

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

FREE TRIAL CLASS!

Family, Twins & Military Discounts Available

**Recreation 8-wk Session Tuition:**

	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
<b>1 Month Session</b>							
<b>1 Hour Class</b>	<b>\$120.00</b>	<b>\$180.00</b>	<b>\$250.00</b>	<b>\$310.00</b>	<b>\$360.00</b>	<b>\$400.00</b>	<b>\$440.00</b>
<b>2 Hour Class</b>	<b>\$180.00</b>	<b>\$280.00</b>	<b>\$380.00</b>	<b>\$470.00</b>	<b>\$550.00</b>	<b>\$620.00</b>	<b>\$680.00</b>

**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).