

Eight Departments & Key Programs

PHYSICAL EDUCATION & RECREATION DEPARTMENT: Our recreational classes are for ALL ages and emphasize the fundamentals of many gymnastic disciplines in a non-competitive and enjoyable environment. Instructors stress safety while keeping classes exciting. Physical Education through recreational gymnastics, trampoline, tumbling, and essential motor skills activity helps develop physical fitness, strength, flexibility, coordination, balance, stamina, and most of all a positive association, identity, and self-image with lifetime fitness and wellness!

Movement Education Program: Our parent-tot and preschool classes (for ages 1-5 yrs) are designed to build confidence and appreciation of physical activity and sports. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. Much of the equipment and events are modified to accommodate smaller bodies and shorter attention spans. Our Outreach (Extension) Program takes equipment and instruction to schools in the local community.

Essential Skills Program: Our beginner classes are designed to provide fun, safe, effective, and efficient instruction that promotes self-esteem for student of all ages (usually 6+ yrs). These 55-minute classes train essential fundamental skills like running, jumping, landing, rolling, cartwheeling, climbing, dropping, twisting, and maneuvers in different body positions (e.g., tuck, pike, straight, arched). The intermediate two-hour classes are extensions of beginner classes to prepare students for more advanced recreation classes or advancement to three-hour team training. Instruction is according to units each with required skill proficiencies taught in rotating twelve week cycles.

Flexibility, Fitness & Gymnastics Programs: After the beginner and intermediate essential skills classes, student participate in these two-hour general fitness and gymnastics/trampoline classes for teenagers (Teen GymFit), adults (Adult FitGym), and seniors (Senior FlexFit). These popular programs are cohort based to maximize fun, interest, and ease of learning new and challenging physical skills.

Special Education (Development) Program: Several times per week we have 45-minute classes for those students who are challenged physically, mentally, socially, economically, or in other ways. Students in these classes are accompanied by an aide, parent, or assistant instructor.

Trampoline and Power Tumbling for Cheer, Drill, Power Dance, Diving, Pole Vaulting, and Performing. These classes are based on the new Olympic sport of trampoline and power tumbling, with specialty training for the needs of individuals performing somersaulting skills in other sports. This training involves *flipping, twisting, and tumbling* on our special rebound surfaces (e.g., trampolines, tumble tramps, double mini-tramps, rod floors, ski floors, spring floors) with overhead spotting rigs, the most sophisticated bungee systems around, pits, and skilled spotters to learn flying, tumbling, acrobatics, vertical maneuvers, and advanced aerial skills in a safe and fun environment. Special dance classes are also available for assistance with choreography, style, poise, elegance, timing, and precision counting with music.

ATHLETICS DEPARTMENT: We have seven athletic team programs — (1) trampoline-tumbling teams at the state level and traveling trampoline teams at the national and international level including (2) junior teams (5-14 yrs), (3) high school trampoline teams (15-18 yrs), (4) collegiate trampoline teams (18+ yrs), (5) adult teams (19-59 yrs), and (6) senior teams (60-100 yrs). Currently our (7) trampoline teams at the elite international level are on hiatus pending quadrennial scheduling. We have athletes of all ages (3-97 yrs) and abilities (remedial-challenged to world class-expert).

OTHER DEPARTMENTS: The other departments include **Special Events and Programs, Research, Clinical Services, Academic Instruction, Development, and Business Operations.**



Special Events

- ◆ Birthday Parties
- ◆ Class Excursions
- ◆ Home School PE
- ◆ Private Training
- ◆ Graduation Parties
- ◆ Day Camp
- ◆ Sleep Overs
- ◆ Competitions & Performances
- ◆ Clinics & Workshops
- ◆ Conferences & Seminars

