

CITY CLERK
HONOLULU, HAWAII

DEPARTMENT OF PARKS AND RECREATION

CITY AND COUNTY OF HONOLULU

MAY 6 2 58 PM '09

1000 ULUOHIA STREET, STE. 309 • KAPOLEI, HAWAII 96707
Phone: (808) 768-3003 • FAX: 768-3053 • Internet: www.honolulu.gov

MUFI HANNEMANN
MAYOR

RECEIVED



May 6, 2009

LESTER K. C. CHANG
DIRECTOR

GAIL Y. HARAGUCHI
DEPUTY DIRECTOR

RECEIVED
2009 MAY -6 P 1:28
CITY COUNCIL
HONOLULU, HAWAII

The Honorable Nestor Garcia, Chair
and Members of the Budget Committee
Honolulu City Council
530 South King Street, Room 202
Honolulu, Hawaii 96813

Dear Chair Garcia and Councilmembers:

Subject: Budget Communication 8 Council Budget Hearing Questions

This is in response to Budget Committee questions of March 23, 2009, regarding the Department of Parks and Recreation FY2010 Operational Budget.

3. Department of Parks and Recreation

- a) **Please provide a more detailed explanation of the City's pool heating policy, and whether a solar heating system would be beneficial to consider.**

Response:

Reference: Department of Parks and Recreation, Swimming Pool Guidelines, page 12; J. Heaters

1. Swimming pools will **not** be heated during the warm months of March, April, May, June, July, August, September, and October.
2. During the months when it is authorized to heat the pools, the swimming pool water shall be heated for three hours daily whenever the water temperature goes below 78 degrees. The heating should coincide with organized classes or activities for senior citizens and persons with disabilities. If the three hour heating period is insufficient to cover organized classes or activities for senior citizens and persons with disabilities, the heating period may be extended to cover these activities.

3. In compliance with ROH, Solar is considered. Reference: ROH; Chapter 32-11.3 Basic requirements 2) Pool Heating Systems. (A) Active solar or heat pump heating systems shall be used for swimming pool heating.
(B) Exception. Alternative systems may be used if it can be shown that they are more cost-effective as determined by life-cycle cost analysis as performed in accordance with procedures defined by the National Institute of Standards and Technology (NIST) Life-Cycle Costing Manual for the Federal Energy Management Program, NIST Handbook 135, and its supplement, Energy Price Indices and Discount Factors for Life-Cycle Cost Analysis. Assumptions used in any calculation should use the latest price indices and discount factors available at the time the calculation is submitted to the city.

In our last two pool heating projects, the analysis was done by the DDC consultants, as required in the ROH. It was determined that solar was not the most efficient system for our needs and other systems were used to heat the pool. For all future projects, we will continue to do the analysis as required. We are confident with all of the advances and improvements in technology that one day we will be heating our pools with the rays of the sun.

- b) Please provide a list by Recreation District of the City-sponsored recreation activities, and whether fees are charged for those services.**

Response: Information is attached.

- c) Please provide a more detailed explanation and rationale behind any proposed reduction in City-sponsored sport programs in Rec. Districts 1 through 5.**

Response: There are no proposed reductions in City-sponsored sports programs in Recreation Districts 1-5.

Each District offers different types and levels of sports programs/leagues. We evaluate and keep statistics of the number of youth that participate in each of the leagues we offer to see if it is cost effective to continue the activity or if we need to make changes to the District sports leagues.

Presently, we plan to continue offering the same sports programs/leagues we have been offering for over 15 years.

- d) Please provide a more detailed explanation of the decision to provide brunch instead of lunch for Summer Fun program in FY 2010.**

Response:

USDA Reimbursement Rate:

Lunch: \$3.7527

Breakfast: \$2.1225

DOE costs to DPR:

Lunch(until June 30): \$4.25 (July 1): \$4.50

Breakfast(to June 30): \$1.75 (July 1): \$2.00

Difference per Lunch serving: (\$.49) to (\$.74)

Difference per Breakfast serving: \$.37 to \$.12

Summary

Serving lunch this year will cost the City/DPR an estimated \$48,022, while serving breakfast would break even.

e. Please provide the status and balance of the Hanauma Bay fund

Response:

Anticipated FY09 carryover to FY10 \$1,770,365

Anticipated FY10 revenues \$5,856,114

Anticipated FY10 expenditures \$6,094,245

Anticipated FY10 carryover to FY11 \$1,532,234

f. Please provide information regarding the consultant contract for the Natatorium.

Response: This item was referred to the Department of Design and Construction for a response.

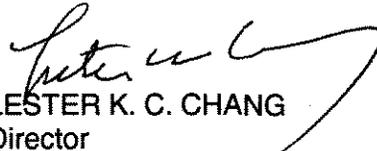
g. Please provide a complete catalog of fees charged by the department and an evaluation as to whether the fee charged covers the entire cost of providing the service or a percentage thereof.

Answer: The Foster Botanical Garden fees were established in 1978 and supplemented in 1983. The attendant/custodian fee and kitchen usage was added by Ordinance 95-38. Community garden fees were added by Ordinance 95-35 and amended by Ordinance 96-4. Hanauma Bay fees were added by Ordinance 96-19. Admission rate increased from \$3 to \$5 in July 2003. Commercial scuba diving and snorkeling were established in Section 27-2.1 of R.O.1978 (1983 edition). Commercial filming activities were established in Section 27-2.3 of R.O. 1978 (1983 edition). Fees for Hans L'Orange baseball facility were added by Ordinance 95-51.

FY08 actual revenues and expenses were used for percentage calculations.

Fee	Amount	% of cost coverage
Botanical Garden Admission- Foster Garden		11%
a. Resident	\$3.00	
b. Non-resident	\$5.00	
c. Children 6-15 years	\$1.00	
Community Gardens	\$.10 per square foot per lot per yr.	75%
Attendant Service	\$10.00 per hour	66% of personnel cost
Kitchen Use	\$25.00 per day	Cannot be calculated
Fundraiser rental		66% of personnel cost
a. Fewer than 300	\$15.00 permit/\$25.00 rental	Cannot be calculated
b. 300 through 500	\$15.00 permit/\$50.00 rental	Cannot be calculated
c. More than 500	\$15.00 permit/\$100.00 rental	Cannot be calculated
H/Bay Fees		
Non resident 13 years or older	\$5.00	50%
b. Parking	\$1.00	4%
Commercial Scuba/Diving/Snorkeling	Daily permit: \$ 10.00 Monthly permit:\$ 75.00 Annual permit \$900:00	Cannot be calculated
Commercial Windsurfing	Daily permit: \$ 10.00 Monthly permit: \$ 75.00 Annual permit: \$100.00	Cannot be calculated
Summer Fun	\$25.00	7%
Professional Sports Activity	\$100.00 daily	Cannot be calculated
Filming		
a. Movie/television, major motion picture, national advertise	\$300.00 daily	Cannot be calculated
b. Movie/television non- profit	\$20.00 daily	Cannot be calculated
c. Still photography	\$ 20.00 daily	Cannot be calculated
	\$ 100.00 monthly	
	\$1000.00 annually	

Sincerely,


LESTER K. C. CHANG
Director

APPROVED:


Kirk W. Caldwell
Managing Director

APPROVED:


Pix Maurer III, Director
Budget and Fiscal Services

ADULT CLASSES			
Register at park listed in far right column.			
CLASS	DAY / TIME	COST	PARK
ARTS & CRAFTS:			
*Needlepoint	Th 9:30-11:30a	No Charge	Kanewai
Ribbon Lei Making	Tu 6:30- 8:30p	Supply Fee	Kanewai
Seasonal Crafts	Th 8:30-11:30a	No Charge	Kanewai
FITNESS:			
Tai Chi	M 9:15-10:00a	\$32/16 sessions	Palolo
GENERAL:			
Nutritional Cookery	Th 9:15-10:00a	Free	Palolo
HAWAIIANA:			
Feather Lei Making	M 9:00-11:00a	\$40/10 sessions	Paki
Hula, Kupuna - inter	Sa 11:00-noon	\$20/10 sessions	Paki
Hula, Adult	M 6:00- 7:00p	Free	Palolo
MUSIC & DANCE			
Belly Dance, Beg/Int	T 7:00- 8:00p	\$20/10 sessions	Kaimuki
Belly Dance, Int/Adv	T 8:00- 9:00p	\$20/10 sessions	Kaimuki
Karaoke	F 10:00- 1:00p	Free	Palolo
Line Dance, Beginners	M 5:30- 6:30p	\$20/10 sessions	Kaimuki
Line Dance, Int/Adv	M 6:30- 8:30p	\$40/10 sessions	Kaimuki
Line Dance	W 9:00-10:30a	Free	Palolo

*Free to sr. citizens 60 yrs +, sponsored by DOE, Kaimuki Adult Community School

SENIOR CITIZEN CLUBS			
To join a senior club contact the recreation director of the park listed below.			
CLUB	DAY / TIMES	COST	PARK
Hui O Kaimuki 733-7351	F 9:30-11:30a	Membership Fee	Kaimuki

SPECIAL PROGRAMS			
Boxing & Physical Fitness	M,W,F 4:00- 7:00p	9yrs - Adult	Palolo
STAR Special Rec Program	Sa 9:00-noon	13yrs - Adult	Kaimuki
Teen Program	F 5:30- 8:30p	13yrs -17yrs	Kanewai
TEEN ZONE Drop-in Center Pool table, foosball, ping pong	M-F 2:45- 5:00p & 6:00- 8:30p	10yrs -18yrs	Crane

COMMUNITY CLASSES & CLUBS			
CLASS / CLUB	DAY / TIMES	INFO	PARK
Exercise..Stay Healthy	F 8:00- 9:00a	Seniors, No Charge	Kaimuki
Hui O Na Leo Hawaii	M 7:00- 9:00p	Adult Ukulele Fun	Paki
Karaoke & Minyo	M,Th 9:30-11:00a	Club Fees	Kaimuki
Karate (Mas Oyama's)	M,W 7:00- 9:00p	Adults	Kanewai
Karate	Sa 12:00- 1:30p W 5:00- 6:00p	Children Ph. 733-7366 info	Kanewai
MAAC Learning Ctr. Computer skills, tutoring	M-F 2:00- 6:00p Ph. # 733-9633	8 yrs - Adult & Seniors	Palolo
U.S. Tennis Association	Tu 4:00- 8:00p	www.hawaii.usta.com or Ph. 955-6696	Kanewai

IMPORTANT DATES TO REMEMBER

Department of Parks & Recreation
Diamond Head Complex
& KBPA



Easter Egg Hunt
Saturday, April 4, 2009
9:30AM registration
at Kaimuki Park

NEW ON-LINE REGISTRATION

Department of Parks & Recreation will begin online registration for non-fee classes. In order to register on-line you must meet the following requirements:

- must be 18 years of age
- have a valid email address
- obtain an online account (available December 2, 2008)



First day of online registration will be December 22, 2008, 12:00 a.m. (through Jan. 4, 2009) for classes without fees.
First day of registration at the parks will be Wed, January 12, 2009, 6:00p - 8:00p for classes with fees and available non-fee classes. Registration also Jan. 13 & 14, 2009, 2:00 - 5:00p. For late registration information, please call the park.
To obtain an account and/or register, go to www.honolulu.parks.com

* FREE * FOOD * FREE * FUN * FREE * GAMES * FREE *

WATER FESTIVAL

Thursday, April 9, 2009, 3pm - 5pm
@ Palolo Valley District Park Pool

* FREE * GAMES * FREE * SWIM * FREE * FUN * FREE *

Join Your Friends! Make New Friends!

Check out what's *NEW* in our Parks!

⊗ Kid's Science - Kaimuki ⊗ Paper Games - Kanewai ⊗ Jewelry Making - Paki ⊗ Hula - Palolo ⊗ Fitness, Kid's Club - Kaimuki ⊗ DanceDanceRevolution - Kanewai ⊗ Keiki Cooking - Palolo ⊗ Poise, Young Ladies - Paki ⊗ Teen Program - Kanewai ⊗ Fun with Paints - Kaimuki ⊗ Ocean Recreation - Paki & Palolo ⊗ Paper Crafts - Kanewai

Call your nearest Park for more information !

DEPARTMENT OF PARKS & RECREATION

Spring Program

Registration:
January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.
Program Starts: January 26, 2009
Holidays: February 16, 2009 - President's Day.

March 26, 2009 - Prince Kuhio Day,
April 10, 2009 - Good Friday
Newspaper Ad: Midweek during the week
of January 5, 2009

CITY & COUNTY OF HONOLULU
14th FLOOR, HAWAII
DEPT. OF PARKS & RECREATION
LEWIS C. CHANG, DIRECTOR

DIAMOND HEAD COMPLEX DIRECTORY	
CRANE COM. PARK 2903 Kaimuki Avenue Phone: 733-7364 Director: Kathy Cho	PAKI COM. PARK 3503 Leahi Avenue Phone: 733-7368 Director: Jeff Chang
KAIMUKI COM. PARK 3521 Waialae Avenue Phone: 733-7351 or 7352 Directors: Kathy Cho Lori Maumalanga	PALOLO VALLEY DIST PK 2007 Palolo Avenue Phone: 733-7363 or 7358 Directors: TBA Bert Fishman
KANEWAI COM PARK 2695 Dole Street Phone: 733-7366 Director: TBA	PALOLO VALLEY POOL Phone: 733-7362 Director: Jason Nunogawa
KANEWAI POOL Phone: 733-7365 Director: Jennifer Ohara	COMPLEX OFFICE Phone: 733-7350 Supervisor: Jeff Hirohata (TA)

ON-LINE REGISTRATION for ALL-NON FEE classes

Department of Parks & Recreation will begin online registration for non-fee classes. In order to register on-line you must meet the following requirements:

- must be 18 years of age
- have a valid email address
- obtain an online account (available December 2, 2008)

To obtain an account and/or register, go to <http://parks.honolulu.gov/sdi/home.html>

First day of online registration will be December 22, 2008 (through Jan. 4, 2009) for classes without fees.
First day of registration at the parks will be Wed, January 12, 2009, 6:00p - 8:00p for classes with fees and available non-fee classes. Registration also Jan. 13 & 14, 2009, 2:00 - 5:00p. For late registration information, please call the park.

HOLIDAYS /NO CLASS DATES:

- Mon, February 16, 2009 - Presidents' Day
- Thu, March 26, 2009 - Prince Jonah Kuhio Day
- Fri, April 10, 2009 - Good Friday

Please call your respective park for more information or to view a list of classes go to <http://parks.honolulu.gov/sdi/home.html>

- ALL SCHEDULES & CLASSES ARE SUBJECT TO CHANGE -

TINY TOTS				
For Children between the ages 3 to 5 yrs of age.				
CLASS	AGE	DAY / TIME	COST	FREE
Tiny Tots	3-5	M 10:30a-12:00p	Free	Palolo
CHILDREN'S CLASSES				
Children's programs dates: Jan. 26 - Apr. 18, unless otherwise noted. No children's classes Feb. 16, Mar. 26 & Apr. 10				
CLASS	AGE	DAY / TIME	COST	PARK
Volleyball Clinic	6-8	W,Th 3:00-5:00p 1/28-2/12 (6 mtgs)	Free Free	ALL
Volleyball Practice & Games	9-11	M,Tu 3:00-4:00p W 3-5p 2/18-3/18	Free Free	Kaimuki @Koko Head
Volleyball Practice & Games	12-14	M,Tu 4:00-5:00p Th 3-5p 2/19-3/19	Free Free	Kaimuki @ Palolo
Kid Science	5-12	M 3:00-4:00p	Free	Kaimuki
Sand Art	5-12	M 4:00-5:00p	Free	Kaimuki
Cultural Cooking	5-12	Tu 3:00-5:00p	\$15	Kaimuki
Ceramics	5-12	W 2:45-3:30p	Free	Kaimuki
Trick Jump Rope	5-12	W 3:30-4:15p	Free	Kaimuki
Fitness, Kid's Club	5-12	Th 3:15-4:15p	Free	Kaimuki
Fun with Paint	5-12	F 3:00-3:45p	Free	Kaimuki
Crafts	5-12	F 4:00-5:00p	Free	Kaimuki
Volleyball Practice & Games	9-11	M,Tu 2:45-3:45p W 3-5p 2/18-3/18	Free Free	Kanewai @Koko Head
Volleyball Practice & Games	12-14	M,Tu 4:00-5:00p Th 3-5p 2/19-3/19	Free Free	Kanewai @ Palolo
Games, Outdr/Indr	5-12	M 2:45-3:45p	Free	Kanewai
Crafts, Paper	5-12	M 4:00-5:00p	Free	Kanewai
Ceramics	5-12	Tu 4:00-5:00p	Free	Kanewai
Crafts, Workshop	5-12	Tu 2:45-3:45p	Free	Kanewai
Table Tennis	8-12	W 2:45-3:45p	Free	Kanewai
Games, DDR	5-12	W 4:00-5:00p	Free	Kanewai
Archery I	8-13	Th 2:45-3:45p	Free	Kanewai
Archery II	8-12	Th 4:00-5:00p	Free	Kanewai
Chess	8-12	Th 2:45-3:45p	Free	Kanewai
Games, Paper puzzles	5-12	Th 4:00-5:00p	Free	Kanewai
Cooking, Keiki 1	5-12	F 2:45-3:45p	\$15	Kanewai
Cooking, Keiki 2	5-12	F 4:00-5:00p	\$15	Kanewai
Ceramics 1	5-8	M 2:45-3:30p	Free	Paki
Ceramics 2	9-12	W 3:45-4:30p	Free	Paki
Volleyball Practice & Games	9-11	M,Tu 2:45-3:45p W 3-5p 2/18-3/18	Free Free	Paki @Koko Head
Volleyball Practice & Games	12-14	M,Tu 3:45-4:45p Th 3-5p 2/19-3/19	Free Free	Paki @ Palolo
Chess, Beginners	8-12	Tu 4:00-5:00p	Free	Paki
Crafts	5-12	W 2:45-3:45p	Free	Paki

(cont'd) CHILDREN'S CLASS	AGE	DAY / TIME	COST	PARK
Crafts, Jewelry	5-12	W 4:00-5:00p	Free	Paki
Board Games	5-12	Th 2:45-3:30p	Free	Paki
Poise, Young Ladies	7-12	Th 3:45-4:45p	Free	Paki
Cooking, Keiki 1	5-8	F 2:30-3:30p	\$15	Paki
Cooking, Keiki 2	9-12	F 3:45-4:45p	\$15	Paki
Volleyball Practice & Games	9-11	M,Tu 4:00-5:00p W 3-5p 2/18-3/18	Free Free	Palolo @Koko Head
Volleyball Practice & Games	12-14	M,Tu 4:00-5:00p Th 3-5p 2/19-3/19	Free Free	Palolo @ Palolo
Indoor Games	5-12	M 2:30-3:30p	Free	Palolo
Hula, Beg	7-12	M 5:00-6:00p	Free	Palolo
Cooking, Keiki	5-12	F 3:00-4:00p	\$10	Palolo

OCEAN RECREATION

Must know how to swim.

Swim, surf, & bodyboard. Transportation & equipment provided. Register at park listed.

PARK	DATE & TIME	AGE	NOTES
Paki	Feb. 13, 2:45-5:00p	8-17	Bring sunscreen, swim clothes & change of clothes.
Paki	Mar. 2, 2:45-5:00p	8-17	
Paki	*Apr. 2, 10:00-3:00p	8-17	*Bring lunch & drink
Palolo	Feb. 17, 2:45-5:00p	8-17	Bring sunscreen, swim clothes & change of clothes.
Palolo	Mar. 10, 2:45-5:00p	8-17	
Palolo	*Mar. 30, 10:00-3:00p	8-17	*Bring lunch & drink

Kanewai Pool Public Swim Hours

Lap Swim	Mon, Tue & Fri	11:00a - 12:30p
Recreational Swim	Monday - Friday	3:30p - 5:00p
	Tuesday & Thursday	6:00p - 8:00p
	Weekends & Holidays	1:00p - 5:00p

Palolo Pool Public Swim Hours

Lap Swim - 25 yards	Mon, Tue, Wed & Fri	9:30a - 11:30p
	Monday - Friday	3:00p - 5:00p
	Monday - Thursday	6:00p - 7:00p
	Weekends & Holidays	1:00p - 5:00p
Lap Swim - 50 meters	Mon, Tue, Wed & Fri	11:30a - 1:00p
	Tuesday & Thursday	7:00p - 8:00p
	Saturdays	12:00p - 1:00p
Recreational Swim	Monday - Friday	3:00p - 5:00p
	Weekends & Holidays	1:00p - 5:00p



FREE! **DISTRICT** **FUN!**
WATER FESTIVAL
 Thursday April 9, 2009. 3:00p - 5:00p
Palolo Valley District Park Pool **FOOD!**

SWIM PROGRAMS

Kanewai Pool Program Dates: February 16 thru May 02, 2009

Palolo Pool Program Dates: Session 1 - Jan. 26 thru May 5, 2009
 Session 2 - Mar 16 thru Apr. 17, 2009

- Each person may register for self & immediate family only.
- Class placement is based on skill level- ask staff for assistance.
- No-shows on the 1st day of class are dropped, unless pool manager contacted.
- Failure to meet prerequisite for each level will result in the student's removal from the class. Check with staff before registering for a class.

