

## Fun Nights

Almost every Monday and Friday night Hawaii Academy opens its doors to fitness-minded people for extra practice. Whether you are a current member of our school or not, all are welcome on this one of a kind evening full of fun. If you are a parent please leave your child(ren) with us and enjoy a much needed "night out" while we provide mini-lessons and encourage your child(ren) to practice what they have learned in classes.

College students and older adults also enjoy the practice time, especially if it serves as an escape from stress and tedium. At just \$5 per hour (\$7/hr for non-members) you can't beat the value of this fun experience. Our fun nights are staffed by highly trained individuals. Open to all ages 6 and up, this is a fantastic opportunity for the entire family.

## Fun Night Training

The primary objective of this activity is to provide academy members with additional practice time to train the skills learned in classes. Fun nights also serve as a place for cross training among the different gymnastics' disciplines.

Fun Nights are meant to allow the meeting of friends, at different ability levels to socialize in a safe environment while enjoying physical activity and happy times.

## Participants

In accordance with the mission of the Academy, Fun Nights are open to all ages and abilities with safety restrictions applies: 5 year olds should be accompanied by an adult, and frail elderly and special needs students should be accompanied by a caregiver.



## Activities

Hawai'i Academy has a variety of equipment available for use during Fun Nights including:

- ◆ 9 Trampolines (4 Euro)
- ◆ 3 Double Mini Tramps
- ◆ 50' of Tumble Track
- ◆ 170' Power Tumbling (100' Rod Floor, 70' 8" Spring Floor)
- ◆ Uneven/High Bar Area
- ◆ Balance Beam Area
- ◆ Vault Area
- ◆ Floor Exercise Area
- ◆ Still Rings (4 Sets)
- ◆ Parkour
- ◆ Break Dance
- ◆ Cheer Training



## Training at Hawai'i Academy

*Hawai'i Academy* has a training facility that includes a full set of recreational and competitive artistic gymnastics equipment for girls and boys plus specialized training apparatus like a tumbling ski floor and pit, trampolines and double mini-trampolines, single-rail adjustable bars, overhead spotting systems, and custom mats for advanced skills. Excellent facilities combined with capable coaching make the Academy especially suited for preparing gymnasts for competition and valuable scholastic and athletic experiences.

The Academy has programs in gymnastics (all levels for boys and girls), physical fitness (children, adults, and seniors over 80 yrs), power tumbling and trampoline, martial arts & cardio kickboxing, dance, cheerleading & drill team, circus skills, and University of Hawaii academic courses in research, teaching, and activities related to applied sciences like pediatrics, ergonomics, geriatrics, and gerontechnology. Special programs include birthday parties, school excursions, customized classes, and conferences like the Hawai'i Pacific Gerontechnology Conference. Clinical services include neuromuscular, fitness, and functional screening, assessment, and exercise prescription.

## Fun Night Times

**Monday** 6-10 p

**Friday** 6-10 p

## Prices and Information

Academy Members	\$5/ hr
Non Members	\$7/ hr

Anyone new to the Academy must first complete and sign the registration form (release of liability and permission to participate.)

## Advantages of Membership

Becoming a member of the Academy is a good idea and a great value.

Simply complete the HA registration form and pay the prorated registration fee (\$5/month for each remaining month of the year--e.g., Sep to Dec would be \$20).

Membership includes additional general liability insurance, an Academy T-shirt, a photograph in our yearbook, reports on personal testing for the Hawaii Longitudinal Study of Fitness, \$2/hr discount on all Fun Night tuition, and much more....

# Instructors/Supervisors

**Shane Doi** (*Judge, 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** (*Hawaii Trampoline Team Head Coach/Judge & Instructor*)

Coach Spencer is a past US elite national champion and the 2007-2009 bronze medalist on double mini-tramp at the Age Group World Championships. Ask him to demonstrate and you will be surprised. He coaches all levels and is still capable of world level rebounding (twisting triple somersaults).

**Donna J. Mah, MD** (*Associate Director & Team Physician*)

Dr Mah was a Hawai'i state champion gymnast who became a high school and college All-American. She is a board certified Pediatrician in private practice (with special interests in pediatric sports medicine); Clinical Assistant Professor of Pediatrics at the University of Hawai'i John A. Burns School of Medicine; small business owner; and a mother of four girls (three at the Academy).

