

Eight Departments & Key Programs

PHYSICAL EDUCATION & RECREATION DEPARTMENT: Our recreational classes are for ALL ages and ABILITIES 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.

SPORTS DEPARTMENT: We have seven sport team programs — trampoline-tumbling teams at the (1) state level and traveling trampoline teams at the (2) national and (3) international levels, (4) collegiate trampoline teams (18+ yrs), (5) adult teams (19-49 yrs), (6) senior (Kupuna) teams (50-100+ yrs), and (7) trampoline teams at the elite international level (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

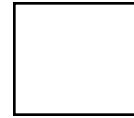
- ◆ Birthday Parties
- ◆ Class Excursions
- ◆ Home School PE
- ◆ Private Training
- ◆ Graduation Parties
- ◆ Day Camp
- ◆ Sleep Overs
- ◆ Competitions & Performances
- ◆ Clinics & Workshops
- ◆ Conferences & Seminars

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.

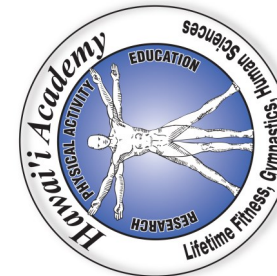
Research Projects

- (1) Hawaii 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)
- (8) Trampoline (Rebounding) Biomechanics



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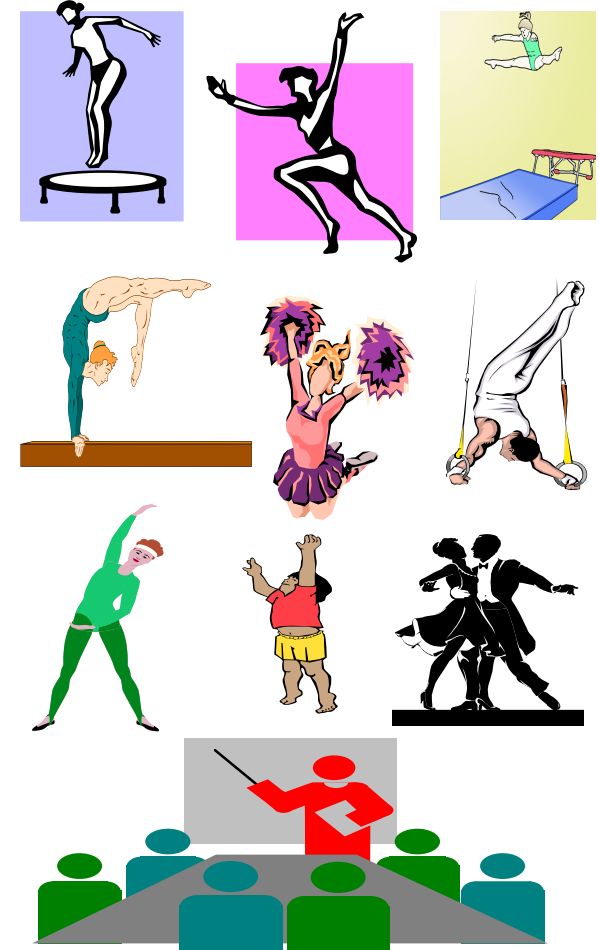


Directions to the Academy's Kalihi Gym

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



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

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

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.

Goals and Philosophies

Welcome to **Hawaii 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).

Facilities

Hawaii Academy—is housed in an 11,000 sqft facility (building is 8,000 sqft) 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
Academy Calendar
And
Weekly Activities Schedule



Hawaii Academy

1314 Mo'onui Street
Honolulu, HI 96817 USA
Website: www.HawaiiAcademy.com
(808) 842.5642 — gym
(808)841.2564 — fax
Office Hours:
Mon 8:30a-10p; Tue 9:30a-9:30-p; Wed 8a-10p;
Thu 3p-9:30p; Fri 3-10p;
Sat & Sun 8:30a-5:00p

History

Founded in 1999, **Hawaii 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 Session Fees

RECREATION CLASSES (1 hour/class):	
1 day/week	\$60
2 days/week or 2 family members	\$108
3 days/week or 3 family members	\$153
INTERMEDIATE (2 hours/class):	
1 day/week	\$90
2 days/week or 2 family members	\$162
3 days/week or 3 family members	\$229.50
TEAM (3-4 hours/practice):	See Team Tuition Schedule \$300/350/+
SPECIAL GROUPS: (special promotional discount)	group rate
PRIVATE LESSONS:	\$60/hr

- ◆ Session tuition is due the week before the 1st day of each session, on the 1st day of classes at the latest. Students will not be allowed to participate in classes unless tuition is prepaid and the student's name appears on the class roster. **Please pay for the next session in the 7th or 8th week of the current session.** Tuition must be paid BEFORE the start of classes.
- ◆ **\$60.00 annual membership fee** per student, due 01 January yearly.
- ◆ \$25.00 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