General Description of Classes:

- Mom & Tot Water Intro:** Parent must get into the water with the tot.
- Tots Water Intro:** Tots will learn water adjustment and orientation, with instructors only.
- Level 1, Water Exploration:** School-age child's introduction to swim lessons & aquatic skills.
- Level 2, Primary Skills:** Basic swim skills: kicking, stroking, breathing and floating w/o support.
- Level 3, Stroke Readiness:** Refinement of front & back crawl strokes.
- Level 4, Stroke Development:** Refine skills. Adv. Strokes: Fly, side, breast, elementary back.
- Level 5, Stroke Refinement:** Training and refinement of all competitive strokes.
- Swim Team:** Novice "C". Learn, and apply competitive swim skills at District Swim meets.

CLASS	DAY / TIME	AGE	POOL
KANEWAI POOL PROGRAM DATES: Feb 16 thru May 02			
Learn to Swim, Tots	M,F 9:00-10:00a	3-5 yrs	Kanewai
Learn to Swim, Tots	Sa 11:00-noon	3-5 yrs	Kanewai
Learn to Swim, Level 2	M,W 2:30-3:00p	5-12 yrs	Kanewai
Learn to Swim, Level 2	Sa 10:00-10:30a	5-12 yrs	Kanewai
Learn to Swim, Level 3	M,W 3:00-3:30p	5-12 yrs	Kanewai
Learn to Swim, Level 3	Sa 10:30-11:00a	5-12 yrs	Kanewai
Learn to Swim, Level 4	Tu,Th 2:30-3:00p	5-12 yrs	Kanewai
Learn to Swim, Level 5	Tu,Th 3:00-3:30p	5-12 yrs	Kanewai
Swim Team	F 2:30-3:30p	5-12 yrs	Kanewai

PALOLO POOL Session 1: Jan 26 thru May 5 Session 2: Mar 16 thru Apr 17

Mom & Tot, Water Intro	M,F 5:00-5:30p	3-5 yrs	Palolo
Learn to Swim, Level 1	M,W 5:30-6:00p	5-12 yrs	Palolo
Learn to Swim, Level 2	Tu,Th 5:00-5:30p	5-12 yrs	Palolo
Learn to Swim, Level 3	Tu,Th 5:30-6:00p	5-12 yrs	Palolo
Learn to Swim, Level 4	Tu,Th 5:00-6:00p	5-12 yrs	Palolo
Swim Team	M,W,F 5:00-6:00p	5-12 yrs	Palolo

ADULT & SR CITIZEN SWIM CLASSES

CLASS	DAY / TIME	POOL
Learn to Swim, Beginners	Tu,Th 6:30-7:00p	Palolo
Learn to Swim, Beginners	Tu, F 10:15-10:45p	Kanewai
Learn to Swim, Beginners	M,W 5:00-5:30p	Kanewai
Learn to Swim, Intermediate	Tu,Th 5:00-5:30p	Kanewai
Masters' Swim	M,W 7:00-8:00p	Palolo
Stroke Improvement	M,W 6:30-7:00p	Palolo
Water Exercise	M,W,F 9:30-10:30a	Palolo
Water Exercise	Tu,Th 9:00-10:00a	Kanewai

KOKO HEAD SHOOTING COMPLEX

RIFLE RANGE & PISTOL RANGE – FREE!

Must bring your own firearm, ammunition, wooden target frame, paper targets, staple gun, eye protection, and ear protection. There are no rentals or sales at the range. Plans for constructing your own rifle target frame are available at the Range Office.

Hours: Wednesdays – Fridays 12:00 - 4:00 p.m.

Saturdays, Sundays and *holidays 8:00 - 4:00 p.m.

*Holidays - open all City holidays except Christmas and New Years

METALLIC SILHOUETTE – Fee: \$3.00 per shooter per day

Hours: Saturdays and Sundays 8:00 - 4:00 p.m.

Operated by The Hawaii Metallic Silhouette Shooters Association (HMSSA). This Range allows the use of any caliber handgun and .22 rimfire rifles. HMSSA has constructed steel animal silhouettes and other various metal targets. Club membership is available. Ear and eye protection is mandatory for all on this range for shooters and spectators.

SKEET RANGE – Fee for each round of Skeet

Hours: Saturdays and Sundays 9:00 - 4:00 p.m.

Operated by Koko Head Skeet Club (KHSC). Two skeet fields are available for public skeet shooting. Club membership available. You must bring your own shotgun, ammunition, eye & ear protection. Shot size must be # 7½ or smaller.

TRAP SHOOTING – Fee for each round (25 targets) of trap

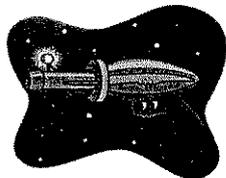
Hours: Sundays only 9:00 - 4:00 p.m.

Operated by The Honolulu Clay Target Association. One trap field is available for public shooting. You must bring your own shotgun, ammunition, eye & ear protection. Shot size must be # 7½ and smaller.

ACTION PISTOL - Fee

Hours: Vary, usually Sundays 8:00 - 4:00 p.m.

This range is used by the following clubs: Mid-Pacific Pistol League (MPPL), Honolulu Police Pistol League (HPPC) Single Action Shooters of Hawaii (SASH), Honolulu Rhat Rhat Boyz Gun Club (HRRBGC) and Lessons In Firearm Education (LIFE).



COMMUNITY EVENTS

EASTER EXTRAVAGANZA

Saturday, April 11, 2009 begins

9:30 a.m.

At Koko Head District Park

COMMUNITY BULLETIN BOARD

League Contact Numbers

AYSO – Preston Iha 373-2295

KAC – Warren Ohira 223-7599

HKY Baseball – Brandon Perreira 398-4189

HKY Basketball – Aki Peters 396-7893

ASA – Sean Mercado 395-2038

PAL – Football Linda Goeas 395-9608

Pop Warner – Shawn Coleman 396-8704

Oahu Inline Hockey, Kamilo Iki Skate Park,

& Hawaii Kai Community Gardens,

Please call Kamilo Iki @ 395-5314



DIRECTORY FOR KOKO HEAD COMPLEX

'AINA HAINA

COMMUNITY PARK

827 West Hind Drive

Phone: 373-2722

Director: Garry Loo

KAMILO 'IKI

COMMUNITY PARK

7750 Hawai'i Kai Drive

Phone: 395-5314

Director: Arlene Ling

KOKO HEAD SHOOTING COMPLEX

8102 Kalaniana'ole Hwy.

Phone: 395-2992

Range Master: Mike

Muramoto

Range Assistant: Tony Alonzo

KOKO HEAD

DISTRICT PARK

423 Kaumakani Street

Phone: 395-3096

Director: Steven Min

KOKO HEAD GYM

423 Kaumakani Street

Phone: 395-5189

Director:

KOKO HEAD COMPLEX

423 Kaumakani Street

Phone: 395-3407

Complex Supervisor:

Donna White

REGISTRATION DATES:

Jan. 12, 2009, 6:00–8:00pm and Jan. 13 & 14, 2:00–5:00pm
For late registration info, call the park.

PROGRAM STARTS: Classes begin January 26th. Children's classes begin January 26, 2009—end April 17, 2009

NO CLASSES ALL HOLIDAYS AND DOE SPRING INTERSESSION, MARCH 23-APRIL 3, 2009

ALL SCHEDULES AND CLASSES ARE SUBJECT TO CHANGE

Register online for all non-fee classes. To register and/or obtain an account go to www.honolulu-parks.com



The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have a need for reasonable modifications, please call your local park. TTY users call 892-5750.

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

CHILDREN'S CLASSES

Children's Program Start Date: Jan. 26, unless otherwise noted.

CLASS	AGE	DAY/TIME	COST	PARK
Arts & Crafts	5 - 12	Th 3:30 - 4:30 pm	\$15.00	'Aina Haina
Ceramics	5 - 12	M 3:00 - 4:30 pm	\$15.00	'Aina Haina
Cooking	5 - 12	W 3:00 - 4:30 pm	\$20.00	'Aina Haina
Homework Help	5 - 12	M/F 2:15 - 3:00 pm Tu/Th 2:15 - 3:30 pm W 1:30 - 3:30 pm	FREE!	'Aina Haina
Games & Snacks	5 - 12	Tu 3:30 - 4:30 pm	FREE!	'Aina Haina
Ukulele (Bring Own)	5 - 12	F 3:30 - 4:30 pm	\$5.00	'Aina Haina
Arts & Crafts	5 - 12	W 2:30 - 3:30 pm	\$10.00	Kamilo Iki
Ceramics, Clay Fun	6 - 12	Tu 3:00 - 4:15 pm	\$15.00	Kamilo Iki
Cooking, Keiki	5 - 12	F 3:00 - 4:30 pm	\$15.00	Kamilo Iki
Drawing & Painting	5 - 12	M 3:00 - 4:00 pm	\$10.00	Kamilo Iki
Homemade Games	5 - 12	Th 3:00 - 4:00 pm	FREE!	Kamilo Iki
		M/T/Th/F 2:15 - 3:00 p W 1:30 - 2:30 p		
Study Hall	5 - 12		FREE!	Kamilo Iki
Aikido	8+	M 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Aikido	8+	W 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Aikido	8+	Sa 2:00 - 4:00 pm	\$40/10 sessions	Koko Head
Archery	8 - 17	F 3:00 - 4:30 pm	FREE!	Koko Head
Ceramics, Family Parent & Child	Family	Sa 10:00 - 11:00 am	\$20/10 Sessions	Koko Head
Ceramics	8 - 17	M 2:30 - 4:30 pm	\$40/10 Sessions	Koko Head
Cooking/ Homework Help	6 - 12	M 2:45 - 4:30 pm	\$15.00	Koko Head
Sports for KH Complex	Age	Days and Times	Cost	Sites
Volleyball Skills Clinic	6 - 8	W/Th 3:00 - 5:00 pm 1/28-2/12/09	FREE	Manoa Gym
Volleyball Practice	9 - 11	T/F 3:00-4:30 pm 1/27 - 3/17/09	FREE	Koko Head
Games		W 2/18 - 3/18/09		Koko Head
Volleyball Practice	12 - 14	T/F 4:00 - 5:30 pm 1/27 - 3/17/09	FREE	Koko Head
Games		Th 2/19 - 3/19/09		Palolo Gym

TOTS CLASSES

Enrollment is limited. Parent/Guardian must accompany child in all Tiny Tots classes.

CLASS	AGE	DAY/TIME	COST	PARK
Tiny Tots, play group	1.5 - 5	Th 9:30-11:00am	FREE!	Aina Haina
Tiny Tots, play group	1.5 - 5	Tu 9:30-11:00am	FREE!	Kamilo Iki
Tiny Tots, play group	1 - 5	Tu 9:30-11:30am	FREE!	Koko Head
Tiny Tots, play group	1 - 5	F 9:30-11:30am	FREE!	Koko Head

'Aina Haina Teen

Program

Meet new friends, excursions, socials and a whole lot more. For more information, please contact Meghan Chin or Garry Loo at 373-2722.



SENIOR CITIZEN CLUBS

(55 years and older)

Activities include guest speakers, potlucks, excursions and more!

CLUB	DAY / TIMES	COST	LOCATION
Hui Hauoli O 'Aina Haina Director: Arlene Ling #395-5314	W 9:30- 11:30a	Membership Fee	Holy Nativity Church, Glantz Hall
Hui Lokahi O 'Aina Haina Director: Garry Loo #373-2722	F 9:00 -11:30a	Membership Fee	'Aina Haina Comm. Park
Koko Head Seniors Club Director: Steve Min #395-3096	W 10:00-12:00p	Membership Fee	Kuapa Isle Clubhouse

ADULT CLASSES

CLASS	DAY / TIME	COST	PARK
Line Dance, Beginner	M 9:00 - 10:00 am	FEE	'Aina Haina
Line Dance Easy	M 10:00 - 11:00 am	FEE	'Aina Haina
Tai Chi	M 11:00 - 12:00 pm	FEE	'Aina Haina
Ukulele	Tu 9:00 - 10:30 am	FEE	'Aina Haina
Aerobics	M 8:00 - 9:00 am	\$20/10 sessions	Koko Head
Aerobics	M 6:00 - 7:00 pm	\$20/10 sessions	Koko Head
Aerobics	Tu 6:00 - 7:00 pm	\$20/10 sessions	Koko Head
Aerobics	W 8:00 - 9:00 am	\$20/10 sessions	Koko Head
Aerobics	Th 6:00 - 7:00 pm	\$20/10 sessions	Koko Head
Aerobics	F 8:00 - 9:00 am	\$20/10 sessions	Koko Head
Aikido	M 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Aikido	W 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Aikido	Sa 2:00 - 4:00 pm	\$40/10 sessions	Koko Head
Badminton (free play)	Th 7:20 - 9:15 pm	Bring Racquet	Koko Head
Ceramics, Wheel	Tu 10:00 -12:00 pm	\$40/10 sessions	Koko Head
Ceramics, Wheel	W 6:00 - 8:00 pm	\$40/10 sessions	Koko Head
Ceramics, Wheel	Th 10:00 -12:00 pm	\$40/10 sessions	Koko Head
Ceramics, Wheel	Sa 1:00 - 3:00 pm	\$40/10 sessions	Koko Head
Indoor Soccer (free play)	Th 5:15 - 7:10 pm	FREE	Koko Head
Kung Fu	Tu 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Kung Fu	Th 8:30 - 9:30 pm	\$20/10 sessions	Koko Head
Tai Chi / Chi Gung	Tu 10:00 - 11:00 am	\$20/10 sessions	Koko Head
Tai Chi / Chi Gung	Th 7:30 - 8:30 pm	\$20/10 sessions	Koko Head
Tennis, Beginner	Tu 9:00 - 11:00 am	FREE!!	Koko Head
Tennis, Beginner	Th 9:00 - 11:00 am	FREE!!	Koko Head
Volleyball	M 1:00 - 2:00 pm	Pick-up Games	Koko Head
Weight Room	Call For Days/Time	FREE!!	Koko Head
Yoga / Stretch Exercise	Sa 10:00 - 11:00 am	\$20/10 Session	Koko Head



USTA Tennis

Session I: 1/29 - 3/12/09 Session II: 4/9 - 5/21/09

*Register online at www.hawaii.usta.com

For more information call USTA at 955-6696 ext. 29

Cost: \$35.00/6 lessons Each Session is 6 Weeks, 1 week for make-up.

CLASS	AGE	DAY	TIME	LOCATION
Youth Beginner	9 - 12	Fri.	3:00 - 4:00 pm	'Aina Haina
Youth Beginner	6 - 8	Fri.	4:00 - 5:00 pm	'Aina Haina
Youth Intermediate	10 - 14	Thurs.	5:00 - 6:30 pm	'Aina Haina
Rally Ball		Fri.	5:00 - 6:30 pm	'Aina Haina
Youth Beginner	6 - 8	Thurs.	4:00 - 5:00 pm	Koko Head
Youth Beginner	9 - 13	Thurs.	5:00 - 6:00 pm	Koko Head
Adult Beginner	18 & U	Thurs.	6:00 - 7:00 pm	Koko Head

SPECIAL SPORTS LEAGUES FOR CHILDREN AND TEENS

Manoa Girls Athletic Club

<http://www/eteams.com/mgac>

Volleyball League

December - February For girls 7-17 years of age. Check website in September for registration information.

Basketball League

February-May For girls 8-17 years of age. Check website in mid-November for registration information.

Softball League

May-July For girls 2nd-8th grade. Check website in mid-February for registration information.

Boys Volleyball

May-July For boys 8-13 years of age. Check website in mid-February for registration information.

Boys Flag Football- tentative

September-October. For children 8-9 years of age. Check website in mid may for registration information.

Manoa Aquatics Swim Team

January to December For children 6-18 years of age. Come and try out at team practices. Monday thru Friday from 5-6pm at Manoa Pool.

Manoa Youth Baseball League

<http://manoa-baseball.com>

January-May For children 5-14 years of age. Check website in late September for registration information.

Manoa Boys Basketball League

<http://eteamz.com/mbbl>

August-December For children 7-17 years of age. Check website in late April for registration information.

Manoa Paniolos

manoa paniolo@yahoo.com

Pop Warner Football

August-December For boys 8-12 years of age. Must meet age/weight requirement. Email in February for registration dates.

Cheerleading Squad

August-December For girls 8-12 years of age. Email in February for registration dates.

AYSO

www.AYSOregion178.org/

For information about youth soccer, please check website.

WEIGHT ROOM (Located in Old Gym):

See attendant on duty to register. Minors (14-17yrs.)

must be accompanied by a responsible adult.

PERSONAL WEIGHT TRAINING & EXERCISE (w/out instructor)



Open Monday, Wednesday & Friday, 5-8pm., Saturday & Sunday, 1:30-3:30pm

OLYMPIC WEIGHTLIFTING

Tuesday & Thursday, 5:30-6:30pm in old gym weight room.

Anyone 12 years and older wanting to learn how to do the Olympics lifts, snatch and clean & jerk, are welcomed to register for this class.

MANOA YOUTH WEIGHTLIFTING

Monday, Wednesday & Friday, 4:00-5:00pm. 11 to 15 years old. Olympic weightlifting taught by a certified USA Weightlifting coach. Young athletes will learn how to perform the Olympic lifts safely with proper technique to improve power and athletic performance.

FREE PLAY ACTIVITIES

Activities are open to the public. Call park for more information.

BASKETBALL

Monday, Tuesday, Thursday, Friday, 2:30-4:30pm; Wednesday, 1:30-4:30pm, 7:15-9pm; Saturday, Sunday and Holidays, 1:00-5:

VOLLEYBALL

Monday, 7:15-9pm

WHEELCHAIR BASKETBALL

Thursday, 5-7pm

TABLE TENNIS

Saturday, 5-9pm

INDOOR SOCCER

Thursday, 7-9pm

CHESS

Monday, 6:45-9pm

TZP (The Zone Program)

Tuesday, Thursday, 2:30-4:00pm Wednesday, 1:30-4:00pm

The gym and stage area will be open to the public for free play with general supervision. Facility users must follow DPR rules.



USTA TENNIS CLASSES at Manoa Courts
Tennis classes for children and adults are offered by USTA.
All registration done online at www.hawaii.usta.com or call 955-6696.

DEPARTMENT OF PARKS & RECREATION



MANOA VALLEY DISTRICT PARK

2721 Kaapiu Street

Directory

Elizabeth Tsuruda Recreation Director Ph: 988-080	Punahale Crowell Recreation Director Ph: 988-0513
Mei Linn Park Pool Manager Ph: 988-6868	Pamela Okihara Complex Supervisor Ph: 988-3136

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu-parks.com.



Program starts on January 26, 2009. For specific start dates, please call program director. No classes on the following days: Feb. 16 (President's Day), Mar. 26 (Kuhio Day) April 10 (Good Friday),

WALK-IN REGISTRATION DATES:

Walk-in registration will be held on January 12, 2009 from 6:00-8:00pm and on January 13 and 14, from 2:00-5:00pm in the new Multi-purpose meeting room. Each person may register for themselves & members of their immediate family. Registration is on a first-come, first-served basis. Space is limited.

Please call the park for more information or to view a list of classes and descriptions go to <http://parks.honolulu-parks.gov/sdi/home.html>

TINY TOTS PROGRAM

CLASS	DAY/TIME	AGE	COST
Me and My Tot	T,Th/9:30-11:00am	2-4yrs.	Free

Me and My Tot classes are a parent run program. Each child must be accompanied by an adult.

CHILDREN PROGRAM

CLASS	DAY/TIME	GRADE	COST
Basketball Clinic	F/2:45-3:50pm	K-2	Free
Basketball Clinic	F/3:30-4:30pm	3-6	Free
Capoeira	M/3:00-4:00pm	K-2	\$18/9 weeks
Dance/Martial Arts			
Capoeira	M/4:00-5:00pm	3-6	\$18/9 weeks
Dance/Martial Arts			
Ceramics	Th/3:00-4:00pm	3-6	Free
Cooking	W/2:00-4:00pm	K-6	\$20 supply fee
Dodgeball	M/3:30-4:30pm	3-6	Free
Hula & Tahitian, Beg	T/3:45-4:45pm	1-6	Free
Scrapbooking	T/2:45-3:45pm	2-6	Free
Volleyball Clinic	W,Th/3:00-5:00pm	6-8yrs.	Free
Volleyball Lge	T,W/2:30-3:30pm	9-11yrs.	Free
Volleyball Lge.	T,Th/3:30-4:30pm	12-14yrs.	Free

Study Hall

Monday, Tuesday, Thursday 2:30-4:30pm
 Wednesday 1:30-4:30pm
 Grades K-12. Classroom on Old gym stage. Staff will assist children with homework, make sure they read, etc before they can play.

ADULT PROGRAM

CLASS	DAY/TIME	COST
Bon Dance, Beg.	T/9:00-10:00am	Free
Bon Dance, Inter.	T/10:15-11:30am	Free
Ceramics	Th/12:30-2:30pm	Free
Hula	Th/11:00-12:00pm	Free
Rubber Stamping	M/7:00-8:00pm	\$20/10 weeks
Sahm Bo Dahn	M,T,F/9:00-10:00am	Free
Salsa Dance	F/7:30-8:30pm	\$24/12 weeks
Scrapbooking, digital & traditional	M/6:00-8:30pm	\$24/6 weeks
Scrapbooking, Traditional	F/9:00-11:00am	\$20/5 weeks
Sports Conditioning I	M/5:30-6:30pm	\$24/12 weeks
Sports Conditioning II	W/5:30-6:30pm	\$24/12 weeks
Tai Chi I	Th/9:00-10:00am	\$24/12 weeks
Tai Chi II	Th/10:00-11:00am	\$24/12 weeks
Tai Chi for Arthritis	M/10:15-11:15am	\$24/12 weeks
Total Fitness	Tu/5:00-6:00pm	\$24/12 weeks
Total Fitness	Th/5:00-6:00pm	\$24/12 weeks
Western Line Dance, Beg	W/6:45-7:45pm	\$24/12 weeks
Western Line Dance, Inter	W/7:45-8:45pm	\$24/12 weeks
Western Line Dance, Super Beg.	F/5:30-6:30pm	\$24/12 weeks
Western Line Dance, Beg.	F/6:30-7:30pm	\$24/12 weeks
Yoga	Th/6:00-7:00pm	\$24/12 weeks
Yoga	Th/7:00-8:00pm	\$24/12 weeks
Yoga, Power Breathing	T/6:15-7:15pm	\$24/12 weeks

SENIOR CITIZENS CLUB

Hui O Manoa meets every Wednesday from 9-12:00noon. For anyone 55yrs. and older. Membership dues.