**Zach Moore** (*PH PreTeam Coach/Judge & Instructor*)

Coach Zach graduated from Bothell High School in Washington. He is a senior elite on the International Trampoline Team, and was previously on the national team.

**Kelsen Onigama** (*Team Coach/Judge & Instructor*)

Coach Kelsen is a Double Mini World Age Group Champion (2007). He currently holds a Brown Belt in Judo, and has participated in the Moanalua High School Judo Team where he won the OIA State Champion title in 2013. He also participated in the MOHS cheer team in 2011, and the Cheer 808 Team.

**Justine Perkins MA** (*Sat/Sun Mgr, Instructor, Associate Director, Kalihi Site Mgr*)

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 degree in culinary arts, a bachelors in Business and a minor in Athletic Coaching. Her expertise is in gymnastics but she is expanding to trampoline, tumbling, and team coaching. She is especially talented at teaching PE/Recreation classes and managing special events and contracted services.

**Paul Pitman** (*Instructor*)

Mr Pitman has over 30 years of experience in the Gymnastics Industry. He coaches students of all ages and skill levels in gymnastics from Preschool / Movement Education to Elite (Including Collegiate, National, International, and Olympic Team Members).

**Patrick Reinholz** (*Instructor*)

Patrick is a Moanalua High School Graduate (class of 2007). He loves practicing martial arts and teaches a variety of classes including Trampoline and Tumbling.

**Scott Ryan** (*Fun Night Program Head, Judge, and Instructor*)

Coach Scott was a competitive artistic gymnast and a state, regional and national age group champion. He has coached both men's and women's artistic gymnastics for the last fifteen years. Coach Scott has given private training sessions to many world class athletes in a variety of sports.

**Brandon Samson-Payden** (*Instructor*)

Mr Brandon is a Punahou Graduate, class of 2011. He started gymnastics as self-taught, and quickly started practicing parkour, and has been training for the past seven years.

**Max Vercruyssen, PhD MPH** (*Academy Director*)

Dr Max was a gymnast, head coach (club, high school, and college for boys and girls at all levels), club owner/director in Montana and Colorado, elite national women's judge, exercise physiology and biomechanics researcher, national collegiate statistician, international clinician, and equipment design consultant. Presently, he is Director of the Academy and Head of the Research Program; an Associate Professor at the University of Hawai'i, John A. Burns School of Medicine (Geriatrics); and a father of four girls (three on Academy teams).

**Office Managers:** Monday = Mei Baker; Wednesday = Mei Baker; Friday = Mei Baker

**Security:** Val Mendez



**Fun Nights are opportunities for HA students to practice skills they have learned in class, for visitors to experience our facilities, and everyone to get mini lessons and to be inspired by the talented performances**

**Hawai'i Academy**  
1314 Mo'ouui Street  
Honolulu, HI 96817 USA



**Hawai'i Academy — a private school for lifetime fitness, gymnastics, and human sciences for all ages and abilities.**

# FUN NIGHTS (PARENTS' NIGHT OUT)



**Hawai'i Academy**

1314 Mo'ouui Street

Honolulu, HI 96817

(808) 842-5642 gym

(808) 841-2564 fax

info@hawaiiacademy.com

www.hawaiiacademy.com

## Directions to the Academy's Kalihi Gym

**Diamond Head Bound** — Take the H1 freeway eastbound (Airport Viaduct), follow signs for Waikiki down to Nimiz Highway. Stay in the left lane. Turn left on Pacific St. At the light go straight. (City Mill on right). Take next right onto Iwilei (past Cannery Square). At the stop sign turn left onto Sumner St. (K-Mart on right). At the stop sign go straight into Iwilei Business Center (IBC) parking lot. Look for gymnastics sign. **Ewa Bound** — Take the H1 freeway westbound (toward Airport) exit on School St. and go to second light. Turn left on Liliha and go to second light (King St.). Turn left and go to second light (Iwilei). Turn right and go to stop sign (Sumner St.). Turn right and go one block into IBC (Bay 602).