

Gymnastics Instruction

Our physical education and recreational gymnastics programs are designed to provide fun, safe, effective, and efficient instruction in a way that promotes enhanced self-image and self-esteem for students of all ages. Our curriculum includes instruction in fundamentals of the human sciences (e.g., anatomy, physiology, biomechanics, fitness, nutrition). And we also provide gymnastic training in our adult and senior (50+ yrs) FlexFit classes. We aspire to promote per-sonal fitness for students of ALL ages and abilities.

Trampoline Gymnastics Team Training

The Academy is very rare in offering gymnastics classes for adults and seniors (our oldest student is 98), but even more unique is our adult, college, and Kupuna (elders) trampoline teams who train and compete in meets. We are pleased to provide training for children, parents, grand parents, and even great grand parents at levels from remedial/rehabilitation to world competitions (we have had several age group world champions, elite national champions, national team competitors. Try team training!

Training at Hawaii Academy

Hawai'i Academy features a gymnasium with 8,000 square feet of specialty equipment making it possibly the best rebound facility in the Pacific. We have a range of state-of-the-art competitive and recreational equipment for artistic gymnastics, power tumbling and trampoline, and martial arts, dance, cheer, and fitness training. We have the only tumbling rod floor, specialized skills cushions, two overhead traveling spotting systems, eight custom overhead spotting systems, eight of the best bungee systems in the world, and other special spring-loaded equipment, making this gym ideally suited for learning to spring, flip, and twist. The Academy is also internationally known for its applied and fundamental neuromuscular research in such multidisciplinary areas as developmental ergonomics, transgenerational design, and gerontechnology, in addition to our ongoing longitudinal research on lifetime fitness and sport biomechanics.

Don't forget our FUN NIGHTS on Monday, Wednesday and Friday at 6-10pm. \$7/hr (\$5/hr for Members). This is a great opportunity for the family to use our equipment, receive mini lessons, or leave your children while parents go on a date.

Class Times

Please refer to Hawaii Academy's class schedule to see all classes currently offered.

We offer classes all seven days of the week. Please phone our office for class availability, and to schedule a free trial lesson!



Adult Fitness Classes

Prices and Information

1-Hour Classes are \$12/hr and 2-Hour Classes are \$9/hr for Active Duty, Dependents, DOD, and Contractors. Registration for an additional class will result in a discounted rate.

Monthly Tuition	1 Class Per Week
1 hour Class	\$48
2 Hour Class	\$72

Multiple Classes/Child Discounts 1Hour Classes

2 Classes/wk (-10%)	\$86.40
3 Classes/wk (-15%)	\$122.40
4 Classes/wk (-20%)	\$153.60

2 Hour Classes

2 Classes/wk (-10%)	\$129.60
3 Classes/wk (-15%)	\$183.60
4 Classes/wk (-20%)	\$230.40

These prices are military base prices. Military families will pay the same tuition amount at both Kalihi and JBPHH facilities.

Example: 2, 2-hour classes + 1, 1-hour class = $2 \times 72 + 1 \times 48 = 192$ (\$full) - 15% (28.8) = \$163.20 (Final Charge)

The \$60 Membership Fee is paid in January of each new year. Those entering mid-year are prorated at \$5/remaining months.

Power Tumbling

Flexibility Training

Trampolines for All

Preschool Classes

Parent-Tot Classes



Instructors

Max Vercruyssen *Academy President*

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, national women's judge (beginning -elite), exercise physiology and biomechanics researcher, national collegiate statistician, international clinician, and equipment design consultant. He has Post-Doctoral training in Ergonomics and Applied Physiology; advanced credentials in Gerontology; a PhD in Neuromuscular Control and Human Performance; Masters degrees in Exercise Science, Physiological Psychology, and Public Health; and a Bachelor degree in Experimental Psychology. He started coaching in 1970. Presently, he is Director of the Academy, Chair of the Research Department, and Head of the Elite/International Trampoline Program. He is also a father of four girls (who all trained and work at the Academy).