Manoa Easter Egg Hunt

April 12, 2009

9:30am

Egg hunt, Easter craft, picture taking for children 12yrs. and under.
 Call 988-0513 for more information.



POOL PROGRAM

PROGRAM DATES:

Session 1: Jan 26 – Mar 05 (Tots, Level 1-3)

Session 2: Mar 09 – Apr 16 (Tots, Level 1-3)

Saturdays: Jan 31 – Apr 18

Holidays: February 16, March 16 and April 10.

General Description of Classes:

Tots: Introduction – helps students feel comfortable in the water and to enjoy water safely.

Level 1: Basics – students adjust to the water and learn basics of freestyle

Level 2: Fundamentals – students learn skills for freestyle and backstroke.

Level 3: Improvement – students refine freestyle and backstroke.

Level 4: Development – students master freestyle and backstroke, introduction to breaststroke.

Level 5: Refinement – students master freestyle, backstroke, breast stroke, introduction to butterfly.

Level 6: Proficiency – students advance to endurance training.

Novice Swim Team: students advance to endurance training, participate in Swim Meets.

District Swim Meets: February 14 @ Palolo Pool & March 14 @ Kapaolono Pool

City-Wide Swim Meet: April 11 @ TBA

TOT & CHILDREN SWIM PROGRAM

CLASS	DAY/TIME	AGE
Tot	M,W / 2:30-3:00pm	3-5 yrs.
Tot	Tu,Th / 11:45-12:15pm	3-5 yrs.
Tot	Tu,Th / 2:30-3:00pm	3-5 yrs.
Tot	Sat / 11:00-11:30am	3-5 yrs.
Level 1	M, W / 3:00 – 3:30 pm	5-13 yrs.
Level 1	Sat / 10:15 – 10:45 am	5-13 yrs.
Level 2	M,W / 3:00 – 3:30 pm	5-13 yrs.
Level 2	Sat / 10:15 – 10:45 am	5-13 yrs.
Level 3	M, W / 3:00 – 3:30 pm	5-13 yrs.
Level 3	Sat / 10:15 – 10:45 am	5-13 yrs.
Level 4	Tu, Th / 3:00 – 3:45 pm	5-13 yrs.
Level 4	Sat / 9:30 – 10:15 am	5-13 yrs.
Level 5	Tu,Th / 3:00 – 3:45pm	5-13 yrs.
Level 5	Sat / 9:30 – 10:15 am	5-13 yrs.
Level 6	Tu/Th / 3:00 – 3:45pm	5-13 yrs.
Level 6	Sat / 9:30 – 10:15 am	5-13 yrs.
Novice Swim Team	Tu,Th / 3:00 – 3:45 pm	5-13 yrs.

General Description of Classes:

Learn to Swim: Students learn basic skills and fundamental stroke technique. Open to all ability levels.

Distance Swim: Distance swim is for proficient swimmers working on refinement and endurance.

Water Exercise: Students of all fitness levels can enjoy water workouts.

Water Exercise, Independent: Students of all fitness levels organize water workouts in the deep water. Aqua jogger required.

TEEN, ADULT & SENIOR SWIM PROGRAM

CLASS	DAY/TIME	AGE
Beg. Learn To Swim	M, W/10:00 – 10:45 am	18 +
Beg. Learn To Swim	Sat / 9:30 – 10:15 am	18 +
Learn To Swim	Tu, Th / 7:30 – 8:15 pm	18 +
Distance Swim	Tu, Th / 6:30 – 7:30 pm	18 +
Water Exercise, AM	M,W,F/9:00 – 10:00 am	18 +
Water Exercise, PM	M, W / 6:30 – 7:30 pm	18 +
Water Exercise, Independent	F / 10:00 – 10:45am	18+



Manoa Pool Public Swim Hours

Lap Swim	M, W, F	11:00 am – 1:00 pm
	T, Th, Sat	12:00 pm – 1:00 pm
Lap & Free Swim	M – F	1:00 pm – 5:00 pm
	Sat, Sun, Holidays	1:00 pm – 5:00 pm
Night Swim	M, W	7:30 pm – 9:00 pm
	Fri	6:30 pm – 8:30 pm

*Training pool is open all of the above hours subject to availability of lifeguards.

COMPLETE SHOWERS must be taken by all pool users.

Proper attire is required. Sunscreen & sun block must be applied at least 1/2 hour before entering the pool for effectiveness. Complete pool rules are posted and are in effect.

WATER FESTIVAL @ Palolo Pool

April 9, 2009

3:00-5:00pm

Water games, activities, refreshments. Free!

See program director for more information.



All classes & schedules are Subject To Change

ADULT CLASSES

CLASS	DAY / TIME	COST	PARK
Belly Dance	Sa 1:30-2:30pm	\$20/10 sessions	Kilauea
Ceramics, Beginner	M 6:30-8:30pm	Free	Kahala
Ceramics, Family	M 6:30-8:30pm	Free	Kahala
Ceramics, Workshop	F 9:00-11:30am	Free	Kahala
Dance Warrior, Exercise	M 5:30-6:30pm	\$20/10 sessions	Kilauea
Dance Warrior, Exercise	W 5:30-6:30pm	\$20/10 sessions	Kilauea
Guitar, Beginner	M 11:00-11:45am	Free	Wilson
Hawn Quilt, Beg	W 9:00-11:00am	\$40/10 sessions	Kilauea
Hawn Quilt, Adv	W 9:00-11:00am	\$40/10 sessions	Kilauea
Flower Arrg, Beg	F 9:00-11:00am	\$40/10 sessions	Kilauea
Flower Arrg, Adv	F 9:00-11:00am	\$40/10 sessions	Kilauea
Jewelry, Beading	Tu 9:00-11:00am	\$40/10 sessions	Kilauea
Scrapbooking	Th 6:30-8:30pm	\$40/10 sessions	Kilauea
Tai Chi, Beg	Th 7:00-8:00am	\$32/16 sessions	Kahala
Tai Chi, Beg	Tu 9:00-10:00am	Free	Kapaolono
Tai Chi, Beg	Th 9:00-10:00am	Free	Kapaolono
Tai Chi, Review	Th 10:30-11:00am	Free	Kapaolono
Ukulele, Beginner	W 10:00-11:00am	Free	Kahala
Ukulele, Advanced	M 9:15-10:45am	Free	Wilson
Ukulele, Play and Sing	W 11:00-12noon	Free	Kahala
Weight Training, Beg	M 6:30-7:30pm	Free	Kilauea
Weight Training, Int	M 7:30-8:30pm	Free	Kilauea

Register at the park listed in the far right column.



SENIOR CITIZEN CLASSES

CLASS	DAY / TIME	COST	PARK
Kupuna Fitness	M 9:30-10:30pm	Free	Kapaolono



SENIOR CITIZEN CLUBS

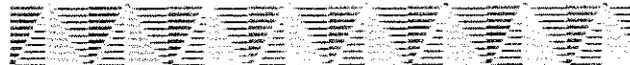
To join a senior club, contact the recreation director of the park listed below.

CLUB	DAY / TIMES	COST	PARK
Hui Hookipa o Kahala	Tu 9:00-11:00a	Membership Fee	Kahala
Hui o Kilauea	Tu 9:30-11:00a	Membership Fee	Kilauea

COMMUNITY BULLETIN BOARD

Programs offered by community orgs; call "Contact Ph #" for more info.

Group	Day/Time	Contact Ph #	Park
Baton Hawaii (youth)	W&S 3:00-5:00pm	554-2428	Kilauea
Girl Scouts	F 6:30-9:00pm	927-3290	Kilauea
Hawaii Ballroom Dance Assn-Kaimuki Chapter	M 7:00-9:00pm Tu 7:00-9:00pm	735-1483	Kilauea
Island Ki-Karate Assn	T, Th 5:30-7:30pm	734-7099	Kilauea
Ki Training	W 6:30-7:30pm	733-7355	Petrie
Kilauea Line Dance Club	F 9:30-11:00am	737-5614	Kilauea
Kilauea Minbu Kai Minyo	Tu 9:00-11:00am Th 12:00-2:00pm	734-1022	Kilauea
Kilauea Okinawan Club	M,W 9:00-11:00am	*182-734-3351	Kilauea
Kilauea Sr Ballrm Dance	W 9:30-11:30am	595-4959	Kilauea
Kilauea Stompers	W 7:00-9:00pm	791-9705	Kilauea
Kilauea Tennis Fun Lge	M,Tu 6:30-9:30pm	734-7306	Kilauea
Queen Emma Ballet (youth)	M,W,S 3:00-6:00pm	735-6553	Kilauea
USTA (Tennis)	Schedule and Registration online www.hawaii.usta.com	955-6696, ext. 29	Kahala, Kilauea
Wed Lunchtime LineDancers	W 11:30-1:00pm	949-2650	Kilauea



***USTA TENNIS CLASSES**

USTA Tennis Classes are available at various City Parks. In Waialae Complex, classes are held at Kahala Community Park, Kapaolono Community Park, and Kilauea District Park.

ALL registration is taken online at www.hawaii.usta.com
If you have questions, need help with registration, etc., please call 955-6696, ext. 29.



DIRECTORY

KAHALA Com. Park
4495 Paho Avenue
Phone: 733-7371
Director: Keora Blakeley

KILAUEA Dist. Pk
4109 Kilauea Avenue
Phone: 733-7355 or -7356
Director: Sam Wong

KAPAOLONO Com. Pk
701 11th Avenue
Phone: 733-7370
Director: Robert Shintani

PETRIE Com. Pk
1039 20th Avenue
Ph: 733-7355 / 733-7357

KAPAOLONO Pool
701 11th Avenue
Phone: 733-7369
Director: Nepo Leutu

WILSON Com. Pk
4901 Kilauea Avenue
Phone: 733-7367
Director: Bill Grace

- REGISTRATION DATES:

Online - view Spring Activities and how to set up an account to register online at www.honolulu parks.com
Online Registration available from *December 22, 2008 - January 5, 2009.*

On-site Registration at Waialae Complex Parks:
January 12, 2009, 6:00 - 8:00pm and January 13 and 14, 2009, 2:00 - 5:00pm For more info and/or late registration information, call the parks.

- PROGRAM STARTS: Most classes begin the *Week of January 26, 2009.*



The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have a need for *reasonable modifications*, please call your local park. TTY users call 895-9750.

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor

DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

All classes & schedules are Subject To Change

CHILDREN & TEEN CLASSES

CLASS	AGE	DAY/TIME	COST	PARK
Archery	8-14	Tu 3:00-4:00pm	Free	Wilson
Archery, Beginner	8-12	Tu 2:45-3:45pm	Free	Kahala
Archery, Intermediate	8-14	Th 2:45-3:45pm	Free	Kahala
Arts & Crafts	5-12	W 2:45-3:45pm	Free	Kahala
Arts & Crafts	5-12	Tu 3:00-4:00pm	Free	Kapaolono
Ceramics	5-12	M 2:45-4:00pm	Free	Kahala
Ceramics	7-12	F 3:00-4:00pm	Free	Kapaolono
Ceramics, Family	3-18	M 6:30-8:30pm	Free	Kahala
Chi Martial Arts	6-12	M&W 3:30-4:30pm	Free	Kapaolono
Clay I (Ceramics)	5-7	F 2:45-3:30pm	Free	Wilson
Clay II (Ceramics)	8-12	F 3:30-4:15pm	Free	Wilson
Cooking	5-12	F 2:45-4:00pm	\$15	Kahala
Holiday Art	5-7	Th 2:30-3:30pm	\$5	Wilson
Holiday Art II	8-12	Th 3:30-4:15pm	\$5	Wilson
Indoor/Outdoor Games	5-12	Tu 2:30-3:15pm	Free	Wilson
Keiki Games	6-8	M 3:30-4:15pm	Free	Kapaolono
Kids' Cooking Class	5-12	W 2:00-3:00pm	\$10	Wilson
Parent's & Tots	3-5	F 9:30-10:30am	Free	Kapaolono
Shambattle, TEEN	11-13	W 1:30-2:30pm	Free	Kilauea
Soccer	6-12	M&W 2:30-3:30pm	Free	Kapaolono
Table Tennis	5-12	M 3:15-4:00pm	Free	Wilson
Tennis I	6-9	Tu 3:00-4:00pm	Free	Kapaolono
Tennis II	9-12	Th 3:00-4:00pm	Free	Kapaolono
Tennis, Beg. USTA*	9-12	Tu 3:00-4:00pm	\$35	Kahala
Tennis, Beg. USTA*	6-8	Tu 4:00-5:00pm	\$35	Kahala
Tennis, Beg/Nov. USTA*	9-13	Tu 5:00-6:00pm	\$35	Kahala
Ukulele, Beg	8-12	M 3:00-3:30pm	Free	Wilson
Ukulele, Inter.	8-12	M 3:30-4:00pm	Free	Wilson
Video Games	5-12	M 2:30-4:30pm	Free	Wilson
Volleyball, Children	9-11	T 4:00-5:00pm	Free	Kilauea
Volleyball Class, Mx	6-8	M 2:30-3:15pm	Free	Wilson
Volleyball Class, Mx	9-11	M 3:15-4:00pm	Free	Wilson
Volleyball Skills Clinic	6-8	W&Th 3:00-4:30pm	Free	All
-Clinic held 1/28-2/12 at Manoa Gym. May register at any of our parks.				
Volleyball, Teen	12-14	W 1:30-2:30 pm	Free	Kilauea
Volleyball Team Lge	9-11	Game Days: W 2/18-3/08 @ Koko Head Gym Times&Days Vary @sites	Free	Kilauea, Kapaolono, Wilson

Special Holidays: NO classes/program

Presidents' Day: Mon, Feb. 16

Kuhio Day: Wed, Mar. 26

Good Friday: Fri, Apr. 10

**DOE Spring Break/Intersession:
Mar. 23-Apr. 3: NO Children & Teen Classes**

SWIMMING CLASS AT KAPAOLONO POOL - All Free

CLASS	AGE	DAY/TIME
Parent & Tot	3-5	9:45-10:30am
Level 1-Water Exploration	5 & up	M&W 2:45-3:15pm
Level 1-Water Exploration	5 & up	M&W 4:30-4:00pm
Level 1-Water Exploration	5 & up	Tu&Th 2:45-3:15pm
Level 1-Water Exploration	5 & up	Tu&Th 3:30-4:00pm
Level 2-Primary Skills	5 & up	M&W 2:45-3:15pm
Level 2-Primary Skills	5 & up	M&W 3:30-4:00pm
Level 2-Primary Skills	5 & up	Tu&Th 2:45-3:15pm
Level 2-Primary Skills	5 & up	Tu&Th 3:30-4:00pm
Level 3-Stroke Readiness	5 & up	M&W 2:45-3:15pm
Level 3-Stroke Readiness	5 & up	M&W 3:30-4:00pm
Level 3-Stroke Readiness	5 & up	Tu&Th 2:45-3:15pm
Level 3-Stroke Readiness	5 & up	Tu&Th 3:30-4:00pm
Level 4-Stroke Development	5 & up	Fri 2:45-3:15pm
Level 4-Stroke Development	5 & up	Fri 3:30-4:00pm
Level 4-Stroke Development	5 & up	Sat 9:00-9:45am
Level 5-Stroke Refinement	5 & up	Fri 2:45-3:15pm
Level 5-Stroke Refinement	5 & up	Fri 3:30-4:00pm
Level 5-Stroke Refinement	5 & up	Sat 9:00-9:45am
Novice Swim Team	5 & up	Fri 3:00-3:45pm
Novice Swim Team	5 & up	Sat 9:00-9:45am
Learn to Swim, all levels	Adult	Tu & Th 9:30-10:30am
Water Aerobics	Adult	Tu & Th 10:30-11:30am
Water Walk & Tone	Adult	M/W/F 9:30-10:30am

PUBLIC SWIM AND LAP SWIM HOURS

LAP SWIM	M/W/F	10:30-12:00am
	Sat/Sun	12:00-1:00pm
Public Swim	Mon-Fri	4:00-6:00pm
	Wed	4:00-8:00pm
	Sat/Sun	1:00-5:00pm

District Archery Tournament

Wednesday, April 8, 2009 @ Wilson CP, 3:00-5:30pm

Must be registered in a Dist. I Archery Class.



District Water Festival & Games

Friday, April 9, 3-5pm @ Palolo Pool

Free for ages 5 – 15yrs.



Ted Kimura Goodwill Basketball Tournament
March 26, 27, 28, 2009
at Kilauea Gymnasium



DEPARTMENT OF PARKS & RECREATION



CITY & COUNTY of HONOLULU DEPT. of PARKS & RECREATION
 Mufi Hann, Mayor Lester K. C. Chang, Director

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ALA WAI COMMUNITY PARK 2015 Kapiolani Blvd.. Phone: 973-7266

Recreation Director: Karen L. French

NEW: ON LINE REGISTRATION FOR NON-FEE CLASSES

Register on line for non-fee classes beginning Monday, December 22, 2008 to January 5, 2009. Sign up for an account beginning December 1, 2008.

PROGRAM DATES: Program Starts: January 26, 2009
 Walk-In Registration Dates: January 17, 2009 9:00 -12:00 PM
 January 20 and 21, 2009 2:00 - 5:30 PM

No classes on Monday, February 16 and Thursday, March 26 - Holidays

AEROBICS, Senior Pace	Mon, Wed, Fri	3:00-4:00p	Free
Exercise at your own pace to our video instructed aerobics class.			
HULA, Beginner	Wed	9:00-10:00am	\$20/10 sessions
Hannah Kaneakua-Basso teaches the graceful dance of Hawaii.			
HULA, Intermediate	Wed	10:00-11:00am	\$20/10 sessions
Hannah Kaneakua-Basso provides guidance for the experienced dancer.			
LINE DANCE, Beginner	Tues	9:45 - 10:45	\$20/10 sessions

Come to one of our night classes. Join instructor Les Chun in this evening opening.

POTTERY, Wheelthrowing Fri 8:30am-10:30am \$40/10 sessions
Learn the basics of wheelthrowing and create your own pieces. Instructor: Dennis Leong

POTTERY, Wheelthrowing Sat 9:00am-11:00am \$40/10 sessions
Learn the basics of wheelthrowing and create your own pieces. Instructor: Mary Ellen Hancock

Open Studio Hours

Studio is open to registered students and instructors only during program period.

Evening hours are subject to availability of staff.

MONDAY	12:00-4:30pm, 6:00-8:30pm
TUESDAY	12:00-4:30pm
WEDNESDAY	12:00-4:30pm
THURSDAY	CLOSED
FRIDAY	12:00-4:30pm, 6:00-8:30pm
SATURDAY	CLOSED

SENIOR CITIZENS CLUBS

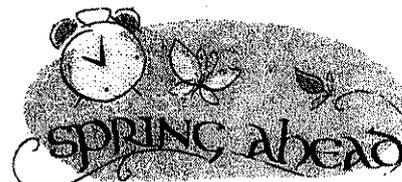
For anyone 55 years and older. Meet new people, play bridge, excursions, and speakers. Please call park director for more information.

HONOLULU SENIORS	Wed	8:30am-12:00pm	Membership Dues
PUU WAI O PIO PIO	Mon	9:30am-11:00am	Membership Dues

COMMUNITY BULLETIN BOARD

Programs offered by community organizations. Please call these numbers for more information.

TAHITI RAVA (*Tahitian Dancing*) Rose Perreira 732-7342
Class meets on Friday nights, 5:30-8:00pm



DEPARTMENT OF PARKS
& RECREATION

Spring Program



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CITY & COUNTY of HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day,

March 26, 2009 - Prince Kuhio Day,

April 10, 2009- Good Friday

Newspaper Ad: Midweek during the week
of January 5, 2009

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'AIEA DISTRICT PARK

99-350 'Aiea Heights Drive

Phone: 483-7859

Director: Darla Neves

TINY TOTS

FRIDAY

1. Kids Play-A special time for your child to play and learn with other children! A different theme will be explored each week. Emotional, social and cognitive growth is encouraged through group play, stories, games, music time, crafts, science, and cooking experiences. Must be 3 years old by Dec. 31, 2008 and toilet trained. Limited to 6 children.

3 ½-4 yrs. 10 -11:30a

CHILDREN

MONDAY/WEDNESDAY

2. Basketball -Learn the fundamentals of team play, rules and league play. Age Determination date: December 31, 2008.

9-11 yrs. 2:45-4:00p

TUESDAY

3. Yummy Tummy - Make ono grinds to for yourself or to share with your family. Collect recipes, learn how to measure, find out why cooking is a science, and most of all understand why and how to clean-up. Feb. 3, 10, 17, 24. Fee: \$10.00

5 yrs. & Up 2:45-4:00p

WEDNESDAY

4. Needle and Thread – Basic sewing; mend and make new projects. March 4, 11, 18, 25. Fee: \$10.00 for supplies.

Parent/Child 2:45-4:00p

5. Lei Making – Make a lei, wear a lei and give a lei. April 1, 8, 15.

Parent/Child 2:45-4:00p

FRIDAY

6. Chess-Improve problem solving, strategic thinking and concentration. Parents welcome.

5 yrs. & Up 3:00-4:00p
Parent/Child

TEENS

TUESDAY/THURSDAY

7. Basketball-Team work and practice; understand the rules and skills of the game. Age determination date: December 31, 2008.

