

2014 Hawaii Academy's Instructor Training
(also open to the public)

Fitness Instructor Clinic

Clinicians: *Ven Seward, Fitness Program Head Teacher (Training)*
Kelly Wescott, Trainer and Exercise Specialist (Expert)
Yurika Noda, Graduate Research (Data) Assistant

Tuesday, July 29th, 5:30-7:30 pm

**At Hawaii Academy Kalihi Gym
1314 Moonui Street, Honolulu**



All HA instructors test themselves and their students twice annually. HA's Fitness Program is launching new fitness classes that requires additional training of all instructors. This clinic introduces the new (revised) program and provides training on each test along with ideas for conducting fun and educational classes.

Fitness Classes do not use trampoline or tumbling equipment but involves indoor and outdoor special conditioning.

Cost: \$20

**Open to
students,
instructors,
everyone**



**Register at HA Office
or
Phone 842.5642**