Donna Mah, MD *Vice-President & Team Physician*

Dr. Mah was a Hawai'i state champion gymnast who became a high school (Punahou) and college (University of Denver) All-American. As a tribute to her personality, she was voted the team captain at each school she attended and received outstanding scholar-athlete and most inspirational gymnast awards. She is a board certified Pediatrician (with special interests in sports medicine) in private practice; Clinical Assistant Professor of Pediatrics at the University of Hawai'i, John A. Burns School of Medicine; small business owner; mother of four girls (all four attending the Academy and competing at the international level); and an Academy Associate Director, Elite Team Coach, Clinical Services Department Chair, and Academy Physician. She is especially interested in child and adolescent development and the acquisition of lifestyle habits that enhance adult life. She teaches the adult classes in a very active way ... she does the class with the students, often demonstrating the skills and spotting beginning attempts at the movements. She frequently participates in the adult performances, exhibitions, and competitions ... as a coach-athlete. The adult program is a success because of the way she inspires her students and promotes personal development.

Makoto Sakamoto (Sensei) *Instructor*

Makoto emerged in the gymnastic world with a style and poise that began a new era of excellence in men's artistic gymnastics. He was unforgettable in 1965 when he won all seven events at the National Amateurs Athletics Union National Championships. Fortunately for all, he continued in the sport as a coach at UCLA during a time when some of his gymnasts became Olympic winners. In his over 40-year professional career he was a multiple champion, both as an athlete and as a coach. He participated in the Los Angeles City High School Championships, AAU National Championships, World University Games, NCAA Championships, World Championships, and the Olympic games. He was inducted in 1986 to the U.S. Gymnastics Hall of Fame. Mako coached at Brigham Young and UCLA. He was the assistant coach to 1984 US gold medal Olympic team in Los Angeles. He was Peter Vidmar's and Tim Daggett's personal coach at UCLA and helped coach Mitch Gaylord. Mitch, Tim and Peter were members of the 1984 gold medal Olympic gymnastics team. He gained a BA degree and a MA degree in teaching English as a second language and education. On his 53rd birthday, Mako performed 163 handstand pushups (in 30 minutes), touching his shoulders on each count, and without coming down from a handstand... a record no one has touched.



Hawai'i Academy
1314 Moonui Street
Honolulu, HI 96817 USA



Directions to the Academy's Kalihi Gym

Diamond Head Bound—Take the Moanalua Freeway eastbound and take the King St. exit just after Moanalua Gardens. Continue across Middle St. and thru downtown Kalihi until Kalihi St. Get into the right lane and turn right onto Waiakamilo (after passing Farrington High School on the left). Moonui St. will be the 2nd street on the left side, just at the corner of the gas station. Hawaii Academy is at the end of Moonui on the left side.

Ewa Bound—Take the H-1 freeway westbound and take the Houghtailing 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 St. will be the 2nd street on the left (there's a gas station on the corner); the Gym is at the end of Moonui on the left side.

Lifetime Fitness, Trampoline, and Gymnastics for

MILITARY Families In Hawaii



Hawaii Academy

Kalihi: 1314 Moonui Street, JBP HH: 915 North Road,
Honolulu, HI 96817 JBP HH, HI 96853
808.842.5642 808.422.2223

www.HawaiiAcademy.com
info@HawaiiAcademy.com

Hawai'i Academy — a private school for the advancement of lifetime fitness, gymnastics and human sciences for ALL ages and abilities.

Other Outstanding Faculty

Shane Doi
Spencer Dupio
Angel Keene
Justine Perkins
Michela Riganti
Katie Robinson
Scott Ryan

Fernanda S-Wong
Ven Seward
Sarah Standley
Elizabeth Veglia
Kira Vercruyssen
Mia Vercruyssen
Nani Vercruyssen