

Welcome!

Welcome to our Private School. We offer all kinds of classes from gymnastics for children and adults to our Senior FlexFit classes, including a variety of recreational physical activities. Please look over our selection of brochures to find a class that interests you. Your first class is free so you can see if it fits your needs. We hope you enjoy your visit and decide to become a member.

Hawaii Academy

Hawai'i Academy is a private school for the advancement of lifetime fitness, gymnastics, trampoline, tumbling, and human sciences for all ages and abilities. Our goal is to promote programs that motivate participants to better understand the importance of maintaining one's health, fitness, and wellness throughout life.

The Academy serves as a second home for the family. We promote 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 transfer across activities throughout one's life.

What Should You Do?

Before Coming:

1. Browse our website at: www.HawaiiAcademy.com or ask to obtain a brochure.
2. Phone **842-5642** to schedule a free trial lesson. The best times to call are Mon-Fri from 3-8 pm or Sat/Sun 9am-5pm, but our answering machine will take messages 24/7 and we will always return your call as soon as possible.
3. Submit, or print out and bring, our online registration form OR plan to arrive a few minutes early.

Upon Arrival:

1. Parking in our lot is free but limited. Street parking is free all the time but limited M-F until 4:30p and open evenings, weekends, and holidays.
2. Check-in at the office and complete the registration forms if you have not already. An adult signature is required before the student (child or adult) participates (for those under 18).
3. Listen for the start of your (child's) class at the scheduled time and begin warming up. If you cannot locate the instructor for your class ask the manager.
4. Review the literature and ask questions about the program or your classes.
5. Ask others about the classes you are taking. Get acquainted with others doing the same class.

After Your Class:

If you liked your trial lesson and wish to sign up for instruction, please contact the gym manager in the recreation office to register and reserve a spot in the class of your choice.

If you did NOT like your trial lesson, please work with the gym manager to resolve your concerns and schedule another free trial as appropriate.

If the service you receive is ever unsatisfactory, feel free to contact one of our Assistant Directors.

Thank you for taking a free trial lesson at Hawaii Academy.

When Do Classes Meet?

See the schedule in the Academy Information pamphlet. Notice on our "calendar" that there are four lesson days per month for each class. Generally, when a month contains five Saturdays, for instance, the fifth day has no regular class. Clinics, extra classes, and other activities will be offered, or the gym will close for facility remodeling/maintenance (no classes that day) Please see our website for scheduled clinics and events.

How Much Does It Cost?

(Please see our "**Academy Information**" brochure for more information.)

Generally, one-hour classes per week are \$60 per month and two-hour classes are \$90 per month with discounts for multiple family members, military, twins/triplets, and more. Tuition is due by the 1st of each month.

There is a \$60 Annual Membership Fee (Jan-Dec) that is prorated for new members at a rate of \$5 for each of the remaining months of the year.

Remember: Tuition is due before the 1st of each month. Auto pay is available for convenient automatic monthly payments. Payments after the first day of the month will be assessed an additional \$25 late fee.

Drop-in Events/ Extra practice

Fun Nights — 6-10p - Monday and Friday
\$7/hr (non-members), \$5/hr (members)

Open Gym for Extra Practice and Mini Lessons

Safe Falling Workshops — Monthly \$20

See website for dates and times.

Handspring/Flip Clinics — Monthly

See Website for dates and times.

Special Instructor Clinics (open to public)

Includes Bungee, Spotting, and other Instructional clinics. See website for scheduled events.

Managers, Program Heads, and Instructors



Mei Baker
Mon, Wed, Fri, Sat Manager



Kelsen Onigama
Team Asst Coach, Judge,
Instructor



Taylor Carpenter
Tuesday Morning Manager,
Instructor



Amaryllis Pascua
Morning Manager



Khyra DeMello
Instructor



Justine Perkins MA
Assoc Director, Site Manager,
Sat/Sun Day Mgr, Coach/Judge,
Instructor



Shane Doi
Instructor, Judge



Paul Pitman
Instructor



Spencer Dupio
Team Head Coach, Instructor,
Judge



Patrick Reinholz
Instructor



Chad Godinez
Instructor



Scott Ryan
Fun Night Program Head,
Judge, Instructor



Chris Jackson BA
Tumbling Program Head,
Instructor, Judge



Makoto Sakamoto (Sensei)
Instructor



Angel Keene
Instructor



Brandon Samson-Payden
Instructor



Zach Lima
Instructor



Elaine Santo
Tue/Sun PM Manager



Paris Macabeo-Spahn MA
Associate Director, Substitute
Manager



Ven Seward
Fitness Program Head,
Instructor, Judge



Ren MacDonald
Rhythmic Head, Instructor



Ally Vercryussen
Instructor, Research Assistant



Donna Mah MD
Vice Pres, Adult Program Head,
Team Physician, Coach/Judge,
Instructor, Medical Director



Kira Vercryussen
Assistant Director, Substitute
Coach/Judge, Instructor



Jean Morrison
Seniors Coach



Max Vercryussen PhD
President, Research Dept Chair,
PE/Recreation Dept Interim Chair,
Coach, Judge



Mike Nakashima BA
Par-Tot/PreSchool Program
Head, Judge, Instructor



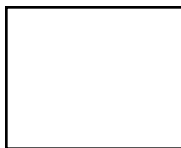
Mia Vercryussen BA
Assoc Director, Special Events
and Programs Chair Day Manag-
er, Coach/Judge, Instructor



Janet Onigama
Registrar, Bursar, Asst Director



Nani Vercryussen
Asst Director, Tramp Program
Head, Manager, Coach/Judge,
Instructor



Hawaii Academy
1314 Moonui Street
Honolulu, HI 96817 USA



Directions to the Academy's Kalihi Gym

Ewa Bound — Take the H-1 freeway westbound and take the Vineyard St. exit, stay in the left lane, and turn left at the traffic light. Continue down the road (Farrington High School will be on the right) and across King St. Moonui St will be the second street on the left side, turn left at the gas station. Hawaii Academy is located at the end of the road on the left side.

Diamond Head Bound — Take the H-1 freeway eastbound and take the King St. exit. Continue through downtown Kalihi on King St. until Kalihi St. Get into the right lane (Farrington High School will be on the left side) and continue on King St. to Waiakamilo St. Turn right onto Waiakamilo, and get in the left lane. Moonui St. will be the second street on the left side. Turn at the corner service station, and the gym will be at the end of the road on the left.

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FREE TRIAL LESSON at our Kalihi Gym



Hawaii Academy
1314 Moonui Street
Honolulu, HI 96817 USA

(808) 842-5642 gym
(808) 841-2564 fax
info@HawaiiAcademy.com
www.HawaiiAcademy.com

Hawaii Academy has many instructors who have all been either USAG trained or have received Hawaii Academy in-house training. All of them train multiple levels of students. Academy instructors come from diverse backgrounds, including artistic gymnastics, diving, trampoline, tumbling, cheer, parkour, athletics, dance, etc. Most of the instructors are either obtaining or have already received a degree of higher education and have spent years working with children. They are always happy to see new faces entering the program and will make sure that new students excel.