12-14 yrs. 4:00-6:00p

TUESDAY/THURSDAY/FRIDAY

8. Basketball-Team work and practice; understand the rules and skills of the game. Age determination date: December 31, 2008.

15-17 yrs. 5:00-7:00p

ADULTS

MONDAY

Aiealani Senior Club-Offers those 55 years of age and older the opportunity to make new friends, develop new interests and have a good time in a warm, friendly place. Participate in Sr. Olympics, go on excursions and listen to speakers of interesting topics.

Fee 9:30-11:30a

TUESDAY

Country Line Dance-Terry Ragasa, instructor. \$20.00/10 lessons (01/27 to 03/31/2009).

Fee 11a-12:00p

COMMUNITY BULLETIN

SUNDAY/THURSDAY

Badminton Club-Game play, competition and tournament opportunities.

Fee 7:00-9:00p

Monday

Dog Obedience Classes-Training for masters.

Fee 7:00-9:00p

TUESDAY

Badminton, Beginner-Learn the basic techniques, rules and strategies.

Fee 7:00-9:00p

TUESDAY/FRIDAY

Karate-Ken Shu Kan-Kubodo. Children/Teens/Adults.

Fee 6:00-8:00p

WEDNESDAY

Ikebana-Japanese flower arrangements. D.O.E. Adult Education.

Fee 9:00-11:00a

THURSDAY

Bunkashishu-Advanced group sharing the knowledge in the art of Japanese tapestry.

9:00-11:00a

NEW Online
Registration for
non-fee classes.



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AIEA SWIMMING POOL

99-350 Aiea Heights Drive

Phone: 483-7858

Manager: Kyle Shibuya

CHILDREN (5 YEARS AND OLDER) and TEENS February 2 to March 27, 2009

MONDAY /WEDNESDAY

Level I	Water adjustment, basic skills, floating, kicking, and breath control.	Limit 6	2:30pm-3:00pm
Level II	Swimming coordination for front and back crawl.	Limit 6	3:00pm-3:30pm

TUESDAY/THURSDAY

Level III	Build basic skills for front and back crawl.	Limit 8	2:30pm-3:00pm
Level IV	Develop confidence in the water and learn different strokes.	Limit 8	3:00pm-3:30pm

FRIDAY

Jr. Lifesaving	Prerequisite: Be able to swim 500 yards. Learn rescue techniques and first aid. Age: 11 years and older.		2:30pm-3:15pm
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ADULT AND SENIOR PROGRAM February 3 to April 10, 2009

TUESDAY

Water Exercise	Muscle toning and conditioning. \$20.00 (10 Classes Feb. 3-Apr. 7)	Limit 20	10:00am-10:45am
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FRIDAY

Water Exercise	Muscle toning and conditioning. \$20.00 (10 Classes Feb. 6-Apr. 10)	Limit 20	10:00am-10:45am
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PUBLIC AND LAP SWIM HOURS February 2 to March 27, 2009

	<u>Adult Lap Swim</u>	<u>*Public/Lap Swim</u>
Monday	11:00am - 12:30pm	3:30pm - 4:45pm
Tuesday	11:00am - 12:30pm	3:30pm - 4:45pm
Wednesday	No lap swim	3:30pm - 4:45pm
Thursday	No lap swim	3:30pm - 4:45pm
Friday	11:00am - 12:30pm	3:30pm - 4:45pm
Saturday/Sunday/Holidays	No lap swim	1:00pm - 4:45pm

*Lap swimmers will share the pool with public swimmers. Limited lanes available.

NEW Online
Registration for
non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu parks.com.



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ALA PUUMALU COMMUNITY PARK

1575 Ala Puumalu Street

Phone: 831-7231

Directors: Gail Yamamoto
Napua Cayetano

TINY TOTS

MONDAY/WEDNESDAY

Tiny Tots I – Child development, crafts, songs.
Limit: 12. Minimum: 8. Cost: \$20/10 classes.
Please show birth certificate. Instructor: Jayeen Cancino

AGE
3½ - 5 years

TIME
9:30-10:30 am

Tiny Tots II – Child development, crafts, songs.
Limit: 12. Minimum: 8. Cost: \$20/10 classes.
Please show birth certificate. Instructor: Jayeen Cancino

3½ - 5 years

10:30-11:30 am

CHILDREN

(Limit: 16 students. Minimum: 8 for most classes unless otherwise stated)

TUESDAY/FRIDAY

Basketball, 8 – 11 years old. Fundamentals. Free.
Practices at Salt Lake District Park Gymnasium.

8 – 11 yrs.

4:00-5:00 pm

WEDNESDAY

Keiki Cooking – Fun cooking projects. \$16/8 classes.

Grades K-6

3:30-4:30 pm

THURSDAY

Keiki Crafts – Seasonal crafts. \$10/8 classes.

Grades K-6

3:30-4:30 pm

TEENS

(Limit: 12 students. Minimum: 8 for most classes unless otherwise stated)

TUESDAY/WEDNESDAY

Volleyball, 15-17 years old. Basic fundamentals.
\$40/season. Practices held at Salt Lake District Park gym.

15 – 17 yrs.

3:00-4:30 pm

TUESDAY/FRIDAY

Basketball, 12-14 years old. Skills development.
League on Wednesdays.

12-14 yrs.

3:00-4:00 pm

Basketball, 15-17 years old. Skills & drills.
League on Monday nights.

15-17 yrs.

4:00-5:00 pm

ADULTS

COST

TIME

MONDAY

Aerobics, Low Impact

\$20.00/10 classes 5:30-6:30 pm

Exercise geared for beginners or those who enjoy a less rigorous workout.

Wear comfortable clothes and covered footwear.

Towel and/or mat is recommended. Instructor: Cynthia Pratt

TUESDAY/THURSDAY

Fun Aerobics (Medium/High Impact)

\$20/10 classes 5:30-6:30 pm

Instructor uses techno music with heavy drum beats. Do not sign up if you do not

like this type of music. Bring water, towel, mat, and weights. Instructor: Cynthia Pratt

FRIDAY

Line Dance – Instructor Terry Ragasa.

\$20/10 classes

11am-12:00 noon

SENIOR CITIZENS

MONDAY

Country Club Seniors – Club meetings, activities, speakers, excursions. Club dues. 55 years and older.

9:00-11:00 am

NEW Online
Registration for
non-fee classes.



Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com.

COMMUNITY BULLETIN

MOANALUA ADULT EDUCATION CLASSES

A variety of classes are held at Ala Puumalu Community Park. For course information, schedule, cost, registration dates and times, please call the Moanalua Adult Education Office at 837-8466. The office is located on the Moanalua High School Campus, 2825-A Ala Ilima Street.

UNITED STATES TENNIS ASSOCIATION Play to Learn Tennis Program

Thursdays: \$35 for six 1-hour lessons. Racquets and balls provided.
Session I: Jan 29 – March 12 (including make up week)
Session II: April 9 – May 21 (including make up week)
3:00 – 4:00 pm Youth Advance Beginner 9 – 12 yrs.
4:00 – 5:00 pm Youth Beginner 9 – 12 yrs.
5:00 – 6:00 pm Youth Beginner 5 – 6 yrs.

For class information, registration, site and times, visit www.hawaii.usta.com or contact USTA-Hawaii Pacific Section at 955-6696 x 29.

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BERETANIA COMMUNITY PARK

1290 Aala Street

Phone: 522-7022

Staff:

CHILDREN

MONDAY

Basketball - Skill building, league play.

(Minimum 10 - if enough sign up, league play on Saturday mornings.)

8 - 11 yrs.

3:30- 4:30 pm

TUESDAY

Board / Table Games - Chutes & Ladders, jacks, etc.

PING-PONG - Learn the game of ping pong.

7 - 11 yrs.

3:30- 4:30 pm

8 - 11 yrs

4:30 - 5:30 pm

FRIDAY

Basketball - Skill building, league play.

(Minimum 10 - if enough sign up, league play on Saturday mornings.)

8 - 11 yrs.

3:30- 4:30 pm

***MONDAY/WEDNESDAY/SATURDAY: DISTRICT II SPORTS LEAGUE DAYS. PARTICIPATION DEPENDS IF THERE ARE ENOUGH CHILDREN TO MAKE A TEAM.

TEENS

Basketball - Skill building, league play.

(Minimum 10 - if enough sign up, league play on Wednesday after school.)

12 - 14 yrs.

TBA

TEEN TIME: Day and time to be arranged.

Socializing, outings, community service.

12 - 17 yrs.

TBA

ADULTS/SENIORS

MONDAY

HULA: Must have knowledge of hula movements and terminology.

TBA

BON DANCE - Learn various bon dances. (STARTS- 1/26/09)

7:00 - 9:00 pm

Cost: For your own supplies. (Class has limited enrollment.)

MONDAY/THURSDAY

ESCRIMA - BEGINNERS (6 WEEKS BASIC PROGRAM)

6:30 - 7:30 pm

Cost: For your own supplies and materials. (STARTS- 1/26/09)

ADULTS/SENIORS, CONTINUED

TUESDAY

HARMONICA - CONTINUING. (STARTS - 1/27/09)

Need your own harmonica. Cost: For your own supplies

9:00 - 11:00 am

PARANKU - Okinawan drum dance. (STARTS - 1/27/09)

Cost: For your own supplies.

6:30 - 8:30 pm

TUESDAY/THURSDAY

TAI CHI - Exercise the mind & body. (STARTS - 1/27/09)

(Time subject to change due to instructor's schedule.)

10:00 - 11:00 am

TUESDAY / FRIDAY

PING PONG - Make new friends & exercise at the same time.

9:30 - 11:30 am

MONDAY - FRIDAY

PING PONG - Make new friends & exercise at the same time.

Except for Tuesday.

2:00 - 5:00 pm

WEDNESDAY

LINE DANCE, Intermediate (STARTS-1/28/09)

Must have knowledge & experience of basic line dance steps & terminology.

(Limited enrollment)

9:30 - 11:00 am

DANCE, BACHATA, MERENGUE

Cost: \$20.00 for 10 sessions (minimum 8 students to start the class.)

Class starts Feb. 4 - April 8, 2008. Free one day class on 1/28/09.

6:30 - 7:30 pm

DANCE, CHA CHA

Cost: \$20.00 for 10 sessions (minimum 8 students to start the class.)

Class starts Feb. 4 - April 8, 2008. Free one day class on 1/28/09.

7:30 - 8:30 pm

THURSDAY

LINE DANCE, Beginner (STARTS-1/29/09)

Geared for individuals with no line dance experience.

(Limited enrollment)

9:30 - 11:00 am

FRIDAY

LINE DANCE, Beginner (STARTS-1/30/09)

Geared for individuals with no line dance experience.

(Limited enrollment)

9:30 - 10:30 am

LINE DANCE, Intermediate (STARTS-1/30/09)

Must have knowledge & experience of basic line dance steps & terminology.

(Limited enrollment)

10:30 am - noon

******January 28, 2009 from 6:30 - 8:30 pm: Free 2-hour workshop to experience Latin style dancing. Come and experience the Latin dances that will be taught by Samir Hana (instructor).**

NEW Online

Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to



January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu-parks.com.

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Booth District Park

2331 Kaneali'i Avenue

Phone: 522-7040

Director: Alma Ho

CHILDREN'S PROGRAM

Monday

2RE21	Homework Help - Assistance in doing homework.	6-11 years old	2:30-3:00 PM
2SP20	Basketball - Development of team for league play.	8-11 years old	3:00-4:00 PM

Tuesday

2RE21	Homework Help - Assistance in doing homework.	6-11 years old	2:30-3:00 PM
2AC30	Arts & Crafts - Variety of craft projects.	6-11 years old	3:00-4:00 PM

Wednesday

2RE22	Homework Help - Assistance in doing homework.	6-11 years old	1:30-2:30 PM
2SP20	Basketball - Development of team for league play.	8-11 years old	2:30-3:30 PM

Thursday

2RE21	Homework Help - Assistance in doing homework.	6-11 years old	2:30-3:00 PM
2AC30	Arts & Crafts - Variety of craft projects	6-11 years old	3:00-4:00 PM

Friday

2SP20	Basketball - Development of team for league play.	8-11 years old	3:00-4:00 PM
2RE04	Quiet Games - Simple board games	6-11 years old	2:30-3:30 PM

Saturday

2SP20	11 & Under Basketball District Sports Day. District League games to be played.		TBA
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All classes are subject to change without notice

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honoluluuparks.com.



BOOTH SWIMMING POOL

2331 Kanealii Avenue

Phone: 522-7037

Pool Manager: Jaime Burnett

CHILDREN'S & TEEN'S PROGRAM:

JANUARY 26 - APRIL 17, 2009

ADULTS / SENIORS PROGRAM:

JANUARY 26 - APRIL 24, 2009

PRESCHOOL AQUATIC PROGRAM (3 - 4 YEARS OLD)

LEARN TO SWIM-TINY TOTS: Child meets one on one with instructor for 15 minutes.

1AQ00.222	MONDAY & WEDNESDAY	Limit 1	2:00-2:15 pm
1AQ01.222	MONDAY & WEDNESDAY	Limit 1	2:15-2:30 pm
1AQ02.222	TUESDAY & FRIDAY	Limit 1	2:00-2:15 pm
1AQ03.222	TUESDAY & FRIDAY	Limit 1	2:15-2:30 pm

CHILDREN (5 YEARS AND OLDER)

LEARN TO SWIM-LEVEL 1: Introduction to Water Skills: Floating, kicking & breathing control. Child will learn to float and learn basic swim motion.

2AQ01.222	MONDAY & FRIDAY	Limit 6	2:30-3:00 pm
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LEARN TO SWIM-LEVEL 2: Fundamental Aquatic Skills: Front & back crawl & rhythmic breathing. Prerequisite: Passed Level 1 or be able to demonstrate completion requirements of Level 1 on first day of class.

2AQ02.222	MONDAY & FRIDAY	Limit 6	3:00-3:30 pm
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LEARN TO SWIM-LEVEL 3: Stroke Development: Front & back crawl; intro to butterfly stroke. Prerequisite: Passed Level 2 or be able to demonstrate completion requirements of Level 2 on first day of class.

2AQ03.222	WEDNESDAY	Limit 6	2:00-2:45 pm
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LEARN TO SWIM-LEVEL 4: Stroke Improvement: Improve on strokes; intro breaststroke. Prerequisite: Passed Level 3 or be able to demonstrate completion requirements of Level 3 on first day of class.

2AQ04.222	WEDNESDAY	Limit 6	2:45-3:30 pm
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SWIM TEAM: No competitive experience required. Children will have an opportunity to participate in swim meets. Prerequisite: Passed Level 3 or be able to demonstrate completion requirements of Level 3 on the first day.

2AQ40.222	TUESDAY & THURSDAY		2:30-3:30 pm
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**** Please Note:** Classes may be cancelled to due to low enrollment and or availability of lifeguards.

ADULTS / SENIORS

EXERCISE-AQUAROBTICS: Aerobic exercise adapted to water. Non-swimmers welcome.

0AQ50.222	TUESDAY & FRIDAY	Limit 25	9:00-10:00 am
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PUBLIC FREE SWIM HOURS

MON - FRI3:30-5:30pm
WEEKENDS / HOLIDAYS1:00-5:00pm

LAP SWIM HOURS

TUE / FRI10:00-11:30am

ADULT & SENIOR CITIZENS CLASSES

Register at Park listed in far right column

CLASS	DAY / TIME	COST	PARK
Ceramics (Wheel Throwing & Hand Building)	T 6:30-8:30pm Th 6:30-8:30pm	\$40 / 10 Session Limit: 13 (Own Supplies)	Halawa
Country Line Dance	W 11:00a-12:00pm Session I: 01/28/09	\$16 / 8 Sessions to 03/18/09	Moanalua
Country Line Dance	W 11:00a-12:00pm Session II: 03/25/09	\$16 / 8 Sessions to 05/13/09	Moanalua
Hula, Beginners	T/Th 5:00-6:00pm	\$20/10 Sessions	Halawa
Hula, Beginners	T 9:00am-10:00am Session I: 01/27/09	\$16 / 8 Session to 03/17/09	Moanalua
Hula, Beginners	T 9:00am-10:00am Session II: 03/24/09	\$16 / 8 Session to 05/19/09	Moanalua
Mah Jong	Th 9:00a-12 Noon	Free	Halawa
Mah Jong	T 9:30am-2:00pm Session: 01/27/09	Free to 05/26/09	Moanalua
Tai Chi Yang	T 6:30-7:30pm Session: 01/27/09	Free to 05/26/09	Moanalua
Taiko, Okinawan	T 7:45-8:45pm	\$20/10 Sessions	Halawa
*Tennis, Beginners	M 6:30-7:30pm Session I: 01/26/09	\$35 / 6 Sessions to 03/09/09	Moanalua
*Tennis, Beginners	M 6:30-7:30pm Session II: 04/06/09	\$35 / 6 Sessions to 05/18/09	Moanalua
*Tennis, Intermediate	M 5:00-6:30pm Same dates & info.	\$53 / 6 Sessions as stated above	Moanalua
Ukulele, Novice / Beg.	T 11:00a-12:00pm Session: 01/27/09	\$16 / 8 Sessions to 03/17/09	Moanalua
Ukulele, Intermediate	T 1:00-2:00pm Session I: 01/27/09	\$16 / 8 Sessions to 03/17/09	Moanalua
Ukulele, Intermediate	T 1:00-2:00pm Session II: 03/24/09	\$16 / 8 Sessions to 05/12/09	Moanalua

* Tennis Classes: Register on-line at www.hawaii.usta.com

SENIOR CITIZEN CLUB

Senior Citizen Club, 55 years & Older

To join a Senior Club, contact the Recreation Director for the Park listed below:

CLUB	DAY / TIME	COST	PARK
Fern Seniors 832-7809	M or T TBA	Membership Fee	Fern
Hui Aikane 483-7852	T 9:00-11:30am	Membership Fee	Halawa

COMMUNITY CLASSES & CLUBS

CLASS / CLUB	DAY / TIME	INFO	PARK
Aikido	W 6:00-8:45pm Sat 8:30-11:30am	Club Fees Inst. Gary Omori	Halawa
Judo	T/Th 6:00-8:30pm	Free	Halawa
Kali Escrima	M/F 7:00-8:45pm		Halawa
Karate	M/W 6:30-7:30pm	Club Fees	Halawa
Karate / Tae Kwando	Th 6:45-8:15pm		Halawa
Luk Tung (Exercise)	M 9:30-10:30am	Free	Halawa
Luk Tung (Exercise)	T/Th/F 7:30-8:30a	Free	Halawa
Taiko, Hawaii Eisa Chimugukuru Daiko	W 5:30 - 7:30 pm	Club Fees Inst. Van Shimabukuro	Moanalua
Universal Gym (Self Weight Training)	M-F 2:00-8:00pm Sat/Sun 1:00-4:30pm	Must be certified by DRP Staff.	Halawa
Rhythm & Life (Exercise)	T/Th 9:00a-12pm	Free	Halawa

IMPORTANT DATES TO REMEMBER:

On-line Registration for Free Classes Starts From
December 22, 2008 to January 4, 2009
To register on-line go to: www.honolulu.parks.com

Easter Egg Hunt @ Halawa District Park
Saturday April 4, 2009

HOLIDAYS: NO CLASSES on
February 16, March 26, April 10 & May 25, 2009

DEPARTMENT OF PARKS AND RECREATION

SPRING PROGRAM HALAWA COMPLEX 2009

DIRECTORY

FERN COM. PARK	MOANALUA COM. PARK
1201 Middle Street Phone: 832-7809 Director: Duane Fujiwara	2900 Moanalua Road Phone: 831-7105 Director: Erin Uchida

HALAWA DIST. PARK	MOANALUA POOL
99-795 Iwaiwa Street Phone: 483-7852 or 483-7851 (Gym) Directors: Brandon Kono	1289 Mahiole Street Phone: 831-7106 Manager: Dyanne Taylor

HALAWA COMPLEX OFFICE

@ Halawa District Park
99-795 Iwaiwa Street
Phone: 483-7850
Supervisor: Zachary Lee

- REGISTRATION DATES:

On-line Registration for Free Classes Starts From December 22,
2008 to January 4, 2009
Walk-in Registration: January 12, 2009 6:00 - 8:00 pm and January 13 &
14, 2009, 2:00 - 5:00 pm
For late registration information, please call parks listed above.

- PROGRAM STARTS: Week of January 26, 2009

- HOW TO REGISTER: Please call your respective park for
more information or to view a list of classes go to:

www.honolulu.parks.com

{ALL SCHEDULES & CLASSES SUBJECT TO CHANGE}



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committed to making all of its programs and leisure services accessible to
everyone, including persons with disabilities. If you have need for reasonable
modification, please call your local park. TTY users call 768-3027.

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor

DEPT. OF PARKS & RECREATION
Lester K.C. Chang, Director

CHILDREN & TEEN CLASSES

Program Dates: January 26 to April 17, 2009, unless otherwise noted.

GENERAL DESCRIPTION OF SPORTS CLASSES:

Basketball, 11 & Under - Learn basic skills and fundamentals of the game.

League games on Saturdays. Gym Site: TBA

Basketball, 14 & 17 Under - Learn advanced skills and strategy of the game.

Games: Wednesdays, 14 & Under / Mondays, 17 & Under. Gym Site: TBA

Tennis, Intro. & Beg. - Learn & practice basic tennis skills, rules & etiquette.

