justine P 4-5p Mike N 5-6p Mike N 6-7p Mike N | 3-4p Shane D 4-5p Shane D 5-6p Shane D 6-7p Shane D 7-8p Shane D | 8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p JennellL ShaneD MikaN JoelleP SpencerD | 8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p NaniV JoelleP ShaneD MikeN KatieR |
| Intermediate & Adv Gym Classes Co-Ed / 2 hrs | 4-5p, 5-6p 4-6p, 6-7p, 7-8p 6-8p Shane D | | 4-6p Joelle P (7-8p Dr Max) | 4-6p Justine P 6-7p Justine P 7-8p Justine P | 6-8p Joelle P | 8:30-10:30a S Dupio 10:30a-12:30p S Dupio 3-5p Justine Perkins | 8:30-10:30a Joelle Perkins 10:30-12:30p Kristin Schoeffel 1-3p, 3-5p Spencer Dupio |
| Tumbling for Cheer, Drill, Dance, Sport (1-2 hrs) | (3-4p M Sakamoto) | | 4-5p S Dupio 5-6p Shane D 6-7p S Dupio 7-8p S Dupio (7-9p Dr Max) (Adv Flying) | (4-5p M Sakamoto) (5-6p M Sakamoto) (6-7p M Sakamoto) (7-8p M Sakamoto) | 4-5p, 5-6p Kristen Schoeffel | 8:30-9:30a, 9:30-10:30a 10:30-11:30a 11:30a-12:30pR Boge 3-4p Joelle Perkins Sensei Mako Sakamoto Joelle Perkins | 8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2, 2-3, 3-4, 4-5 Mako Sakamoto, S Dupio, NaniV |
| Mixed Gym Co-Ed / 1-2 hrs | 4-5p, 5-6p, 4-6p 6-7p, 7-8p, 6-8p Shane Doi | | (Adv Flying) (7-9p Dr Max) | | (12-1p, 1-2p RJ) (12-2p RJ) | 8:30-9:30a, 9:30-10:30a, 8:30-10:30a, 10:30a-12:30p 10:30-11:30a, 11:30a-12:30p 12:30-2:30p, 1-3p, 3-5p | 8:30-9:30a, 9:30-10:30a, 8:30-10:30a, 10:30a-12:30p 10:30-11:30a, 11:30a-12:30p 12:30-2:30p, 1-3p, 3-5p |
| Dance Co-Ed / 1 hr | Sign Up for Other Days & Times | 3-4p, 4-5p Caroline Wilt | Open Other Days & Times | Sign Up for Other Days & Times | Sign Up for Other Days & Times | Sign Up for Other Days & Times | Sign Up for Other Days & Times |
| Fitness All Ages & Abilities Co-Ed / 1-2 hrs | 6-7p Shane D 7-8p Shane D | 5-6p Angel K 6-7p Angel K (7-8p Angel K) | 6-7p Shane D | (7-8p Mike N) | | 8:30-9:30a, 9:30-10:30a 10:30-11:30a Richard Boge 11:30a-12:30pM Sakamoto (1-2p, 2-3p, 3-4p) 4-5p Spencer Dupio | 8:30-9:30a, 9:30-10:30a Shane Doi RJ Dornbos 1-2p, 2-3p Fred Sanidad (3-4p, 4-5p Fred Sanidad) |
| Bungee Tramp Multi-Flips & Twists Co-Ed / 1-2 hrs | | 8-10p Dr Mah | (Adv Flying) (7-9p Dr Max) | 8-10p Dr Mah | | | |
| 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 | | | 3-5p Dr Mah |
| Senior Flex Fit CoEd / 60-97 yrs (1-1/2hrs) | 10:15-11:45a Mike Nakashima | 12:15-1:45p Mike Nakashima | | | | | |
| Special Ed (45-60 min w/ Aid) | | | | | 3:00-3:45 Kristen Schoeffel | | |
| Homeschool (1hr instr + 1hr pract) | | | 12-2p MIKE NAKASHIMA | | 12-2p Richard Boge | | |

FREE TRIAL CLASS!

Family & Military Discounts Available

Recreation Monthly Tuition Rate

| | 1 Class Per Week | 1 child/2X 2 child/1X | 1 child/3X 3 child/1X | 1 child/4X 4 child/1X | 1 child/5X 5 child/1X | 1 child/6X 6 child/1X | 1 child/7X 7 child/1X |
|-----------------|---------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 Month Session | \$60.00 | \$90.00 | \$125.00 | \$155.00 | \$180.00 | \$200.00 | \$220.00 |
| 1 Hour Class | \$90.00 | \$140.00 | \$190.00 | \$235.00 | \$275.00 | \$310.00 | \$340.00 |

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.

Mid-year admission is pro-rated at \$5 for each remaining month of the calendar year

Birthday Parties:

Saturday and Sunday Evenings 5:30-7/7:30/8p; \$200 +; book early because the dates fill quickly

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).