Rules and Policies

- ◆ Written notification of withdrawal is required *two weeks in advance* of withdrawing a student from class. Payment is required until final date of withdrawal. (Tuition is non-refundable.)
- ◆ We reserve the right to cancel or combine classes if a minimum enrollment is not met.
- ◆ **Vacations** — please notify us when you will be away more than two weeks so we can record the information on our roll sheets. Recreation students may either (1) notify us of your withdrawal, (2) pay 1/2 to reserve a spot on the roll sheets, or (3) pay full tuition and make-up missing classes, before or after missing them.
- ◆ No shoes - gum - food - drinks on the carpet please.
- ◆ A positive attitude is expected at all times. Show respect— say hello/goodbye, please/thank you!
- ◆ Parents may observe at any time but are asked to stay in the observation area.
- ◆ Recreational classes are limited to ten students but may go to eleven before splitting into two classes. Eleven is the target group size for team training.
- ◆ We encourage making up all missed classes, before or after the absences.
- ◆ A proper warm-up prevents injuries. Run, stretch, and do drills first.
- ◆ No one is allowed on the gym floor or equipment unless they are taking a class or have permission to practice.
- ◆ Recreational students are not allowed on the gym floor or equipment without an instructor nearby. Team athletes may train before and after practice without their coach but only doing skills approved by their coach.
- ◆ Proper attire is required: At least T-shirts and shorts, leotard recommended for girls (required for team).
- ◆ No jewelry or hair clips. Long hair must be tied back.
- ◆ Horseplay (unsafe chasing) is not allowed.
- ◆ No new skills may be attempted without an instructor's permission.
- ◆ Please attend at least one Safe Falling Workshop to prevent potential injuries inside and outside of the gym.

Research Projects

- (1) Longitudinal Study of Fitness
- (2) Screening of Fitness to Drive (Teens & Elders)
- (3) Human Information Processing & Speed of Behavior
- (4) Intelligent Assistive Devices
- (5) Mobility & Accessibility in Later Life
- (6) Screening for Senior Exercise Classes
- (7) Safe Falling Techniques (for All Ages & Abilities)



Hawaii'i Academy

1314 Mo'ouui Street
Honolulu, HI 96817 USA

Phone: 808.842-5642 / Fax: 841-2564
webpage: HawaiiAcademy.com
email: Info@HawaiiAcademy.com



Directions to our Gym

Diamond Head Bound— Take the Moanalua Freeway eastbound and take the King Street exit just after Moanalua Gardens. Continue across Middle St., and thru downtown Kalihi until Kalihi Street. Get into the right lane and turn right onto Waiakamilo (after passing Farrington High School on the left). Go two short blocks and turn left on Mo'ouui Street (Chevron Station on the corner). Hawaii Academy's gym is half way down Mo'ouui on the left side.

Ewa Bound— Take the H-1 freeway westbound and take the Hough-tailing exit. Turn left at the traffic signal and proceed down Waiakamilo (Farrington High School will be on the right), across the King St. intersection. Moonui Street will be the 2nd street on the left (there is a Chevron station on the corner); our gym is half way down Mo'ouui on the left side.

HAWAII ACADEMY INFORMATION



- ◆ Lifetime Fitness,
- ◆ Gymnastics, and
- ◆ Human Sciences for students of ALL ages and abilities

Hawaii'i Academy — a private school for lifetime fitness, gymnastics, and human sciences for ALL ages and abilities.

Goals and Philosophies

Welcome to **Hawai'i Academy**, a private school for the advancement of lifetime fitness, gymnastics, and human sciences. We have research, education, and physical activities for members of ALL ages and abilities. Our primary objective is to promote programs that motivate participants to better understand the importance of maintaining one's health, fitness, and wellness throughout life. We conduct research to investigate the impact of fitness on functional abilities across the lifespan and we involve Academy members as participants in our longitudinal study of fitness and as student researchers. We integrate the human sciences (e.g., anatomy, physiology, biomechanics, kinesiology, nutrition, motor control, ergonomics, and human development) in all our activities. We also help design and encourage the use of assistive technologies to extend the years of effective functioning. We want the Academy to serve as a second home for the family . . . as a place that promotes exercise throughout life, for each generation, in a safe environment that facilitates cooperation, group and individual motivation, determination, respect, and well being. We aspire to achieve excellence in our programs but more important than rapid skill achievement is breadth of application and development of personal values and training attitudes that generalize across activities, throughout one's life. We hope to involve as many age groups as possible -- we especially want to have children watching their parents and grandparents exercising so they plan to be active for their entire life. (Ask about our promotion/discount rates for three and four-generation families).

Mission

Hawaii Academy aspires to provide a private education for children, teens, adults, and seniors that promotes life-long fitness, the understanding of human sciences, and the effective use of technology to extend one's years of functional independence. Further, we seek to provide a vehicle for our members to achieve excellence in the competitive sports of trampoline and gymnastics at the state, regional, national, and international levels.