USTA Instructor. Fee: \$30 / 6 Classes. Payable to USTA / Pacific Section.

*Register on-line at www.hawaii.usta.com

Volleyball, Team IV - Learn basic volleyball skills under Team IV format, 4 man team, trainer ball, & lower net. *No league games.*

Volleyball, 17 & Under - Learn advanced skills and strategy of the game.

League games on Mondays. Gym Site: TBA

CLASS	AGE	DATE / TIME	COST	PARK
FERN COMMUNITY PARK				
Basketball, 11 & Under	9-11	M,W,F 3:00-4:15 p	Free	Fern
Basketball, 14 & Under	12-14	M,W,F 4:00-5:15 p	Free	Fern
Ocean Recreation (Must be able to swim) Bring own lunch / drink	8-17 yrs.	February 6 (Fri.) March 25 (Wed) 9:00 a - 4:00 p	Free	Fern Limit: 25
Park-Pais (After School Program)	K-12th	M-F 2:00-4:30 p W 1:00-4:30 p	Free	Fern
Volleyball, Team IV	2nd-3rd	T,Th 3:00-4:15 p	Free	Fern
Volleyball, Team IV	4th-6th	T,Th 3:00-4:15 p	Free	Fern
Volleyball, Team IV	7th-8th	T,Th 4:00-5:15 p	Free	Fern
Volleyball, 17 & Under	13-17	T,Th 4:00-5:15 p	Free	Fern
HALAWA DISTRICT PARK				
Basketball, 11 & Under	9-11	T,Th 3:00-4:30 p	Free	Halawa
Basketball, 14 & Under	12-14	M,W,F 4:30-6:30 p	Free	Halawa
Basketball, 17 & Under	13-17	M,W,F 4:00-5:30 p	Free	Halawa
Hula - Basic Hula skills	5-12	T/Th 5:00-6:00 p	\$20/10	Halawa
Hula - Basic Hula Skills	13 & Up	Sa 9:00-11:00 a	\$20/10	Halawa
Mixed Plate - Crafts Games, Music, & Cooking	K-2nd	F 3:00-4:00 p	Free	Halawa
Taiko, Okinawan (Drum)	5 & Up	T 7:45-8:45 p	\$20/10	Halawa
Pre-Teen / Teen Program - Activities	6th-12th Dances, Excursions, etc.	(As Scheduled)	TBA	Halawa
Volleyball, 17 & Under	13-17	M,W,F 3:00-4:30 p	Free	Halawa

CHILDREN & TEEN CLASSES (Continue)

MOANALUA COMMUNITY PARK (No classes Mar. 23 to Apr. 3, 2009)				
Basketball, 11 & Under	8-11	T,Th 2:30-4:00 pm	Free	Moanalua
Basketball, 14 & Under	12-14	M,W,F 2:30-4:00 p	Free	Moanalua
Clay Play - Ceramics projects to take home	K - 3rd grade	W 2:00-3:00 pm Class Limit: 10	Free	Moanalua
Clay Play - Ceramics projects to take home	4th-8thrd grade	W 3:15-4:15 pm Class Limit: 10	Free	Moanalua
Mixed Plate - Assorted activities, simple crafts, etc.	5-8	Th 2:30-3:30 pm	Free	Moanalua
Mixed Plate - (Same as above)	9-14	Th 3:45-4:45 pm	Free	Moanalua
*Tennis - Youth Beg. Session I: 01/26/09 to Session II: 04/06/09 to	6-8 03/09/09 05/18/09	M 3:00-4:00 pm	\$35 / 6	Moanalua
*Tennis - Youth Beg. (Same as above)	9-12	M 4:00-5:00 pm	\$35 / 6	Moanalua
Ukulele, Beginner - Learn basic chord & strumming techniques.	3rd-5th	T 2:30-3:30 pm	Free	Moanalua
Ukulele, Beginner (Same as above)	6th-8th	T 3:45-4:45 pm	Free	Moanalua

MOANALUA POOL

TOTS' & CHILDREN SWIM CLASSES

Each person may register for self & immediate family only.
Class placement is based on skill level - ask Pool Staff for assistance.
No-Shows on the 1st day of class are dropped, unless pool manager contacted.

GENERAL DESCRIPTION OF CLASSES:

TINY TOTS: (3-1/2 - 5 years Old) One on one for 10 minutes.

Water adjustment, floating, gliding, and breath control. Basic skills.

LEVEL 1: Introduction to Water Skills. Water adjustments and basic skills, floating, gliding, kicking, and breath control.

LEVEL 2: Fundamental Aquatic Skills. Front & back glide, using combination stroke.

LEVEL 3: Stroke Development. Swimming coordination, stroking, kicking, and breathing.

LEVEL 4: Stroke Improvement. Build endurance and stamina; introduce different strokes.

LEVEL 5: Stroke Refinement. Advanced skills; learn the four competitive strokes.

NOVICE SWIM TEAM: Learn the four competitive strokes, build endurance. Swim meets held once a month on Thursdays. We are a feeder program to get swimmers ready for the USSJ teams.

TOTS' & CHILDREN SWIM CLASSES (Continue)

PROGRAM DATES: February 17 to April 24, 2009 (8 Weeks)
Saturday Program Dates: March 7 to April 24, 2009 (8 Weeks)
Intersession & Spring Break: No Swim Program, March 23 to April 3, 2009

CLASS	DATE / TIME	AGE	ENROLLMENT
Tiny Tots - I	T, F 10:45-11:45 am	3-1/2-5 yrs.	Limit 6
Tiny Tots	Sa 11:35 am-12:25 pm	3-1/2-5 yrs.	Limit 10
Level 1	M, F 2:30-3:00 pm	K & Older	Limit 5
Level 1	Sa 11:00-11:30 am	K & Older	Limit 10
Level 2	M,F 2:30-3:00 pm	K & Older	Limit 5
Level 2	Sa 10:30-11:00 am	K & Older	Limit 6
Level 3	M,F 2:30-3:00 pm	K & Older	Limit 8
Level 3	Sa 10:30-11:00 am	K & Older	Limit 8
Novice Swim Team	T, Th 2:30-3:30 pm	K & Older	
Level 4	W 2:30-3:15 pm	K & Older	Limit 8
Level 4 & 5	Sa 10:00-10:30 am	K & Older	Limit 10
Level 5	W 2:30-3:15 pm	K & Older	Limit 8

ADULT & SENIOR CITIZEN SWIM CLASSES

CLASS	DAY / TIME	ENROLLMENT
Water Exercise	T,F 9:30 - 10:30 am	Limit 25
Water Therapy	T,Th 10:45 - 11:45 am	
* Water Walking	M 10:00 - 11:00 am	Limit 20

* Note: Water Walking class will be held at Salt Lake Pool
(1159 Ala Lilikoi Place / 831-4377)

PUBLIC SWIM HOURS

Jan. 2 - Feb. 28, 2009		March 1 - May 30, 2009	
SUNDAY	1:00 - 4:00 pm	SUNDAY	1:00 - 5:00 pm
MONDAY	2:30 - 4:30 pm	MONDAY	3:30 - 5:00 pm
TUESDAY	2:30 - 4:30 pm	TUESDAY	3:30 - 5:00 pm
WEDNESDAY	2:30 - 4:30 pm	WEDNESDAY	3:30 - 5:00 pm
THURSDAY	2:30 - 4:30 pm	THURSDAY	3:30 - 5:00 pm
FRIDAY	2:30 - 4:30 pm	FRIDAY	3:30 - 5:00 pm
SATURDAY	1:00 - 4:00 pm	SATURDAY	1:00 - 5:00 pm

DEPARTMENT OF PARKS
& RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day,
April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week
of January 5, 2009

Holidays: February 16, 2009 - President's Day,

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KALAKAUA DISTRICT PARK

720 McNEILL STREET

PHONE: 832-7801/7802

STAFF:

CHILDREN

MONDAY - FRIDAY

Open free-play in the gym - Burn off some excess energy.
Times may change based on various sport practices.

2:00 - 5:15 pm

MONDAY - FRIDAY

Boxing - Learn the fundamentals of boxing and other related exercises.
Please check with the individual coaches regarding what will be the youngest age they will start training.

5 - 11 yrs. 3:30 - 4:30 pm

WEDNESDAY/THURSDAY

Basketball - Learn basic skills, fundamentals and league play.
Game days are on Saturday mornings.

8 - 11 yrs. 3:00 - 4:00 pm

***MONDAY/WEDNESDAY/SATURDAY: DISTRICT II SPORTS LEAGUE DAYS. PARTICIPATION
DEPENDS IF THERE ARE ENOUGH CHILDREN TO MAKE A TEAM.

TEENS

MONDAY / TUESDAY

Basketball - Learn basic skills, fundamentals and league play.
Game days are on Wednesday afternoons.

12-14 yrs. 4:00-5:30 pm

WEDNESDAY / THURSDAY

Basketball - Learn basic skills, fundamentals and league play.
Game days are on Monday evenings.

15-17 yrs. 4:00 - 5:30 pm

-OVER-

TEENS - CONTINUED

WEIGHT TRAINING:

(14-17yrs.)

Register to use the Universal Machine and various exercise equipment at no cost. Participants must register yearly. The schedule may be subject to change. Please bring your own towel; must have shirt and shoes at all times. Must check in prior to using the weight room and must leave a picture ID. We do ask that all users help to keep the weight room clean and organized so everyone can enjoy it.

Monday, Tuesday, Thursday, Friday	2:00pm-8:30pm
Wednesday	1:30-8:30pm
Saturday, Sunday, Holidays**	1:00-4:45pm

**Closed on Thanksgiving, Christmas and New Year's Day.

ADULTS

BOXING: Register to learn the fundamentals of boxing.

Tuesdays & Thursdays.

9:30-11:30am

DANCE: Learn how to Salsa, Merengue, Cha Cha, Bachata, and partner dancing.

Level 1 - Beginners level. (Dance Partner not required)

Thursdays - 10 weeks starting Jan. 29 thru Apr. 2, 2009, 6:30-7:30pm.

Free introductory workshop on January 22, 2009 @ 6:30.

THERAPEUTIC RECREATION: A self-directed, low-impact exercise program for people recovering from stroke, managing arthritis or dealing with other physical conditions. Program is limited to 150 participants. *Special Registration times: January 12 & 14 @ 9:00-11:00am.*

WEIGHT TRAINING

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Wednesday	1:30-8:30pm
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KALIHI UKA COMMUNITY PARK

2329 Kalihi Street

Phone: 832-7807

Director: Christopher Chun

CHILDREN

Kalihi Uka After School (Tuesday – Friday)

Here your children can come in to do their homework, play games, or just hang out.

K – 6th grade

2:30pm – 4:30pm

Arts and Crafts (Monday)

Learn to make simple projects out of various materials.

K-2nd grade

2:30pm – 3:30pm

3rd – 6th grade

3:30pm – 4:30pm

Basketball (Tuesday & Thursday)

Learn rules, practice fundamental skills of the game and develop teamwork. Games to be played on Saturdays at other sites.

8 – 11 years

2:30pm – 3:30pm

Fitness Walk (Friday)

Your children will take a leisurely walk in the areas surrounding the park or go on excursions to areas suitable for our program. Wear comfortable shoes.

7-12 years

3:00pm – 5:30pm

Volleyball (Monday & Wednesday)

Learn rules, practice skills of the game and develop teamwork. No league play – Learn to play, for beginners and advanced.

8 – 11 years

2:30pm – 3:30pm

- over -

TEENS

Arts and Crafts (Monday) Learn to make simple projects out of various materials.	7 th – 12 th grade	3:30pm – 4:30pm
Basketball (Tuesday & Thursday) Learn fundamentals of the game, sportsmanship and teamwork. Games to be played on Wednesdays at other sites.	12 -14 years	4:00pm – 5:30pm
Basketball (Tuesday & Thursday) Practice basic skills with drills in preparation for league play. Games to be played on Mondays at other sites.	15 – 17 years	4:00pm – 5:30pm
Volleyball (Monday & Wednesday) Practice fundamental skills of the game and develop teamwork. Games to be played on Mondays at other sites.	14 - 17 years	4:00pm – 5:30pm

ADULTS

Ceramics (Tuesday) At Kalihi Valley District Park Molds, pouring and glazing fundamentals.	9:30am – 11:30am
Morning Stroll (Monday and Friday) Come join the group as we take a leisurely stroll. If you are out of shape, this is a good way to start your exercise program. Wear comfortable shoes.	9:30am – 11:30am

COMMUNITY BULLETIN

Palm Sunday Easter Egg Hunt (Sunday 4/5/09)
Come bring the family and hunt for eggs at DeCorte Neighborhood Park. Prizes for all ages groups ranging from toddlers to adults. Volunteers are needed for this event, so if you are interested, please call the Park. Sponsored by the Kalihi Uka Booster Club.

**All classes are subject to change without notice.
Classes may be cancelled due to insufficient registration.**

**NEW Online
Registration for
non-fee classes.**



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Kalihi Valley District Park

1911 Kamehameha IV Road

Director: Christine Ching
Phone: 832-7812

Children

<u>Tuesday</u> Arts & Crafts	Simple Crafts	6-12 years old	2:30-3:30 PM
<u>Thursday</u> Cooking	After School Snacks	6-12 years old	2:30-3:30 PM
<u>Monday-Friday</u> Boxing	Basic skills & physical fitness.	10-12 years old	2:30-5:30 PM
<u>Monday/Friday</u> Basketball	Learn fundamentals and league play Games TBA	9-11 years old	4:00-5:30 PM
<u>Wednesday</u> Volleyball Class	Learn Fundamentals	7-11 years old	2:30-3:30 PM
<u>Wednesday</u> Indoor Soccer Class	Learn Fundamentals	9-12 years old	3:30-4:30 PM
<u>Mon-Fri</u> Kidz Klub	Excursions, community Service Billiards, ping pong, homework sessions	5-12 years old	2:30-5:00 PM

Teens

<u>Tuesday/Thursday</u> Basketball	Learn fundamentals and league play. Games TBA	12-14 years old	4:00-5:30 PM
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-OVER-

Spring Program



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KALIHI VALLEY SWIMMING POOL

1911 Kamehameha IV Road

Phone: 832-7814

Manager: Kaleo Perreira

Tiny Tots (3-4 years old)

Monday / Thursdays

Limit 4

1:45pm to 2:45pm

Getting comfortable in and around the water. Learn basic swim skills. One-on-one with the instructor for 15 minutes.

Children: (5-14 years old)

Monday / Thursday

Learn to Swim Levels I / II:

Limit 12

2:45pm to 3:15pm

Water adjustment, basic skills, kicking, floating (front and back), and breath control. Swimming coordination for front and back crawl.

Tuesday / Friday

Learnt to Swim Levels III / IV:

Limit 14

2:45pm to 3:15pm

Build basic skills for front and back crawl. Stroke readiness, combining stroking, breathing, kicking, front and back. Build endurance and refine form.

Wednesday

Swim Team:

Limit 20

2:45pm to 3:15pm

All levels welcomed. Competitive level skills, novice swim team and stroke refinement.

Adults

Monday / Wednesday / Friday

Low Impact Water Aerobics:

Limit 20

9:00am to 10:00am

Stretching, light water aerobics, water jogging and/or walking, muscle toning, and light cardiovascular water exercises.

High Impact Water Aerobics:

Limit 20

9:00am to 10:00am

High impact water aerobics, muscle toning and cardiovascular exercise. *At least 8 people to hold the class.

Lifeguard classes will be held at the end of the program. Location and date TBA

Public Swim Hours

Monday – Friday:

3:30pm to 6:00pm

Saturday / Sundays / Holidays:

1:00pm to 5:00pm

25 Meter Lap Course

Monday – Friday:

3:30pm to 6:00pm

Saturday / Sundays / Holidays:

1:00pm to 5:00pm

50 Meter Lap Course

Monday – Friday

11:00am to 12:30pm

SMALL POOL WILL ONLY OPEN WITH 3 LIFEGUARDS ON DUTY

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to

January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com.



DEPARTMENT of PARKS
& RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY of HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day,
April 10, 2009- Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week
of January 5, 2009

Holidays: February 16, 2009 - President's Day,

 The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.

Kamehameha Community Park

1400 Kalihi Street

Phone: 832-7819

Director: Carrie Leong

CHILDREN

MONDAY-FRIDAY

Kids Club-After school program includes homework time and various recreational activities including sports and games and arts & crafts.

6-11 yrs.

2:30pm-5:00pm

MONDAY

Arts & Crafts- Learn and complete various projects to take home.

6-11 yrs.

3:30pm-5:00pm

TUESDAY

Basketball-Learn basic skills, fundamentals and league play.
League games are on Saturday mornings.

8-11 yrs.

3:30pm-5:00pm

WEDNESDAY

Sports & Games- Learn basic skills and various sports & games.
Fun and fellowship!

6-11 yrs.

3:30pm-5:00pm

Ocean Recreation-Learn how to surf and boogie board.
Must know how to swim. Must be registered and turn
in travel permission form. Call for dates.

9-11 yrs.

3:00pm-5:30pm

THURSDAY

Basketball-Learn basic skills, fundamentals and league play.
League games are on Saturday mornings.

8-11 yrs.

3:30pm-5:00pm

FRIDAY

Aloha Friday Special-Various special projects including cooking and
other recreational activities.

6-11 yrs.

3:30pm-5:00pm

(Over)

TEENS

Teen Program-Socialize, meet new friends, plan activities, community service projects, etc. See staff if interested.

12-17 yrs. TBA

MONDAY-FRIDAY

Teen Zone -After school program includes homework time and various recreational activities including sports and games and arts & crafts.

12-17 yrs. 3:00pm-5:00pm

MONDAY/WEDNESDAY/FRIDAY

Basketball-Learn basic skills, fundamentals and league play.

Games are on Wednesday nights.

12-14 yrs. 4:00pm-5:30pm

Games are on Monday nights.

14-17 yrs. 4:00pm-5:30pm

WEDNESDAY

Ocean Recreation-Learn how to surf and boogie board.

Must know how to swim. Must be registered and turn in travel permission form. Call for dates.

12-17 yrs. 3:00pm-5:30pm

TUESDAY/THURSDAY

Volleyball -Learn basic skills, fundamentals and league play.

Games are on Monday nights.

14-17 yrs. 4:00pm-5:00pm

FRIDAY

Aloha Friday Special-Various special projects including cooking and other recreational activities.

12-17 yrs. 3:30pm-5:00pm

ADULTS

MONDAY

Kamehameha Seniors-Meet other seniors from the community for fun, fellowship and various recreational activities including arts & crafts, excursions, luncheons, and more.

55 + yrs. 9:00am-12:00pm

**All classes are subject to change without notice.
Classes may be cancelled due to insufficient registration.**

NEW Online
Registration for
non-fee classes.



Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu parks.com.

DEPARTMENT OF PARKS
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Spring Program



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KAULUWELA COMMUNITY PARK

402 Kauluwela Place

Phone: 522-7042

Director: Keith Nishimura

CHILDREN

MONDAY

Keiki Cooking – Simple snacks and baked goods. 7-12 years 3:00-4:30pm

TUESDAY

Chess – Learn fundamentals of chess play. 8-11 years 3:00-4:00pm

WEDNESDAY

Keiki Cooking II – Tasty meals and snacks. 7-12 years 3:00-4:30pm

THURSDAY

Table Tennis – Rules, methods and techniques. 7-10 years 3:00-4:00pm

FRIDAY

Board Games – Play checkers, chess, cards, and various board games. 9-12 years 3:00-4:30pm

TEENS

MONDAY

Basketball – Fundamentals, skills and league play. 12-14 years 4:30-5:30pm

WEDNESDAY

Basketball – Fundamentals, skills and league play. 12-14 years 4:30-5:30pm

Basketball – Fundamentals, skills and league play. 15-17 years 5:30-6:30pm

ADULTS

SATURDAY

Hula 5 yrs.–Adult 8:30am-12:30pm

NEW Online
Registration for
non-fee classes.

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DEPARTMENT OF PARKS
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Mufi Hannemann, Mayor

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Lester K. C. Chang, Director

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day,

March 26, 2009 - Prince Kuhio Day,

April 10, 2009 - Good Friday

Newspaper Ad: Midweek during the week
of January 5, 2009

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LANAKILA DISTRICT PARK

1701 Lanakila Avenue

Phone: 832-7820

Director: Jack Torres

CHILDREN

Monday

Basketball Fundamentals (2SP20.224)	8-11 Years old	3:00 – 4:00 PM
Quiet Games (2RE02.224)	7-12 Years old	3:00 – 5:30 PM
Kung Fu (2SP02.224)	10-12 Years old	5:00 – 6:00 PM

Tuesday

Simple Arts and Crafts (2AC02.224)	7-12 Years old	3:00 – 4:00 PM
Quiet Games (2RE02.224)	7-12 Years old	3:00 – 5:30 PM

Wednesday

Quiet Games (2RE02.224)	7-12 Years old	3:00 – 5:30 PM
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Thursday

Simple Cooking (2HA02.224)	7-12 Years old	3:00 – 4:30 PM
Quiet Games (2RE02.224)	7-12 Years old	3:00 – 5:30 PM
Basketball Strategies (2SP20.224)	8-11 Years old	3:00 – 4:00 PM

Friday

Quiet Games (2RE02.224)	7-12 Years old	3:00 – 5:00 PM
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TEENS

Monday

Sports Night – League Games	15-17 Years old	TBA
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Tuesday

Basketball Fundamentals (3SP32.224)	15-17 Years old	4:00 – 5:30 PM
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Wednesday

Sports Day – League Games	12-14 Years old	TBA
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TEENS, CONTINUED

Thursday

Basketball Strategies (3SP30.224) 12-14 Years old 4:00 – 5:30 PM

Friday

Volleyball Basics (3SP34.224) 15-17 Years old 4:00 – 5:30 PM

ADULTS

Tuesday

Japanese Music Class (4MD02.224) Instrument Needed 10:00AM – NOON

Dahn Hak Exercise (4FT02.224) Towel or Mat Needed 11:00AM – NOON

Wednesday

Japanese Dance (4MD12.224) See Instructor for info. 9:00AM – NOON

Thursday

Adult/Senior Exercise (4FT12.224) See Instructor for info. 9:30 – 10:30 AM

Friday

Japanese Dance (4MD12.224) See Instructor for info. 9:00AM – NOON

Dahn Hak Exercise (4FT02.224) Towel or Mat Needed 11:00AM - NOON

ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE!

