

New Classes in November:

ADVANCED PLACEMENT CLASSES*:

All classes taught by Dr Max and Dr Mah at the Kalihi Gym

(Auditions and fitness testing required for admission)

AP Beginner Classes	Wednesday	4-5p
	Sunday	3-4p
AP Intermediate Class	Wednesday	5-7p
AP Show Team Practice	Sunday:	4-6p

Description of Classes: These classes are for exceptional students of the highest fitness levels who are motivated to do accelerated training, advanced skills, and public performances. Students are required to do homework and attend extra classes during the week. Combining sports science fundamentals and essential habits for success in sports and life, these classes are the Academy's most intense and comprehensive. Students are promoted upon achievement of skills progressions ultimately to public performances, sport teams, and other activities often in leadership roles.

*Students from 4-18 years of age are selected from Fitness Test Rankings and Auditions (Criteria: high level of physical fitness, motivation, attentiveness, perseverance, and parental support plus willingness to do homework assignments and do extra classes per week.

Phone 842.5642 for additional information. Email Dr Vercruyssen for an audition if student is ranked among the top in the Academy on fitness tests (director@hawaiiacademy.com).

