

HAWAII ACADEMY

1314 Mo'ouui Street, Honolulu 96817
Phone 842.5642 Fax 841.2564
E-mail: info@hawaiiacademy.com

RECREATION CLASS SCHEDULE

(Proposed Classes in Parentheses)

Effective January 2010
Web page: www.hawaiiacademy.com

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Parent & Child (age 1 - 2.5 years) Co-Ed / 1 hr	9-10a 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	(8:30-9:30a) (9:30-10:30a) Sign Wait List	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 11:30-12:30a Mike Nakashima
Pre School (age 3-5 years) Co-Ed / 1 hr	(12-1p, 1-2p, 2-3p) 3-4p Zach G 4-5p Spencer D 5-6p Spencer D	10:45-11:45a (MN) 2-3p Nani V 3-4p, 4-5p 5-6p Mike N 6-7p Mika N	10:45-11:45a (MN) 3-4p, 4-5p 5-6p, 6-7p Mika N JoelleP SpencerD	10:45-11:45a (MN) 3-4p Mike N 4-5p Katie R 5-6p Katie R 6-7p Katie R	(10:45-11:45a) (2-3p) 3-4p Mika N 4-5p Mika N	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p Shane Doi, Michelle R 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 MikaN JoelleP KatieR MikeN AlyssaP
Trampoline Classes (age 6+ years) Co-Ed / 1 hr	(12-1p Mike N) 3-4p Zach G 4-5p, 5-6p, 6-7p, 7-8p Spencer Dupio	3-4p Nani V 4-5p, 5-6p Mika N 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 Mika N 4-5p Mika N 5-6p Mika N 6-7p Mika N 7-8p Mika N	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p MichelleR ShaneD MikaN JoelleP	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p, 4-5p KiraV JoelleP AlyssaP MikeN KatieR
Intermediate & Adv Trampoline Classes Co-Ed / 2 hrs	6-8p Spencer Dupio		4-6p Joelle Perkins	4-6p, 6-8p Justine Perkins	6-8p Michelle R	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 KiraV 1-3p, 3-5p Spencer Dupio
Tumbling for Cheer, Drill, Dance (1-2 hrs)	(3-4p) Shane Doi 7-8p Zach Giano		4-5p S Dupio 5-6 p Shane D 6-7p, 7-8p Spencer Dupio	(3-4p, 4-5p) (5-6p, 6-7) (7-8p) (6-8p)	4-5p, 5-6p Michelle R	11:30a-12:30p Michelle R 3-4p Joelle Perkins	9:30-10:30a Alyssa Peric 10:30-11:30a Mako S 1-2, 2-3, 3-4, 4-5 Travis M
Beginning Artistic Gymnastics Classes Co-Ed / 1 hrs	(5-6p, 6-7p, 7-8p)	(5-6p)	(5-6p, 6-7p, 7-8p)	(5-6p)	Sign Up for Other Week Days & Times	8:30-9:30a, 9:30-10:30a (10:30-11:30a, 11:30a-12:30p) David W	To Start Soon on Sundays
Intermediate Artistic Gymnastics Classes Co-Ed / 2 hrs	Sign Up for Week Days & Times	Sign Up for Week Days & Times	Sign Up for Week Days & Times	Sign Up for Week Days & Times	Sign Up for Week Days & Times	(8:30-10:30a) 10:30a-12:30p David W	To Start Soon on Sundays
Mixed Gym Classes Co-Ed / 1-2 hrs	4-5p, 5-6p, 4-6p Shane Doi	5-6p Angel K	4-6p Joelle P	4-6p Justine P 6-7p Justine P 7-8p Justine P 6-8p Justine P	6-7p, 7-8p 6-8p Michelle R	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 1-2p 2-3p 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	Sign Up for 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, 7-8p Shane Doi	6-7p Angel K (7-8p Angel K)	6-7p Shane D	(7-8p Mike N)		8:30-9:30a M Sakamoto (9:30-10:30a, 10:30-11:30a) 11:30a-12:30p M Sakamoto (1-2p, 2-3p, 3-4p) 4-5p Spencer Dupio	8:30-9:30a Travis M 10:30-11:30a Travis M 11:30a-12:30p Travis M 1-2p, 2-3p Fred Sanidad (3-4p, 4-5p Fred Sanidad)
Parkour Training Free Jumping Co-Ed / 1-hr	Beg 6-7p Int 7:30-8:30p Ozzie G		Beg 6-7p Int 7:30-8:30p Ozzie G		Beg/Int 6-7p (Int 7:30-8:30p) Ozzie G		
Adult Fit Gym Co-Ed / 19-59 yrs (2 hrs = pay for 1 hr)		7:30-9:30/10p Dr Mah	7-9p Shane Doi	7:30-9:30/10p Dr Mah			
Senior Flex Fit Co-Ed / 60-97 yrs (1-1/2hrs)	10:15-11:45a Mike Nakashima	12:15-1:45p Mike Nakashima	(2:15-1:45p) proposed Mike Nakashima	(2:15-1:45p) proposed Mike Nakashima			
Special Ed (45-50 min w/ Aid)					3:00-3:45 Michelle R		
Homeschool (1hr instr + 1hr pract)			12-2p Mike Nakashima		(12-2p) To Begin Soon		

FREE TRIAL CLASS!

Family, Twins & 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							
1 Hour Class	\$60.00	\$90.00	\$125.00	\$155.00	\$180.00	\$200.00	\$220.00
2 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; \$100 deposit; 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).