NEW Online

**Registration for
non-fee classes.**



Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honoluluuparks.com.

COMMUNITY BULLETIN BOARD

Amateur Softball Association (A.S.A.): Softball for youth and adults. For more information, please see the A.S.A. web site: www.asahawaii.com.

AYSO Soccer: American Youth Soccer Organization Region 178. For children ages 5 - 17 years old. Please see the AYSO Region 178 (Honolulu) website for more information: <http://ayso178.d4sportsclub.com/>.

Cha-3 Kenpo Association: Kenpo instruction for children. Classes held on Tuesday and Thursdays from 5:00 - 6:00 pm at Makiki District Park. Register at the class with the instructor. Membership/club fees.

Makiki Seidokan Judo Club: Judo instruction for children ages 6 - 13 years old. Classes held on Mondays, Wednesdays and Fridays from 5:30 - 8:30 pm at Makiki District Park. Register at the class with the instructor. Membership/club fees.

Manoa Boys Basketball League (M.B.B.L.): Basketball for youths ages 7 - 17 years old. For more information, please see the M.B.B.L. website: www.eteamz.com/mdbl.

Manoa Girls Athletic Club (M.G.A.C.): M.G.A.C. offers children and teens many types of athletic programs including: basketball, boys' volleyball, flag football, softball, and volleyball. For more information, please see the league web site: www.eteamz.com/mgac.

Manoa Youth Baseball League (M.Y.B.L.): Baseball for youths ages 5 - 17 years old. For more information please see the M.Y.B.L. website: www.manoabaseball.com.

Police Activities League (P.A.L.): The P.A.L. program offers children and teens many types of athletic programs including basketball, baseball, volleyball, flag football, paddling, Judo/Karate, wrestling, and cooking. For more information please see the P.A.L. website: www.honolulu.org/jsd/jsd_pal.htm or contact the PAL office at 847-0177 or the PAL sergeants at 529-3625 or 529-3318.

USTA HAWAII: The United States Tennis Association conducts tennis classes for children, teens and adults at various parks on the island throughout the year. For class information and to register, go to the USTA Hawaii web site www.hawaii.usta.com.

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to

January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com.



DEPARTMENT OF PARKS
& RECREATION

Spring Program

MAKIKI COMPLEX

Complex Phone: 522-7084

Complex Supervisor: Susan Yamasaki

Makiki District Park & Pool

1527 Keeaumoku Street

Park Phone: 522-7082

Director: Joann Beall

Director: Spencer Yee

Pool Phone: 521-4803

Pool Manager: Nyles Toguchi

Sheridan Community Park

833 Piikoi Street

Phone: 592-7041

Director: Cass Kasparovitch

Stevenson Recreation Center

1202 Prospect Street

Phone: 522-7043

Director: Russell Distajo

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m.
and January 13 and 14, 2009, 2:00 p.m.
to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 -

President's Day,

March 26, 2009 - Prince Kuhio Day,

April 10, 2009 - Prince Kuhio Day

Newspaper Ad: Midweek during
the week of January 5, 2009

We Add Quality to Life



CITY & COUNTY of HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

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Department of Parks and Recreation

City and County of Honolulu
... add quality to life!

NEW Online Registration for non-fee classes.



Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu parks.com.

The Department of Parks and Recreation is committed to improving its services for its customers. Working with the City's Department of Information and Technology, Parks and Recreation has implemented the Parks and Recreation On-line System or PROS, to improve customer services and streamline other internal functions within the department.

The PROS system integrates with the City and County of Honolulu's web site to allow class registration (sign up for classes and activities) and in the future, allow facility reservations (on-line permit application process) through your internet browser (Netscape, Internet Explorer, etc.) and pay any associated fees. All this can be done from the comfort of your own home without having to come down to the park and fill out forms. You will still be able to go to your nearest park and register for classes and apply for the use of facilities in person if you prefer. The PROS system is designed to streamline the registration process, cut down on paper work, make permitting out facilities easier and make registering for classes easier.

Starting this Spring 2009 Program, the Department will be offering **ON-LINE REGISTRATION FOR ALL NON-FEE ACTIVITIES/CLASSES**. In an effort to help promote this on-line registration, customers may register for Spring 2009 non-fee activities beginning on December 22, 2008 and continuing on until January 4, 2009. Only walk-in registration will be accepted after January 4, 2009.

This on-line PROS System does require that all customers have an account to login and register for activities. Customers may request for an account beginning on December 1, 2008. All new account requests will be processed within five (5) business days. The following are additional requirements:

- All system users must be at least 18 years of age to register (parents/legal guardians may register their minor dependants but must have their own login ID)
- All system users must have a valid email address
- All system users must obtain an on-line account (available from December 1, 2008)

To register and/or obtain an account visit the Department of Parks and Recreation web pages at:
<http://www.honolulu.gov/parks>, or <http://www.honoluluparks.com/>

WALK-IN REGISTRATION

District I & II

District III & IV

Monday January 12, 2009 from 6:00 - 8:00 pm. Wednesday January 14, 2009 from 6:00 - 8:00 pm.
Tuesday January 13, 2009 from 2:00 - 5:00 pm. Thursday January 15, 2009 from 2:00 - 5:00 pm.
Wednesday January 14, 2009 from 2:00 - 5:00 pm. Friday January 16, 2009 from 2:00 - 5:00 pm.

As with any new system, there are going to be problems. Please pardon any inconvenience that may occur. If you have any questions, please see the park director.

SHERIDAN COMMUNITY PARK continued

WEDNESDAY	AGE	TIME
Study Hall	5-17 yrs	230-330 pm
-Homework and after school help.		
-ORE01.264		
Volleyball**	14-17 yrs	430-530 pm
-Basic skills, strategy, and team play. (League games to be played on Monday afternoons, site and time TBA)		
-3SP34.264		

THURSDAY	AGE	TIME
Basketball**	12-14 yrs	330-430 pm
-Basic skills, strategy, and team play. (League games to be played on Wednesday afternoons, site and time TBA)		
-3SP30.264		
Basketball**	14-17 yrs	430-530 pm
-Basic skills, strategy, and team play. (League games to be played on Monday late afternoons/early evenings, site and time TBA)		
-3SP32.264		

FRIDAY	AGE	TIME
Arts & Crafts	13-17 yrs	330-430 pm
-Seasonal arts and crafts.		
-3AC01.264		

**NOTE: All sports activities will be held for the duration of league play unless notified by staff. Age determination date: 12/31/2009

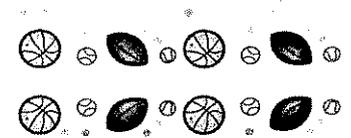


ADULT CLASSES

TUESDAY	Time
Acrylic Painting, Beginning	930-1130 am
-Learn fundamentals of brush painting.	
Participants must provide their own supplies.	
-4AC01.264	

Leisure is for everyone!

Recreation programs are designed and conducted to promote physical, emotional, and social well-being and development of the participant. The recreation program goals are to provide participants in the community opportunities to participate in physical, cultural, civic, and educational activities so that they may learn skills and knowledge that will enable them to achieve the lifelong benefits of constructive leisure.



SHERIDAN COMMUNITY PARK

DIRECTOR: Cass Kasparovitch
833 Piikoi Street
PHONE: 592-7041

Please Note: Program activities and schedule are subject to change and/or cancellation. Age determination date is: December 31, 2009 for all District II sport teams/leagues. All classes have a limited enrollment and registration is on a "first-come, first-serve" basis. All classes begin during the week of January 24, 2009 unless otherwise noted below. Register at the park that the class is being held at. When registering for classes/activities, register by class/activity number. All participants must complete and sign the Program Registration Form (for participants under 18 years of age, a parent or legal guardian must sign the Program Registration Form). More information on classes can be found at your local area park or on the Department of Parks and Recreation web page: <http://parks.honolulu.gov/sdi/home.html>. Visit the Department of Parks and Recreation web pages on the City & County of Honolulu's web site at www.honoluluparks.com.

CHILDRENS CLASSES

<u>MONDAY</u>	<u>AGE</u>	<u>TIME</u>
Study Hall	5-17 yrs	230-330 pm
-Homework and after school help.		
-0RE01.264		
Quiet Games	5-12 yrs	330-430 pm
-Table games, Connect Four, etc.		
-2RE04.264		

<u>TUESDAY</u>	<u>AGE</u>	<u>TIME</u>
Basketball**	8-11 years	230-330 pm
-Passing, dribbling, shooting, team play.		
(League games to be played on Saturday mornings, site and time TBA)		
-2SP20.264		

<u>WEDNESDAY</u>	<u>AGE</u>	<u>TIME</u>
Study Hall	5-17 yrs	230-330 pm
-Homework and after school help.		
-0RE01.264		
Quiet Games	5-12 yrs	330-430 pm
-Table games, Connect Four, etc.		
-2RE04.264		

<u>THURSDAY</u>	<u>AGE</u>	<u>TIME</u>
Basketball**	8-11 yrs	230-330 pm
-Passing, dribbling, shooting, team play.		
(League games to be played on Saturday mornings, site and time TBA)		
-2SP20.264		

<u>FRIDAY</u>	<u>AGE</u>	<u>TIME</u>
Arts & Crafts	5-12 yrs	230-330 pm
-Seasonal arts and crafts.		
-2AC01.264		

****NOTE:** All sports activities will be held for the duration of league play unless notified by staff. Age determination date: 12/31/2009.

TEEN CLASSES

<u>MONDAY</u>	<u>AGE</u>	<u>TIME</u>
Study Hall	5-17 yrs	230-330 pm
-Homework and after school help.		
-0RE01.264		
Volleyball**	14-17 yrs	430-530 pm
-Basic skills, strategy, and team play. (League games to be played on Monday afternoons, site and time TBA)		
-3SP34.264		

<u>TUESDAY</u>	<u>AGE</u>	<u>TIME</u>
Basketball**	12-14 yrs	330-430 pm
-Basic skills, strategy, and team play. (League games to be played on Wednesday afternoons, site and time TBA)		
-3SP30.264		
Basketball**	14-17 yrs	430-530 pm
-Basic skills, strategy, and team play. (League games to be played on Monday late afternoons/early evenings, site and time TBA)		
9 -3SP32.264		

STEVENSON RECREATION CENTER

DIRECTOR: Russell Distajo
1202 Prospect Street
PHONE: 522-7043

NOTE: CLASS TIMES ARE SUBJECT TO CHANGE OR CANCELLATION DUE TO LOW ENROLLMENT AND/OR AVAILABILITY OF STAFF.

CHILDREN AND TEEN

BASKETBALL *	Mon/Wed/Fri
- Learn basic skills, rules, strategy, and sportsmanship through practice and league play.	
8-11 yrs	3:00 - 4:00 pm 2SP20.265
12-14 yrs	3:00 - 4:00 pm 3SP30.265
14-17 yrs	4:00 - 5:00 pm 3SP32.265

VOLLEYBALL *	Tue/Thu
- Learn skills and gain knowledge through practice and league play.	
12-17 yrs	3:00 - 5:00 pm 3SP34.265

*Practice times may be adjusted due to league game days.

**LEAGUE GAME DAYS:

- 11&UNDER BB - Saturday Mornings
- 14&UNDER BB - Wednesday Afternoons
- 17&UNDER BB - Monday Evenings
- 17&UNDER VB - Monday Evenings



NOTE: All Basketball and Volleyball activities are pending reconstruction of Stevenson Middle School courts. Contact Program Director for more information.

OCEAN RECREATION @ KUHIO BEACH

- For registered program participants only. Learn how to surf at Kuhio Beach in Waikiki.
- Session 1 Jan 30 3:00 - 5:00 pm
- Session 2 Feb 27 3:00 - 5:00 pm
- Session 3 Apr 3 10:00 am - 3:00 pm



KEIKI FUN TIME	Tue/Thu
11 & Under	3:00 - 4:00 pm 2RE01.265
- Cooking; seasonal arts & crafts; simple craft projects; games, etc. Fee: \$20 for cooking supplies and art supplies.	

QUIET GAMES	Mon/Fri
17 & Under	2:30 - 5:00 pm 0RE41.265
- Play various board games, ping pong, etc.	

ADULTS AND SENIOR CITIZENS

MONDAY	
Simple Fitness	10:00 - 11:00 am 4FT02.265
- 10 sessions	

TUESDAY	
Hawaiian Quilting, Advanced	9:00 - 11:00 am 4HW42.265
- 10 2-hours sessions. COST: \$40.00	

THURSDAY	
Hawaiian Quilting, Beginners	9:00-11:00 am 4HW43.265
- 10 2-hours sessions. COST: \$40.00	

FRIDAY	
Hawaiian Quilting, Advanced	9:00-11:00 am 4HW44.265
2 - 10 2-hours sessions. COST: \$40.00	



MAKIKI DISTRICT PARK

1527 Keeaumoku Street
 Phone: 522-7082
 Director: Joann Beall
 Director: Spencer Yee

NOTE: SCHEDULE IS SUBJECT TO CHANGE. All classes and times are subject to changes and/or cancellations. Class spaces are limited, so register early. Each person may register for self and immediate family members only. Registration is on a "first-come, first-served" basis. All classes have a limited enrollment except where specifically noted. All fees are due at registration except where specifically noted.

CHILDREN

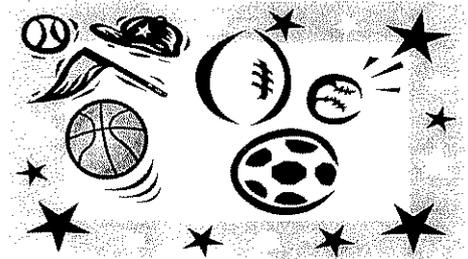
<u>MONDAY</u>	<u>AGE</u>	<u>TIME</u>
*Basketball, (M/W)	9-11 yrs	3-4 pm
- (League games - Saturday mornings)		

<u>TUESDAY</u>	<u>AGE</u>	<u>TIME</u>
Spring Crafts	5-10 yrs	3-4 pm
**Tennis, Beg. (\$35)	9-12 yrs	3-4 pm
**Tennis, Beg. (\$35)	6-8 yrs	4-5 pm
**Tennis, Novice (\$35)	9-14 yrs	5-6 pm
(Advanced Beginner)		

<u>WEDNESDAY</u>	<u>AGE</u>	<u>TIME</u>
Ohana Ceramics	5 yrs & older	3-4 pm
- (Parent & Child, \$5 supply fee)		
Advanced Keiki Ceramics	9-12 yrs	4-5 pm
*Basketball, (M/W)	9-11 yrs	3-4 pm

<u>THURSDAY</u>	<u>AGE</u>	<u>TIME</u>
Dodge Ball	8-12 yrs	3-4 pm

<u>FRIDAY</u>	<u>AGE</u>	<u>TIME</u>
Keiki Cooks, (\$15)	5-10 yrs	3-4 pm



TEENS

<u>MONDAY</u>	<u>AGE</u>	<u>TIME</u>
Game Play	11-17 yrs	3-5 pm

<u>TUESDAY</u>	<u>AGE</u>	<u>TIME</u>
*Basketball, (T/TH)	12-14 yrs	3-4 pm
- (League games - Wednesday afternoons)		
*Basketball, (T/TH)	15-17 yrs	4-5 pm
- (League games - Monday evenings)		

<u>THURSDAY</u>	<u>AGE</u>	<u>TIME</u>
*Basketball, (T/TH)	12-14 yrs	3-4 pm
*Basketball, (T/TH)	15-17 yrs	4-5 pm

<u>FRIDAY</u>	<u>AGE</u>	<u>TIME</u>
*Volleyball	15-17 yrs	3-4 pm
- (League games - Monday evenings)		

*Participants form teams that participate in league play at various parks. Participants must provide their own transportation to and from league games. Activities / classes will be cancelled or rescheduled if registration is insufficient.

**Please refer to Community Bulletin Board for more information on tennis classes for children.

MAKIKI DISTRICT PARK SWIMMING POOL continued

Program Period: January 26, 2009 - May 8, 2009

CHILDREN & TEENS

Swim Team Mon, Wed & Fri 2:30 - 3:25 p.m.
 - Ages 3-17 years of old. Practice for and compete in Department sponsored District and City-wide swim meets.

Intro to Water Polo Tue & Thu 2:30 - 3:25 p.m.
 - For ages 10-17 years old. Learn this fun and exciting sport. Learn basic skills such as ball handling, water agility and team work. Level III swimming ability is required.

Synchronized Swimming
 Tue & Fri 2:30 - 3:30 p.m.
 - For all ages. A Level II swimming ability is required.

TEENS, ADULTS & SENIORS

Water Exercise Mon & Wed 5:00 - 5:45 p.m.
 Tue & Fri 9:15 - 10:00 a.m.
 - Tone muscles, gain flexibility, build endurance, & socialize.

Learn to Swim for Teens & Adults
 Mon & Wed 10:30 - 11:15 a.m.
 Tue & Thu 5:00 - 5:45 p.m.
 - Beginner & advanced swimming skills.

Synchronized Swimming
 Tue & Fri 2:30 - 3:30 p.m.
 - For all ages. A Level II swimming ability is required.

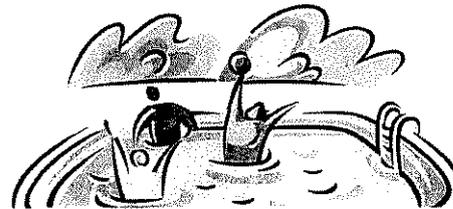
LAP SWIM SWIM HOURS

Monday, Tuesday, Wednesday & Friday
 11:30 a.m. - 1:00 p.m.

PUBLIC & LAP SWIM HOURS

Monday - Friday
 3:30 - 5:00 p.m.

Saturday, Sunday & Holidays
 1:00 - 5:00 p.m.



MAKIKI DISTRICT PARK SWIMMING POOL

POOL MANAGER: Nyles Toguchi
1527 Keeaumoku Street
PHONE: 521-4803



PROGRAM DATES: January 26, 2009 - May 8, 2009
Session I: January 26, 2009 - March 13, 2009
Session II: March 23, 2009 - May 8, 2009



NOTE: SCHEDULE IS SUBJECT TO CHANGE. All classes and times are subject to changes and/or cancellations. Class spaces are limited, so register early. Each person may register for self and immediate family members only. All classes are offered during both program session periods except where specifically noted. Participants must have enrolled, completed and passed the previous level class before enrolling in the next higher level class. Registration is on a "first-come, first-served" basis. All classes have a limited enrollment except where specifically noted. Swimming classes at Makiki District Park Swimming Pool use the American Red Cross "Levels" to describe the type of skills that will be taught.

- Level I** - Introduction to Water Skills: basic elementary aquatic skills, water adjustment and safety.
- Level II** - Fundamental Aquatic Skills: learn to coordinate freestyle and backstroke with an introduction to side breathing.
- Level III** - Stroke Development: increase confidence in strokes learned in level 2 with an introduction to breaststroke and butterfly.
- Level IV** - Stroke Improvement: perform freestyle and backstroke for increased distance along with breaststroke and butterfly.
- Level V** - Stroke Refinement: Polish strokes, swim with more ease, efficiency, power and smoothness over greater distances.

.....
Session I: January 26, 2009 - March 13, 2009 Session II: March 23, 2009 - May 8, 2009

TINY TOTS (3 - 5 years old)

Water Adjustment & Primary Skills
Tue & Fri 10:10 - 11:10a.m.
- Basic water adjustment & skills. One on one with instructor for 10 minutes. Class limit: 6

CHILDREN'S CLASSES (5 years and older)

Learn to swim:
Level I Mon & Wed 2:30 - 2:55p.m.
Level II Mon & Wed 3:00 - 3:25p.m.
Level III Mon & Wed 3:00 - 3:25p.m.
Level IV/V Tue & Thu 2:30 - 3:25p.m.
- Class limit (all classes): 10

7

TINY TOTS (3 - 5 years old)

Water Adjustment & Primary Skills
Tue & Fri 10:10 - 11:10a.m.
- Basic water adjustment & skills. One on one with instructor for 10 minutes. Class limit: 6

CHILDREN'S CLASSES (5 years and older)

Learn to swim:
Level I Mon & Wed 2:30 - 2:55p.m.
Level II Mon & Wed 3:00 - 3:25p.m.
Level III Mon & Wed 3:00 - 3:25p.m.
Level IV/V Tue & Thu 2:30 - 3:25p.m.
- Class limit (all classes): 10

MAKIKI DISTRICT PARK continued



ADULTS/SENIORS

++PLEASE NOTE: ALL ADULT/SENIOR CLASSES ARE SUBJECT TO CHANGE PENDING CONSTRUCTION WORK AT MAKIKI DISTRICT PARK. LENGTH OF CLASS SESSIONS WILL VARY - PLEASE REFER TO COURSE DESCRIPTIONS. CLASSES MAY BE CANCELLED DUE TO INSUFFICIENT REGISTRATION.