Administration & Staff

Dr Max Vercruyssen (Academy Director)
Dr Donna Mah (Academy Associate Director & Academy Physician)
Ms Justine Perkins (Associate Director; Sat & Sun Mgr)
Ms Nani Vercruyssen (Asst Director; Team Coach)
Ms Kira Vercruyssen (Asst Director; Sports Dept Chair; Coach)
Ms Mia Vercruyssen (Asst Director; Day Mgr; Tech Writer)
Ms Paris Macabeo-Spahn (Substitute Assoc Director, Registrar, Mgr)
Ms Elaine Santo (Tue & Sun Manager)
Ms Amaryllis Pascua (Mon Morning Manager)
Ms Mei Baker (Mon, Wed, Fri Manager)
Mr Chris Jackson (Tumbling Program Head & Instructor)
Ms Taylor Carpenter (Tue Mgr; Instructor)
Ms Janet Onigama (Academy Registrar)
Mr Erik Senter (Computing Mgr; Judge; Coach)
Ms Valerie Mendez (Custodial & Gym Maintenance Engineer)
Mr David Paul (Electronic Systems Mgr; Judge; Coach)
Ms Sarah Standley (Military Customer Liaison PH Manager)
Mr Mike Nakashima (Movement Ed Program Head; PS & ParTot)
Mr Ven Seward (Fitness Program Head; Instructor)
Ms Joan Kufferath (Kupuna Coach)
Ms Jeannie Ajitomi (Kupuna Coach)
Ms Jean Morrison (Kupuna Coach)
Ms Hang (Pham) Boge (Kupuna Coach)

Faculty (some of over 75 employees)

Michael Crosby (Instructor, Manager) Mr Michael trained for five years at the Gymnastic Shop in Mount Prospect, IL. He is currently a cheerleader at Hawaii Pacific University where he is studying Communication. He teaches a variety of classes including Tumbling, Trampoline, and Preschool.

Shane Doi (Trampoline Program Head, Coach/Judge & Instructor) Coach Shane grew up in the Academy and has won awards for rapid learning. His classes grow much because of his personal enthusiasm to learn.

Spencer Dupio (Instructor, Coach/Judge) Coach Spencer is a past US elite national champion and the 2007-9 bronze medalist on double mini-tramp at the Age Group World Championships. Ask him to demonstrate...

Kealoha Feliciano (Tumbling Team Coach/Judge, Instructor) Kealoha was a gymnast at Kamehameha Schools, and competed in the ILH competitions. Currently, he is a cheerleader for the University of Hawaii and Allstar Cheer. He is also studying for a Bachelor's Degree in Botany.

Chris Jackson (Instructor) Coach Spencer is a past US elite national champion and the 2007-9 bronze medalist on double mini-tramp at the Age Group World Championships. Ask him to demonstrate...

Angel Keene (Instructor) An international trampoline competitor and Academy coach/Judge, she instructs Fitness classes on Tue and when needed.

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

Zach Moore (Instructor, Coach) Active senior elite on trampoline & DMT

Mike Nakashima BA (Instructor, Senior/HomeSchool/Outreach Head, & Judge) Mr Mike has a BA in PhysEd and a certificate in Early Child Development, 30 yrs of gymnastics experience as a USAG National Safety Instructor, an NCAA gymnastics coach at Long Beach State, a Women's Team Coach, a USAG Skill Evaluator, and a Hawaii Trampoline-Tumbling judge (all levels).

Joelle Perkins BA (Substitute Gym Mgr & Instructor) A 2005 honors graduate of Kamehameha HS where she was a diver and gymnast, Ms Joelle has a BA in Economics from UH and is now working on a law degree.

Justine Perkins MA BA (Assoc Director, Special Events and Programs Dept Chair, Tue/Sun Mgr, Instructor, BDay Party Coordinator, Coach/Judge) Coach Justine is a graduate of Kamehameha HS and Wilson College (Chambersburg, PA) where she competed on their gymnastics teams (ILH & NCAA Div3). MA is in culinary arts; BA in Business (minor in Athletic Coaching).

Michelle Radovan (Substitute Instructor) Ms Michelle is a Punahou graduate and UH nursing student who was one of HA's best gymnasts (artistic at the regional level and trampoline at the national/international level).

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.

Katie Robinson (Instructor) Ms Katie is a Roosevelt HS graduate and UH student. She especially enjoys teaching younger students and is well liked...

Scott Ryan (Mon/Wed/Fri Fun Night Program Head, Coach, Instructor, & HA Webmaster) Coach Scottie is one of the few trained in men's and women's artistic, trampoline, parkour, and 'trick-nastics' (tricking & stunting).

Makoto Sakamoto, Sensei MA BA (Instructor) Mako-sensei is a 3-time Olympian (US Men's Gymnastics), 23-time NCAA national champion, USAG Hall of Fame inductee, and our most inspirational instructor. His BA MA is in Japanese Language and teaching English as a Second Language.

Ven Seward (Instructor, Fitness Program Head) Mr Ven is an Olympic High School Grad (c/o 2000) he then attended the National Personal Training Institute. He has experience in Dance, Martial Arts, Wrestling, various team sports, and personal training/group exercise classes. Mr Ven teaches Beginning, Intermediate, and Advanced Trampoline and Tumbling, as well as Adult Fitness Classes.

Kelsey Silva (Instructor, Judge) Previous Level 10 artistic gymnast, she's great

Ally Vercruyssen (Office Assistant & Instructor) International TR competitor

Max Vercruyssen PhD MPH (Academy Director, Elite Coach) 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 (Asst Director, Substitute Mgr, Instructor & Coach/Judge) Coach Mia was a state and regional level artistic gymnast, state and national champion trampolinist, and HS cheerleader. Her technical knowledge is quite exceptional and she relates well with teenagers so, when home from school, her clinics/workshops are very popular.

Kira Vercruyssen (Asst Director, Mgr, Trampoline Teams 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.

Nani Vercruyssen (Asst Director, Mon/Wed Mgr, Coach/Judge & Instructor) Coach Nani, is the most decorated gymnast at the Academy and in the state/nation. She is a 3-time Age Group WORLD CHAMPION (<18 yrs) on double mini and trampoline. She is also a six-time national champion and one of our top coaches/judges. She is very popular with students.

Isaac Yuen (Instructor, Substitute Mgr) Enthusiast and caring great teacher!