Facilities

Hawai'i Academy—is housed in an 8,000 sq ft facility with a full range of state-of-the-art competitive and recreational equipment for trampoline, power tumbling, artistic gymnastics, double-mini trampoline, martial arts, dance, sport acrobatics, cheer, circus, and fitness training. There are 12 trampolines, three double mini tramps, two tumbling rod-floors, an 8x50 ft individual tumble-tramp, an 8x40 ft group tumble-tramp, specialized skills cushions (pits), two overhead traveling spotting systems, eight overhead bungee systems, and special spring-loaded equipment. This gym is ideally suited for learning flips and twists... likely the **Best in the Pacific**.

Schedule of Activities

See our
Recreation Class Schedule
Or our
Master Class Schedule
Weekly Activities Schedule



Hawai'i Academy

1314 Mo'ouui Street
Honolulu, HI 96817 USA
(808) 842.5642 — gym
(808) 841.2564 — fax

History

Founded in 1999, **Hawai'i Academy** has emerged from the extension or purchase of four well established gymnastics programs: **Gymnastics Academy of Hawaii** (1989-94, Directed by Paul Kahovic), **Hawaii Gymnastics Academy** (1994-99, Directed by Abra and Mark Slater), **Oahu Gymnastic Centers** (1991-99, Directed by Michael and Tina Reeder), and **Aloha Gymnastics World** (1994-2002, Directed by Dave Vandervort). Dr. Vercruyssen also founded the Flathead Gymnastics Club (Flathead Valley, MT, 250 students) and the University of Denver Gymnastics Training Center (Denver, CO; 550 students).



Monthly Fees

RECREATION CLASSES (1 hour/class):	
1 day/week	\$ 60
2 days/week or 2 family members	\$ 90
3 days/week or 3 family members	\$125
INTERMEDIATE (2 hours/class):	
1 day/week	\$ 90
2 days/week or 2 family members	\$140
3 days/week or 3 family members	\$190
TEAM (2-4 hours/practice):	See Team Tuition Schedule \$150/200/+
SPECIAL GROUPS: (special promotional discount)	group rate
PRIVATE LESSONS:	\$60/hr

- ◆ Monthly tuition is due on the 1st day of each month (use payment box). \$10.00 late charge if tuition is not paid by the 10th of each month
- ◆ **\$60.00 annual membership fee** per student, due 01 January yearly.
- ◆ \$20.00 returned check fee
- ◆ **Two week written notice for withdrawal is required**
- ◆ 20% tuition discounts for military, twins, triplets, etc.
- ◆ 50% tuition discounts for three generation families
- ◆ 100% tuition discounts for four generation families

Other Services

EXERCISE FITNESS SCREENING/ASSESSMENT

Adult Exercise Screening Exam (1hr)	\$60.00/session
Fitness Profile & Exercise Prescription (2hrs)	\$60.00/session
Anthropometric Profile (1hr)	\$60.00/session
Neuromuscular Examination (3hrs)	\$60.00/session
Functional Assessment (1hr)	\$60.00/session

Administration & Staff

Dr Max Vercruyssen (Academy Director)
Dr Donna Mah (Academy Associate Director & Physician)
Ms Paris Macabeo-Spahn (Assoc Director & M W F S Gym Mgr)
Ms Kira Vercruyssen (Asst Director, Sun Gym Mgr, Head Coach)
Ms Nani Vercruyssen (Tue Gym Mgr & State Teams Head Coach)
Ms Joelle Perkins (Thursday Gym Manager & Instructor)
Ms Justine Perkins (Special Events & Programs Department Chair)
Ms Janet Onigama (Academy Registrar & Business Operations Chair)
Ms Shawna Northrop (Academy Accountant)
Ms Kelly Onigama (Graphics & Clerical Support)
Valerie Mendez (Custodial & Gym Maintenance Engineer)
Mr Rodney Onigama (Equipment Fabrication)



Faculty (over 50 employees)

Tina Bolongan (Assistant Director, Instructor, Team Coach, & Judge) Coach Tina substitutes and teaches/coaches at all levels. She coaches state-level teams on Wednesday nights, including her daughter Xaviera. Her mother, Tutu Joan Kufferath, is one of our most active seniors, competing in nearly all of our local competitions (our first grandmother state champion). Her oldest daughter, Tiare, a previous national team member occasionally participates in the adult classes and competes in meets.

Shane Doi (Instructor) Mr Shane has been taking classes at the Academy since 2006. He is currently enrolled in our Adult Fitness Program and has won awards for rapid learning. His classes grow much because of his personal enthusiasm to learn.