Total Body Conditioning Mon 5:30 - 6:30 pm
- COST: \$20/10 sessions. This group fitness class conditions the body with hi/lo aerobics, muscle strengthening exercises, and stretching. Please bring an exercise mat and water bottle. Use of 3 - 5 lb. hand weights are recommended, but not required. Instructor: Shannon Hirose-Wong. Class dates: 1/26/09 - 4/06/09. Classroom: Agee Auditorium.

Ceramics Mon 12:00 - 2:00 pm
- \$40/10 sessions. Learn the basics of hand building. Provide own supplies. Instructor: S. Hoo. Class dates: 1/26/09 - 4/06/09. Classroom: Arts & Crafts building, 1st floor.

Guitar, Beginner Tue 10:00 - 11:00 am
- COST: None. Introduction to folk guitar and popular accompaniment styles. Must provide own guitar. Instructor: Spencer Yee. Class dates: 1/27/09 - 4/07/09. Classroom: Administration building.

Guitar, Intermediate Tue 11:00 - 12:00 pm
- COST: None. Chord development, accompaniment styles, music theory and more. Must provide own guitar. Instructor: Spencer Yee. Class dates: 1/27/09 - 4/07/09. Classroom: Administration Building.

Low-impact Aerobics Tue & Thu 6:30 - 7:30 pm
- COST: \$40/20 sessions. Includes low-impact aerobics with warm-up, cool down and floor work. Bring a floor/exercise mat, towel and water. Optional: up to 5 lb. weights. Instructor: Christy Tanioka. Class dates: 1/27/09 - 3/31/09. Classroom: Administration Building.

Salsa Line Dancing, Level I Tue 6:30 - 7:30 pm
- COST: \$20/10 sessions. Learn salsa line dancing. No prior experience needed. Instructor: Samir Hana. Class dates: 1/27/09 - 3/31/09. Classroom: Agee Auditorium.

Salsa Partner Dancing, Level I Tue 7:30 - 8:30 pm
- COST: \$20/10 sessions. Learn salsa partner dancing. No dance partner required. Instructor: Samir Hana. Class dates: 1/27/09 - 3/31/09. Classroom: Agee Auditorium

Stretch And Tone Senior Exercise Tue & Thu 9:00 - 10:00 am
- COST: \$40/20 sessions. Stretch and tone your muscles while sitting and standing. Improve your strength, flexibility, posture, fitness and well-being. Gentle yet effective exercises. Bring your own weights and water. Instructor: Nancy Smith. Class dates: 1/27/09 - 4/23/09. No classes Feb. 12 - 26. Classroom: Auditorium

****Tennis, Beginner** Tue 6:30 - 7:30 pm
- COST: \$35/6 week session. Register with USTA. Learn basic skills of the game. Racquets are available for class use. Tennis/ court shoes are required. Instructor: Wayne Sasaki. Tennis Court #1 & #2.
Session #1: 1/27/09 - 3/10/09.
Session #2: 4/07/09 - 5/19/09.



4

MAKIKI DISTRICT PARK continued

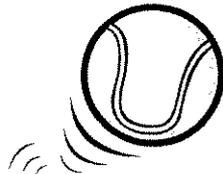
****Tennis, Intermediate** Tue 7:30 - 8:30 pm
 - \$35/6week session. Register with USTA. Learn strategy and techniques to improve your game. Racquets are available for class use. Tennis/court shoes are required. Instructor: Wayne Sasaki. Tennis Court #1 & #2.
 Session #1: 1/27/09 - 3/10/09.
 Session #2: 4/07/09 - 5/19/09.

Walking for Health Wed 9:00 - 10:00 am
 - Exercise by walking together with a group.
 Class dates: 1/28/09 - 4/01/09. Instructor: Spencer Yee. Class meets in front of the Administration Building near the parking lot.

Hula, Beginning Thu 6:00 - 7:00 pm
 - \$40/20 sessions. Learn basic hula steps.
 Instructor: Flo Fernandez. Class dates: 1/29/09 - 4/09/09. Classroom: Agee Auditorium.

Lapidary Art Thu 7:00 - 9:00 pm
 - Learn to select, cut and polish rock and gems as a hobby. Sponsored by the Rock & Mineral Society. Class dates: 1/29/09 - 4/09/09.
 Classroom: Arts & Crafts building, 2nd floor.

****Tennis, Novice Drills** Thu 6:30 - 7:30 pm
 - \$35/6 week session. Register with USTA. For those who have some training in tennis basics and would like to improve their skills through practice drilling. Racquets are available for class use. Tennis/Court shoes are required. Instructor: Wayne Sasaki. Tennis Courts: #1 & #2.
 Session #1: 1/29/09 - 3/12/09.
 Session #2: 4/09/09 - 5/21/09



5



****Tennis Intermediate Drills II** Thu 7:30 - 8:30 pm
 - \$35/6 week session. Register with USTA. Various types of practice drilling to improve basic stroke and skills, mixed with some play with other participants. For those in league play "3.5 - 4.5" level players. Racquets are available for class use. Tennis/Court shoes are required. Instructor: Wayne Sasaki.
 Tennis Courts: #1 & #2.
 Session #1: 1/29/09 - 3/12/09.
 Session #2: 4/09/09 - 5/21/09.



SENIOR CLUBS

Makiki Seniors Citizen's Club 9:30 - 11:00 am
 - Meets on 2nd and 4th Fridays of the month.

Platinum Seniors Citizen's Club 10:00 - 11:30 am
 - Meets on 1st and 3rd Fridays of the month

MAKIKI DISTRICT PARK continued

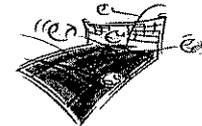
MAKIKI "FUN" TENNIS LEAGUE

League play is the best most enjoyable way to improve your game. Whether you're a novice player wanting to get into the game, or the seasoned player wanting to put the "FUN" back into tennis, the Makiki "Fun" Tennis League is for you. League format and team organization is similar to HTL and USTA tennis leagues. You can experience all the excitement of league play, with the emphasis placed on having fun. Meet other tennis players in the community and expand your player base. Make new friends. Join the MAKIKI "FUN" TENNIS LEAGUE!

Recreational adult league played on Monday evenings (6:30 - 9:30 pm). Doubles play, team format, recommended for novice players. Supply fee.

League Format

- Men's Doubles
- Women's Doubles
- Mixed Doubles



1/20/09 - Deadline to register. Registration form and tennis league questionnaire are due. Players are being placed into teams at this time. If you are not registered, you will have to join the league next season. If you are registered and do not intend to, or may not be able to play, call the director (522-7082) so that team adjustments can be made.

1/26/09 - Mandatory organizational meeting: 7:00 pm, Administration Building. Meet teammates and schedule your matches for the season. All registered participants must attend. Call director if you have an emergency.

2/02/09 - League play starts. League runs approximately 10 weeks.



6

COMMUNITY BULLETIN BOARD

**USA Tennis - Youth Tennis Classes

(Two 6-week sessions)
 Session #1: 1/29/09 - 3/05/09
 Session #2: 4/09/09 - 5/14/09
 Recommended for entry-level children. Loaner racquets and balls can be provided. Bring a water bottle. Need to complete Session I to register for Session II classes.
 - Beginner: Players who are new to the game.
 - Novice: Players with basic skills (forehand, backhand, volley & serve) and able to sustain a moderate rally.

**Youth - Beginner (\$35)		
Tue	Ages: 9-12	3 - 4 pm
**Youth - Beginner (\$35)		
Tue	Ages: 6-8	4 - 5 pm
**Youth - Adv. Beg/Novice (\$35)		
Tue	Ages: 9-14	5 - 6 pm

****Register on line at www.hawaii.usta.com.**
 Online registration is the only method of registering for all Children and Adult USTA classes.

The following community organizations offer classes that are open to the public. Please come at the class meeting times for more information.

Cha-3 Kenpo Association

Tue & Thu 5:00 pm - 6:00 pm
 - Kenpo instruction for children.
 Classroom: Agee Hall, 2nd floor.

Makiki Seidokan Judo Club

Mon, Wed & Fri 5:30 pm - 8:30 pm
 - Judo instruction for children, ages 6 - 13 years.
 Club fees. Classroom: Agee Hall, 2nd floor.

INFORMATION

MAKIKI LIBRARY - 1527 Keeaumoku Street
 Phone: 522-7076 **NOTE: The Makiki Library is closed for construction work.**

PEOPLE'S OPEN MARKET

- Mondays, 8:30-9:30 am, lower Keeaumoku Street parking lot, except for City holidays.
 Call 522-7088 for more information.

DEPARTMENT OF PARKS & RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY of HONOLULU
Mufi Hann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

 The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.

REGISTRATION: January 12, 13 & 14. 8:30am to 11:00am

PAUAHI RECREATION CENTER

171 North Pauahi Street

Phone: 527-6753

Staff: Keith Nishimura

ADULTS/SENIORS

MONDAY

- +GROUP SINGING – Songs of the 40's & 50's. Instructor: Mitsue Stone 8:00-9:00am(d)
- *BEGINNING UKULELE - Compact melody making for fun and socializing. 8:00-10:00am(u)
Fee: \$20.00
- +LOW IMPACT EXERCISE - Basic exercise to build up your heart rate. 9:00-10:00am(d)
Instructor: Helen Omuro
- +LUK TUNG KUEN #1 - Chinese exercise for health. 10:00-11:00am(u)
- +STRETCH AEROBICS – Exercise for flexibility and toning. Instructor: Lara Lasher. 10:00-11:00am(d)
- +LUK TUNG KUEN #2 - Chinese exercise for health. 11am -12:00pm(u)
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10am -2:00pm(u)

TUESDAY

- **LINE DANCE - "TNT" line dance class. (Tuesdays and Thursdays) 9:00 -10:00am(d)
Instructor: Joane Jacob
- **OKINAWAN DANCE - Fundamentals of this rhythmic expression. 9:00 - 11:00am(u)
Instructor: Yoshiko Onaga
- +MUVE AEROBICS - Exercise for burning fat and toning muscle. 10:00- 11:00am(d)
Instructor: Maggie Kunkel
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10am-2:00pm(u)

WEDNESDAY

- +GROUP SINGING – Songs of the 40's & 50's. Instructor: Mitsue Stone 8:00-9:00am(d)
- +LOW IMPACT EXERCISE - Basic exercise to build up your heart rate. 9:00-10:00am(d)
- **FILIPINA FOLK DANCE – Learn Filipino cultural dance. Instructor: Pat Valentin 9:00-10:00am(u)
- +LINE DANCE – Country line dance for a fun time. Instructor: Lucy Caberto. 10:00-11:00am(d)
- +TAI CHI - Asian exercise for health. Instructor: Elizabeth Hookano 10:00-11:00am(u)
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10am-2:00pm(u)
- +BALLROOM DANCING - Couples dancing with style. Instructor: Gus Esposito 1:00-5:00pm(d)

THURSDAY

- +BODY TONING – Exercise with light weights. Instructor: Lowell Kaanehe 9:00-10:00am(d)
- **LINE DANCE - "TNT" (Tuesdays and Thursdays) line dance class. 9:00-10:00am(u)
Instructor: Joane Jacob
- +LINE DANCE – Country line dance for a fun time. Instructor: Lucy Caberto 10:00-11:00am(d)
- +BOARD AND TABLE GAMES - Chess, checkers, American Japanese cards. 10am-2:00pm(u)
- **OKINAWAN DANCE CLUB - Practice for special events. 12:00-2:00pm(u)

FRIDAY

- +BINGO - Group fun of matching numbers. 9:00-10:00am(d)
- *OKINAWAN DANCE - Fundamentals of this rhythmic expression. 9:00-11:00am(u)
Instructor: Yoshiko Onaga.
- *STRETCH AEROBICS – Exercise for flexibility and toning. Instructor: Lara Lasher 10:00-11:00am(d)
- **FILIPINA FOLK DANCE – Learn Filipino cultural dance. Instructor: Pat Valentin 11am-12:00pm(u)
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10am-2:00pm(u)
- **LINE DANCE CLUB - Practice for special events. 12:00-2:00pm(u)

- KEY:** * Co-sponsored class with the Department of Education. State of Hawaii.
** Non-paid volunteer instructors.
+ Co-sponsored class with Unity House, Inc.
u Class held upstairs in multi-purpose room
d Class held downstairs in dining room

NEW Online
Registration for
non-fee classes. Online registration will be available for
non-fee classes from December 22, 2008 to
January 4, 2009. Apply for an online account starting
December 1, 2008 at www.honoluluiparks.com.



DEPARTMENT OF PARKS
& RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY of HONOLULU
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION
Lester K. C. Chang, Director

Registration:

January 12, 2009, 6:00 p.m. to 8:00 p.m. and
January 13 and 14, 2009, 2:00 p.m. to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day,

March 26, 2009 - Prince Kuhio Day,

April 10, 2009 - Good Friday

Newspaper Ad: Midweek during the week
of January 5, 2009

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PU'UNUI COMMUNITY PARK

2555 Pu'unui Avenue

Phone: 595-2460

Director: Janice Kakehi

CHILDREN

Monday

2AC51	Arts & Crafts	5-12 years old	3:00 - 4:00 PM
2RE22	Indoor Games/Table Tennis	7 years and up	4:00 - 5:00 PM

Tuesday

2SP20	Basketball- Basic Skills, Strategy & Team Play	8 to 11 years old	3:00 - 4:00 PM
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Wednesday

2RE24	Chess- Learn the fundamentals of chess play.	7 years and up	3:00 - 4:00 PM
2RE22	Indoor Games/Table Tennis	7 years and up	4:00 - 5:00 PM

Thursday

2SP20	Basketball- Basic Skills, Strategy & Team Play	8 to 11 years old	3:00 - 4:00 PM
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Friday

2RE11	Cooking- \$20/10 limit	5-12 years old	3:00 - 4:00 PM
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Saturday

2SP20	Basketball League Games	8-11 years old	TBA
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TEENS

Monday

	Basketball League Games	15-17 yrs. Old	TBA
	Volleyball League Games	15-17 yrs. Old	TBA
3SP30	Basketball - Basic Skills, Strategy & Team Play	12-14 yrs. Old	4:00-5:00 PM

Tuesday

3SP32	Basketball - Basic Skills, Strategy & Team Play	15-17 yrs. Old	4:30-5:30 PM
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Wednesday

	Basketball League Games	12-14 yrs. Old	TBA
3SP34	Volleyball- Basic Fundamentals	15-17 yrs. Old	TBA

Thursday

3SP30	Basketball - Basic Skills, Strategy & Team Play	12-14 yrs. Old	4:00-5:00 PM
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Friday

3SP34	Volleyball-Basic Fundamentals	15-17 yrs. Old	TBA
3SP32	Basketball - Basic Skills, Strategy & Team Play	15-17 yrs. Old	4:30-5:30 PM

Adults

Wednesday

4HW03	Hula		9:00 AM - 10:00 AM
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Tuesday

4FT12	Dahn Hak Exercise	Mat or Towel Needed	10:30 AM -12:30 PM
4FT01	Dahn Hak Exercise	Mat or Towel Needed	3:30 PM - 5:30 PM

Friday

4FT12	Dahn Hak Exercise	Mat or Towel Needed	10:30 AM -12:30 PM
4FT01	Dahn Hak Exercise	Mat or Towel Needed	3:30 PM - 5:30 PM

*****all classes are subject to change without notice.***

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SALT LAKE DISTRICT PARK

1159 Ala Lilikoi Place

Phone: 831-7100/7101

Director: Napua Cayetano

TINY TOTS

MONDAY/WEDNESDAY

Tiny Tots I – Child development, crafts, excursions, songs. **AGE** 3½ - 5 yrs. **TIME** 9:30-10:30 am
Limit: 12. Minimum: 8. Cost: \$20/10 classes. Please show birth certificate.
Instructor: Jayeen Cancino

Tiny Tots II – Child development, crafts, excursions, songs. 3½ - 5 yrs. 10:30-11:30 am
Limit: 12. Minimum: 8. Cost: \$20/10 classes. Please show birth certificate.
Instructor: Jayeen Cancino

CHILDREN

MONDAY

Dis & Dat Dancing – Learn a variety of dances: hula, Grades 3-6 3:30-4:30 pm
Maori, line dancing, etc. FREE.

TUESDAY

Keiki Krafts – Seasonal crafts. \$10/8 classes. Grades K-6 3:30-4:30 pm

TUESDAY/FRIDAY

Basketball - Basic fundamentals. 9 -11 yrs. 3:30-4:30 pm
League play on Saturday mornings.

WEDNESDAY

Okinawan Eisa Taiko (Festival drum and dance) Grades K-Adult 6:45-7:45 pm
\$20/10 classes. Provide your own paranku (drum) and
bachi (stick) or see instructor on first day of class about
how to purchase a set.

THURSDAY

Keiki Cooking – Fun cooking projects. \$10/8 classes. Grades K-6 3:30-4:30 pm

TEENS

TUESDAY/WEDNESDAY

Volleyball – Basic fundamentals. \$40/season. 15-17 yrs. 3:00-4:30 pm
League play on Monday evenings.

ADULTS

TUESDAY

Community Mixed Volleyball – Fellowship and play with friends and neighbors. COST \$ Free TIME 6:00-8:45 pm

WEDNESDAY

Okinawan Eisa Taiko (Festival drum and dance) \$ 20.00 6:45-7:45 pm
Provide your own paranku (drum) and bachi (stick) or see instructor on first day of class about how to purchase a set.
10 classes. Instructor: Akemi Martin

THURSDAY

Sahm Bo Dahn – Korean Exercise; bring cushioned mat. \$ Free 9:00-10:00 am

SENIOR CITIZENS

MONDAY

Salt Lake Seniors - Club meetings, activities, speakers, 55 yrs./older 9:00-11:00 am
excursions. Club dues. Additional club activities include ukulele, mah jong, karaoke (Monday), and crafting (Thursdays).

Community Bulletin

Monday/Wednesday/Friday	Salt Lake Judo Club (spaces limited) Fun and Fundamentals. FREE. You must provide your own gi (uniform).	6-18 yrs.	6:00-7:00 pm
Tuesday/Thursday	Lanakila Aikido Club Fun and Fundamentals. FREE. You must provide your own gi (uniform).	6-18 yrs.	7:00-8:00 pm
Daily	Luk Tung Kuen Stretching exercises for Seniors.		6:15-7:00 am
Daily	Adult Self Weight Training. FREE. Monday-Friday 2:00-8:00 pm Saturday&Sunday 1:00-4:15 pm Must be certified in current year by staff to use weight room. Bring a picture ID & wear proper apparel / shoes.		

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SALT LAKE SWIMMING POOL

1159 Ala Lilikoi Place

Phone: 831- 4377

Manager: Kiana Taylor

CLASSES BEGIN: FEBRUARY 2ND - APRIL 17TH

NO CLASS ON THE FOLLOWING DAYS:

February 16, 2009 - President's Day

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

TINY TOTS: (3 - 4 YEARS OF AGE)

WEDNESDAY:

Getting comfortable in and around water.

Limit 6

1:45pm-2:15pm

CHILDREN'S CLASSES: KINDERGARTEN AND OLDER

MONDAY & WEDNESDAY:

LEVEL I: Introduction to water skills: Floating, kicking.
Stroking & breathing introduction to freestyle.
Back floating and kicking.

Limit 6 2:30pm - 3:15pm

LEVEL III: Stroke development: Front & back crawl.

Intro to butterfly; all children must be able to swim 25 yards.

Limit 15 2:30pm - 3:15pm

TUESDAY / THURSDAY:

LEVEL II: Fundamental Aquatic skills: front & back crawl with
breathing without support. Introduction to the deep
side of the swimming pool. Must be able to swim 10 yards
without support or standing.

Limit 8 2:30pm - 3:15pm

LEVEL IV (Swim Team): Must be able to swim 25 yards.

Freestyle, backstroke, & breaststroke swim meets
on Thursdays.

Limit 15 2:30pm - 3:15pm

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ADULT & SENIOR PROGRAM

CLASSES START FEBRUARY 2ND - APRIL 17TH

NO CLASS ON THE FOLLOWING DAYS:

February 16, 2009 - President's Day

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

WATER EXERCISE:

Limit 45

9:00am - 9:45am

TUESDAY & FRIDAYS: Muscle toning, conditioning and water walking.
Space is limited so Register Early!!!

ADULT LEARN TO SWIM:

Limit 20

9:45am - 10:45am

TUESDAY & FRIDAYS: - ALL LEVELS

WATER THERAPY WALKING:

Limit 45

10:30am - 12:00pm

MONDAYS: Open pool time. No instructor. Various walking methods using currents and water resistance. For people recovering from strokes, back problems or having any other therapy needs. If you need assistance, you must provide your own caregiver.

PUBLIC AND LAP SWIM HOURS

February 2nd - April 17th

Adult Long Course Lap (50 meters) Monday, Tuesday, Thursday, Friday
12:00 - 1:30pm

NO LONG COURSE LAP SWIM ON WEDNESDAYS

Short Course Lap (25 yards)	Tuesday/Friday	9:00am-11:00am
	Monday-Friday	3:30pm-5:00pm
	Tuesday/Thursday	6:30pm-8:00pm
	Saturday/Sunday/Holidays	1:00pm -5:00pm

Public Swim (Kids)	Monday-Friday	3:30pm-5:00pm
	Tuesday/Thursday	6:30pm-8:00pm
	Saturday/Sunday/Holidays	1:00pm-5:00pm

Small Pool	Tuesday/Thursday	3:30pm-5:00pm
	Saturday/Sunday/Holidays	1:00pm-4:00pm

HOURS MAY CHANGE WITHOUT NOTICE...

