

## 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 **422.2223** to schedule a free trial lesson. The best times to call are Mon-Fri from 2-8 pm or Sat/Sun 8am-1pm, 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.
2. This is a fantastic facility. However, it was not built with plumbing so remember to take a *water bottle* and schedule use of the *restroom* before and after class at Bloch Arena
3. 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).
4. 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.
5. Review the literature and ask questions about the program or your classes.
6. 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. 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?

Military Families receive a 20% discount so, one-hour classes per week are \$48 (\$60 w/o discount) per month and two-hour classes are \$72 (\$90 w/o discount) per month with discounts for multiple family members, 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)**

(Kalihi Gym) Open Gym for Extra Practice and Mini Lessons

**Safe Falling Workshops — Monthly \$20**

(Kalihi Gym) See website for dates and times.

**Handspring/Flip Clinics — Monthly**

(Kalihi Gym) 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



**Ashley Bassner**  
Instructor



**Dana Bates**  
Instructor



**Brian Batson**  
Instructor



**Tracy Blinov**  
Thursday Manager, Instructor



**Quinton Bond**  
Instructor



**Jenn Brown**  
Instructor



**Michael Ginyard**  
Instructor



**Chris Jackson BA**  
Tumbling Program Head,  
Instructor, Judge



**Brian Lane**  
Par-Tot/PreSchool Program  
Head, Instructor



**Donna Mah MD**  
Vice President, Adult Program  
Head, Team Physician, Coach/  
Judge, Instructor



**Brooke McCowan**  
Instructor



**Zach Moore**  
Pre-Team Program Head  
Coach, Judge, Instructor



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



**Janet Onigama**  
Registrar, Bursar, Asst Director



**Christina Opoien MS**  
Doctorate Student, Instructor



**Paul Pitman**  
Instructor



**Jennifer Partain**  
Asst PH Site Manager, Mon, Wed,  
Fri, Sun Manager, Instructor



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



**Fernanda Schumann-Wong**  
Tue/Wed Manager, Instructor



**Ven Seward**  
Fitness Program Head,  
Instructor, Judge



**Tabitha Sprague**  
Instructor



**Sarah Standley AA**  
PH Site Manager, Thu/Fri Mgr, Pre  
-Team Program Asst Coach,  
Instructor



**Elizabeth Veglia**  
Instructor



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



**Mia Verduyssen BA**  
Assoc Director, Special Events and  
Programs Chair Day Manager,  
Coach/Judge, Instructor



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



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



**Hawaii Academy**  
Youth Fitness Bldg 1680  
JBPHH, HI 96853 USA



## Directions to the Academy's Pearl Harbor Gym

**Diamond Head Bound** — Take the H-1 freeway eastbound and take exit 15 for Nimitz Hwy toward Hickam AFB/Naval Base. Keep right at the fork, follow signs for Hawaii 92 W. Turn right onto South Ave, and continue onto North Road. Turn right onto Battleship Drive and continue past Ward Field. Building will be on your right.

**Ewa Bound** — Take the H-1 freeway westbound and take exit 15B and at the fork keep right toward Pearl Harbor Naval Base. Turn right onto South Ave, and continue onto North Road. Turn right onto Battleship Drive and continue past Ward Field. Building will be on your right.

**\*\*Base Access Credential Is Required**

# FREE TRIAL LESSON at our Pearl Harbor Gym



## Hawai'i Academy

Youth Fitness Bldg 1680  
915 North Road  
JBPHH, HI 96853 USA  
Phone: +1 (808) 422.2223  
Military@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 students excel.