Spencer Dupio (Instructor, Coach, & Judge) Is a senior at Roosevelt High School and one of our past Elite athletes. For 2007-9 he is the current bronze medalist on double mini-trampoline at the Age Group World Championships. Ask him to demonstrate and you will be surprised. He coaches state-level team on Fridays.

Ken Goto (Coach, Instructor, & Judge) The All Japan Double Mini-Trampoline National Champion, Coach Ken is here learning English to get into UH and is training for the 2009 World Championships in St Petersburg, Russia. He is the highest bouncer in the gym and can do the most skills.

Angel Keene (Instructor & Judge) An international trampoline competitor and Academy coach and judge, Teacher Angel substitutes when needed/available and not working as an Aloha Airline jet engine mechanic/instructor.

Donna J Mah, MD (Academy Associate Director, Physician, Adult Leader, & Judge) Previously one of Hawaii's star gymnasts, a high school and college All-American, and adult athlete, Dr Mah is now a Pediatrician in private practice, a small business owner, and a mother of four girls on HA teams.

Mike Nakashima BA (Instructor, Senior & Home School Specialist, & Judge) Mr Mike earned a Bachelor's Degree in Physical Education and certificate in Early Childhood Development from Long Beach State University in California. 25 years of gymnastics experience includes being a USAG National Safety Instructor, an NCAA University gymnastics coach at Long Beach State University, a Compulsory Team Coach, a USAG Skill Evaluator, and a Trampoline-Tumbling judge (all levels in Hawaii).

Mika Neil (Specialist Instructor & Hula) Currently attending school at Kapiolani Community College. Ms Mika has been taking classes here at the Academy since 2003 and continues to develop her skills. She has been instructing recreational classes since the summer of 2007. She enjoys spending time with her friends and dancing hula.

Joelle Perkins (Thursday Gym Mgr & Instructor) A 2005 honors graduate of Kamehameha High School where she was a springboard diver and gymnast. She is currently majoring in Economics at the University of Hawaii-Manoa.

Justine Perkins MA (Instructor, Coach & Judge) Coach Justine is a graduate of Kamehameha High School and Wilson College, Chambersburg, PA, where she competed on their gymnastics teams (ILH & NCAA Division 3). She has a masters degree culinary arts, a bachelors in Business and a minor in Athletic Coaching. She is USAG safety certified and a professional member. See her for birthday parties!

Wendy Rosen (Team Coach & Judge) A previous national competitor on trampoline and coach of three teams from Hawaii that competed in the national championships, Coach Wendy is one of the most experienced trampoline judges and coaches in Hawaii.

Julian Simee (Instructor & Judge) Mr Julian comes to us from Germany and Sweden, where he spent the majority of his life involved in athletics and the arts. A graduate of Hawaii Pacific University (BA in Business Management & Psychology with a focus on child/youth psychology), Julian is now working on his Masters in Business Administration at HPU. He teaches on Fridays and Sundays.

Kira Vercruyssen (Traveling Team Head Coach, Judge & Instructor) State Champ in artistic and trampoline gymnastics and a National Champion in Trampoline, Coach Kira is very good at advancing beginners to become competitive athletes. Her classes are very popular and fill quickly.

Max Vercruyssen PHD MPH (Academy Director) At the international level, Dr Max was a gymnast, head coach, business owner/director, research scientist/scholar, statistician, clinician, designer, consultant, professor, developer, elite coach/judge and parent of four girls on HA teams.

Mia Vercruyssen (Instructor, Coach & Judge) A state and regional level artistic gymnast, state and national champion trampolinist, and high school cheerleader, Coach Mia is a very busy teenager. Her technical knowledge is quite exceptional plus she relates well with teenage athletes.

Nani Vercruyssen (Instructor, Team Coach, & Judge) Nani, at 16 years old, is the most decorated athlete at the Academy and in the state/nation. She is a three-time Age Group WORLD CHAMPION (<18 yrs) on double mini and trampoline. Coach Nani is also a six-time national champion and one of our top coaches, and a superior judge at most of our invitational competitions. She is very popular as a coach and instructor. Her classes fill very quickly and she advances more students to become team athletes than anyone at the Academy.

Annett Wiscmann (Instructor & Researcher) Ms Annett is from Germany where she is a champion heptathlon player and hopes to be a member of the German team for the 2012 London Olympics. Currently a top track star at UH, she is doing her Kinesiology internship at HA and is teaching RunFit classes.

Baron Yamamoto (Coach & Judge) The newest member of our staff. Daughter Simone started out in our preschool program, and is now part of our State Team.