WAIKELE SWIMMING POOL - 2009

POOL MANAGER: Earle Yonezawa 94-870 Lumiaina Street PHONE: 678-0872

Registration Dates:

On-line: December 22 thru January 4, 2009.

(to register and or obtain an on-line account, go to:

<http://parks.honolulu.gov/sdi/home.html>)

Walk-in: January 14, 2009 6:00 – 8:00 pm (in Multi-purpose Room)

January 15 & 16, 2009, 2:00 – 5:30 pm (in swimming Pool Office)

Registration will **only** be taken on the following days and times above on a

FIRST COME, FIRST SERVE BASIS.

CHILDREN (5 years & up)

Learn to Swim

Aquatic Awareness/Level 1 – Program dates: Mar. 21 to April 11, 2009. Sat. 10:45-11:15 am.

-Aquatic awareness and introduction to basic swimming skills. or 11:15 –11:45 am

Basic Swimming Skills/Level 2 – Program dates: Mar. 21 to April 11, 2009. Sat. 11:45 –12:15 pm.

-Continues development of basic swimming skills and aquatic awareness.

MUST BE ABLE TO FLOAT FACE DOWN UNSUPPORTED FOR 10 SECONDS AND SWIM 5 YARDS.

Beginner/Level 3 – Program dates: March 21 to April 11, 2009. Sat. 11:45 –12:15 pm.

-Continued development and improvement of basic swimming skills.

MUST BE ABLE TO SWIM 10 YARDS AND FLOAT ON BACK UNSUPPORTED.

Advanced Beginner/Level 4- Program dates: March 21 to April 11, 2009. Sat. 12:15-12:45 pm.

-Stroke refinement and development. **MUST BE ABLE TO SWIM FRONT CRAWL/FREESTYLE 25 YARDS AND SWIM ON BACK FOR 10 YARDS.**

ONLY CLASS PARTICIPANTS ALLOWED WITHIN POOL FENCED AREA DURING ALL CHILDREN CLASS INSTRUCTION.

CHILDREN & TEENS

Recreation Swim Team

Please call for class schedule, etc.

-Stroke development and refinement, workouts, conditioning, competitive stroke work, year-round, etc. **MUST BE ABLE TO SWIM FRONT CRAWL IN DECENT FORM FOR 25 YARDS.**

HAWAII SWIMMING CLUB

Please call for tryout, swim practice info, etc.

For children and teens year-round. Competitive strokes, workouts, swim meets, etc.

RECREATIONAL SWIM HOURS* (March 15 = April 11, 2009)

Free Swim Hours:

Lap Swim Hours:

Combined Lap/Free:

Sat/Sun. 1:00-5:00pm

Tue/Fri. 8:30-10:30 am

Mon-Fri. 1:45-4:00 pm

***All public swim hours contingent on satisfactory conditions and water quality.**

For more information regarding the swimming pool program, public swim hours or the Hawaii Swimming Club, please call Earle at 678-0872.

DEPARTMENT OF PARKS
& RECREATION

Spring Program

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and

January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day

Newspaper Ad: Midweek during the week of January 5, 2009

NEW Online Registration for non-fee classes

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com



WAIKELE COMMUNITY PARK

94-870 Lumiaina Street, Waipahu, Hawaii 96797

(adjacent to Waikele Fire Station (Pearl City end of the block).

RECREATION DIRECTOR : Mrs. Edwina Lau..... Phone: 678-0871
SWIMMING POOL MANAGER: Mr. Earle Yonezawa..... Phone: 678-0872
(call above for swimming pool program and hours)

Spring 2009, Registration Dates: January 14, 2009, 6:00 pm – 8:00 pm (Wed.)
(in the multi-purpose room) January 15, 16, 2009, 2:00 pm – 5:30 pm (Thurs./Fri.)

Spring 2009 Registration continues until the first day of class or until the class is closed **ONLY** on Tuesday, Wednesday, Thursday from 3:00 to 5:00 pm.

A class list & registration form will be taken during registration period. Fees collected **ONLY** on the first day of class. Registration is on a first come, first serve basis. You may register for yourself, family members and one other non-family member. No registration accepted by telephone, mail.

Please call 678-0871 before the first day of class for information regarding any changes to the class (answering machine message). At the discretion of the Director, a class may be cancelled due to insufficient registration and/or time may also change. A class may be added, cancelled, or postponed due to registration trends or the availability of a qualified instructor.



We Add Quality to Life

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable accommodations, please call your local park. TTY users call 766-5027.

TINY TOT CLASSES

TINY TOT PLAY GROUP CLASSES. For children 1- 4 years of age. Everyone bring own snacks. Objective of the classes: 1) to enhance socialization skills, 2) mother/guardian support group, 3) parent/guardian and child to participate in music & dance, arts & crafts, snack time, sports & games, storytelling, and free time in a pre-school environment. Parent/guardian highly encouraged to participate in all Tot activities during class time, i.e. sing with the child & group.

Instructor: Mrs. V Millerd **Wednesday** 9:30 – 11:30 am
Cost: \$28.00 for 7 weeks. First Session - class starts Jan. 21 to Mar. 4, 2009.
Second Session – class starts Mar. 11 to April 29, 2009.
Instructor: Mrs. V. Millerd **Friday** 9:30 – 11:30 am
Cost: \$28.00 for 7 weeks. First Session - class starts Jan. 23 to Mar. 6, 2009.
Second Session – class starts Mar. 13 to May 11, 2009.
Instructor: Mrs. S. Nii **Saturday** 9:30 – 11:30 am
Cost: \$28.00 for 7 weeks. First Session - class starts Jan. 24 to Mar. 7, 2009.

CHILDREN'S CLASSES

COCONUT SHELL & HAWAIIAN SEED CRAFT CLASS
Instructor: Mr. R. Aloiaiu **Wednesday** 4:00 – 5:00 pm
No Charge for the class. Class starts Feb. 4 to April 29, 2009.
For children (1st grade +), teens and adults. Sand item to a smooth finish with sandpaper.
Polish, buffing and application of jewelry findings completed by the instructor. Excellent gifts.

FILIPINO MARTIAL ARTS **Tuesday** 7:00 – 8:00 pm
Instructor: Mr. M. Mendoza
Cost: \$10.00 for 5 weeks for children grades 3+, teen and adults.
Class starts Feb. 3, to Mar. 3, 2009.

HULA, Beginning **Monday** 3:00 – 4:00 pm
Instructor: Mrs. L. Nakamura
Cost: \$20.00 for 10 weeks. For children 3 – 6 years of age.
Class starts Jan. 26 to April 6, 2009

HULA, Beginning **Wednesday** 5:30 – 6:30 pm
Instructor: Mrs. C. Kuhns.
Cost: \$10.00 for 5 weeks. For children 3rd to 6th grade. Learn basic hula skills and dances.
Class starts Feb. 6 to Mar. 6, 2009.

HULA, Beginning **Thursday** 3:00 – 4:00 pm
Instructor: Mrs. L. Nakamura
Cost: \$20.00 for 10 weeks. For children 7 – 11 yrs. of age.
Class starts Jan. 22 to April 2, 2009.

TEEN/ADULT/SENIOR CITIZENS (55+) CLASSES

COCONUT SHELL & NATIVE HAWAIIAN SEED CRAFT CLASS
Instructor: Mr. R. Aloiaiu. See Children's Classes for more detailed information.

FILIPINO MARTIAL ARTS (See above for more information)

HULA, Beginning **Thursday** 10:00 – 11:00 am
Instructor: Mrs. L. Nakamura
Cost: \$20.00 for 10 weeks.
Class starts Jan. 22 to April 2, 2009

HULA, Beginning **Friday** 5:30 – 6:30 pm

Instructor: Mrs. L. Decoite. Class starts Feb. 20 to March 20, 2009.

Cost: No charge for the hula class, free for five weeks.

UKULELE, Beginning. **Monday** 9:30 – 10:30 am

UKULELE, Advanced Beginning 10:30 – 11:30 am

Instructor: Mrs. W. Thomas

Cost: \$20.00 for 10 weeks. Bring your own ukulele & tuner.

Class starts Jan. 12 to March 30, 2009, no class on Jan. 19 & Feb. 16, 2009.

YOGA, POWER BREATHING **Monday** 4:30 – 5:30 pm

Instructor: Ms. C. Piliwale. 5:30 – 6:30 pm

Cost: \$20.00.

Class starts on Feb. 2 to April 6, 2009, 10 weeks.

YOGA, Level II (Completed Level I) **Tuesday** 9:00 – 10:00 am

Instructor: Mrs. V. Millerd, L. Lovstedt. Cost: \$20.00 for 10 weeks.

Class starts Feb. 3 to April 21, 2009, no class on 2/24/09 and 3/31/09.

YOGA, Level I. INTRODUCTION **Tuesday** 4:45 – 5:45 pm

Instructors: Mrs. D. Takase, M. Bretschneider.

Cost: \$20.00 for 10 weeks, free for students 62 and above.

Class starts Jan. 20 to Mar. 24, 2009. Students with very little or no yoga experience.

YOGA, BEGINNING. Level II **Thursday** 9:00 – 10:00 am

Instructors: Mrs. V. Millerd, L. Lovstedt.

Cost: \$14.00 for 7 weeks.

First session: class starts Jan. 22 to March 5, 2009

Second session: class starts March 12 to April 30, 2009, no class on 3/26/09.

YOGA, LEVEL III. (Advanced Beginners) **Thursday** 4:15 – 5:30 pm.

Instructor(s): Mrs. F. Loo, G. Loo.

First session: Cost: \$18.00 for 9 sessions. Class starts on Jan. 22 to march 19, 2009.

Second session: Cost: \$14.00 for 7 sessions. Class starts April 16 to May 28, 2009.

Pre-requisite: Ability to perform Sun Salutation.

YOGA, LEVEL II. (Completed Level I) **Thursday** 5:30 -6:30 pm

Instructors: Mrs. V. Millerd, L. Lovstedt.

Cost: \$14.00 for 7 weeks.

First Session: Jan. 22 – March 5, 2009.

Second Session: March 12 to April 30, 2009, no class on March 26, 2009

ALL YOGA CLASSES increase your flexibility, endurance, coordination, concentration and balance.

Practicing yoga will also relieve your back pain and stress.

WAIPAHU COSMOPOLITAN SENIOR CITIZENS CLUB (55 years +)

Cost: \$12.00 for a year **Friday** 9:00 – 11:00 am

Club officers presiding. Meeting Place: Waipahu District Park, 94-230 Paiwa Street, Waipahu.

The Club meets in the multi-purpose room (Kapolei-end of the outdoor basket/volleyball courts).

Meeting day: The first Friday of each month, a general meeting with guest speakers.

The other Friday activities include chartered bus excursions, bingo, arts & crafts, games, etc.

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**PEARL CITY AREA COMMUNITY
BULLETIN BOARD 2009**

Aiea Youth Baseball -

Baseball for children ages 5-17 years of age Registration in October/December. League play from December—July. For further information contact Claire Tamamoto @ 429-1282

America Youth Soccer Association -

Soccer for children 5-17 years of age. Registration in October for league play from January—May. Registration in April for league play from August—November. For further information contact Gary Tashiro @ 456-3615 after 5:00 PM.

Highlands Colts -

Pop Warner Football league and **Cheerleading** for children ages 10 years of age and up. Registration in May. League play August – December. For further information contact Franny Aragosa @ 354-8069 (princessfranny06@aol.com).

Leeward Girls Softball Association -

A.S.A. Softball for girls ages 5-17 years of age. Registration in December/January. League play from February – November. For further information contact Warren Okinaka @ 455-5128 or 927-1360.

Pearl City Aquatics, Inc. -

USA age group **Competitive Swimming** program. Monday to Friday at Pearl City District Park Swimming Pool. All ages up to 18 years. For further information contact Ken Suenaga @ 456-1472.

Pearl City Chargers -

Pop Warner Football league and **Cheerleading** for children ages 10 years of age and up. Registration in May. League play August – December. For further information contact Linda Padello @ 342-6929 (lindap@leisinc.com).

Pearl City Little League -

Baseball league for children ages 5-17 years of age. Registration in November/December. League play from January – July. For further information please contact Liane Nakamura @ 295-2097.

P.C.C. Youth conducts **TEEN activities** and programs for youths in grades 7-12. Contact Brett Bulseco at 456-8722 for further information and registration.

Shotokan Karate International Federation -

Karate training for children, teens and adults. Contact Victor Takemori at 455-9844 for further information and registration. Classes held on Tuesday & Thursday evenings 6:00 – 8:00 pm and Saturday mornings 9:00 – 11:00 am at Waiau District Park.



Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day,
April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week
of January 5, 2009

Holidays: February 16, 2009 - President's Day,



CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

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PEARL CITY COMPLEX PARKS

Program periods are subject to change.

Manana Community Park

1310 Waimano Home Road
Phone: 453-7527
Director: Dahlia Manzanillo

Manana Neighborhood Park

Swimming Pool
1550 Kuahaka Street
Phone: 453-7556
Pool Manager: Ross Satsuma

Pacific Palisades Community Park

2282 Auhuhu Street
Phone: 453-7557
Director: Naomi Motoshige

Pearl City District Park

785 Ho'oma'ema'e Street
Rec: 453-7550
Gym: 453-7553
Director: Daniel Nakamoto
Director: Nicole Tashima

Waiau District Park

98-1650 Kaahumanu Street
Phone: 453-7555
Director: Andrew Yamada

Pearl City District Park

Swimming Pool
785 Ho'oma'ema'e Street
Phone: 453-7552
Pool Manager: Jonathan Toma

Lehua Community Park

(Decentralized program)
781 Lehua Avenue
Phone: 453-7550 (Pearl City CP)
Director: Nicole Tashima

**NEW Online
Registration for
non-fee classes.**

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008.



REGISTRATION INFORMATION

*Registration dates are: Wednesday, Aug. 27 (6-8 pm); Thursday, Aug. 28 (9-11 am); Friday, Aug. 29 (2-5:30 pm).

-Please register in person at the park of your choice. No telephone registration will be accepted.

-Classes and activities are subject to change or cancellation.

-Please pay for fee classes at the time of registration. Checks are acceptable. All fees are non-refundable after the start of the program, or collection deadline for special activities as designated at registration. Make checks payable to: City & County of Honolulu.

-Class enrollment is limited on a first come, First served basis.

LEHUA COMMUNITY PARK

DIRECTOR: Nicole Tashima
781 Lehua Avenue
PHONE: 453-7550

Program decentralized.

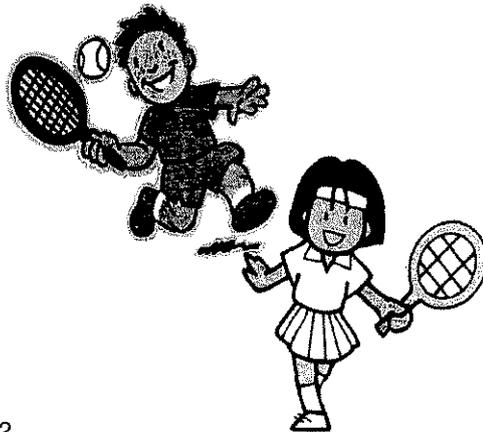
Note: Activities, days & times are subject to changes. Class enrollment is limited.

IMPORTANT: All classes subject to availability of instructor

CHILDREN'S ACTIVITIES

MONDAY	GRADE	TIME
Beginning Tennis	3-6	3:00-4:00 pm

-Classes begin September 8th on tennis court 1 and run through November 17th
-There will be no classes during school intersession on October 6th and holidays



TNT (TOMMOROW'S NEW TEENS)

-Is a program devoted to pre-teens with an emphasis on activities they would like to engage in. Its an opportunity to meet other children sharing their likes within the Leeward area. There is no registration fee to join the TNT program, however, there may be fees for excursions, admissions and others.

-The Department of Parks & Recreation, City & County of Honolulu is committed to making its programs and leisure services accessible to everyone including persons with disabilities. If you have a need for special accommodations, please call the park of your choice for assistance or the Therapeutic Recreation Resource Center at 692-5750.

MANANA COMMUNITY PARK continued

ADULT ACTIVITIES

Arts & Crafts Tuesdays 11:00 am-12:30 pm
Class Dates: 1/27-4/14/09
Registration: FREE
Activity fee: \$10.00
Create an assortment of Spring related crafts.



Hula w/ Sign-Language
All Ages Thursdays 5:00-6:15 pm
Class Dates: 1/29-4/16/09
Registration: FREE Class limit: 30
A dance form that combines expressive sign-language and hula. Class is open to all ages (Children-Seniors).

Line Dance
-Beginning 1 Thursdays 7:00-8:00 pm
Cost: \$26
Class Dates: 1/29-5/7/09 No classes on: 3/26 & 4/9

-Beginning 2 Thursdays 8:00-9:00 pm
Cost: \$26
Class Dates: 1/29-5/7/09 No classes on: 3/26 & 4/9

-Adv. Beg. Fridays 7:00-8:00 pm
Cost: \$26
Class Dates: 1/30-5/8/09 No classes on: 3/27 & 4/10

-Easy Int. Fridays 8:00-9:00 pm
Cost: \$26
Class Dates: 1/30-5/8/09 No classes on: 3/27 & 4/10

Minyo Wednesdays 8:30-10:30 am
Registration: FREE
Class Dates: 1/28-5/6/09
Okinawan folk dancing similar to Bon Dancing. The class is self directed. Students learn from the other students.

Paranku Thursdays 9:00-11:00 am
Registration: FREE
Class Dates: 1/29-5/7/09 No class on: 3/26
Okinawan drum dancing with a hand held drum. The class is self directed. Students learn from the other students

Hula Aerobics & Belly Dancing
Please call director for more information

Tai Chi Chuan
-**Beg./Inter.** Wednesdays 6:30-8:00 pm
Session 1: 1/26-4/1/09 **Cost: \$30**
Session 2: 4/8-5/6/09 **Cost: \$15**

-**Intermediate** Mondays & Friday 8:45-10:15 am
Session 1: 1/26-3/2/09 **Cost: \$30**
Session 2: 3/6-4/6/09 **Cost: \$30**
Session 3: 4/13-5/8/09 **Cost: \$24**

-**Beg./Inter.** Mondays & Fridays 10:30 am-12:00 pm
Session 1: 1/26-3/2/09 **Cost: \$30**
Session 2: 3/6-4/6/09 **Cost: \$30**
Session 3: 4/13-5/8/09 **Cost: \$24**

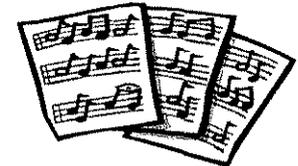


Ukulele
Participants must provide own ukulele and tuner.
*Music/score sheets will be provided at an additional cost to cover printing expenses.

-**Beginning 1A** Wednesday 8:30-9:30 am
Class Dates: 1/28-4/1/09 **Cost: \$20**

-**Beginning 2A** Wednesday 9:30-10:45 am
Class Dates: 1/28-4/1/09 **Cost: \$20**

-**Beginning Adv.** Wednesday 11:00 am-12:15 pm
Class Dates: 1/28-4/1/09 **Cost: \$20**



Learn to Swim Classes use the American Red Cross "Levels" to describe types of skills to be taught

Level 1—Introduction to Water Skills: help students feel comfortable in the water and to enjoy the water safely.

Level 2—Fundamental Aquatic Skills: gives students success with fundamental skills. Prerequisite: students must be able to enter and exit the water unassisted, move for 5 yards, bob 5 times to chin level, float on front and back with support for 3 seconds

Level 3—Stroke Development: builds on the skills in Level 2 by providing additional guided practice. Prerequisite: students must be able to float both front and back for 5 seconds. Push off and swim using a combination of arm and leg actions for 15 feet on front and back positions.

Level 4—Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills. Prerequisite: students must be able to jump into chest deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Level 5—Stroke Refinement: provides further coordination and refinement of strokes. Prerequisite: student must be able to perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 6—Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing the student to participate in advance courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, Fitness Swimming. Prerequisite: perform shallow water dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes and swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl to 50 yards.

Disclaimer: Failure to meet the prerequisite for each level will result in the student's removal from the class. Should you have any questions regarding the levels, please call the Pool Manager

PEARL CITY DISTRICT PARK SWIMMING POOL
 POOL MANAGER: Jon Toma
 785 Ho'oma'ema'e Street
 PHONE: 453-7552

SPRING SESSION: FEBRUARY 16—APRIL 25, 2009

TINY TOTS

SATURDAY	AGE	TIME
Water Adaptation	3-5	11:15-11:45 am

-WITH PARENT IN WATER.

CHILDREN

MON/WED	GRADE	TIME
Water Exploration, Primary Skills & Stroke Readiness & Stroke Development:		
Level I & II	1-6	2:30-3:15 pm
Level III & IV	1-6	3:15-4:00 pm

TUES/THURS

GRADE	TIME
Stroke Refinement & Polishing:	
Level V & VI	3:15-4:00 pm

FRIDAY

Rec. Swim Team	1-6	3:00-4:00 pm
-Must have completed level III to participate		

SATURDAY

GRADE	TIME
Level V & VI	9:00-9:40 am
Level I & II	9:45-10:25 am
Level III & IV	10:30-11:10 am



SENIOR SWIM

MON/WED/FRI
 Swimmers will be assigned to a lane at the discretion of the Pool Manager.

Lap Swim	9:00-9:45 am
Lap Swim	9:45-10:30 am
Water Exercise	10:30-11:00 am
Water Jogging	10:30-11:00 am
(Bring aqua jogger)	
Learn to Swim	11:00-11:30 am

LAP & FREE SWIM HOURS

Schedule: FEBRUARY 16– APRIL 25, 2009

Monday thru Friday	4:00-5:00 pm
Sat/Sun/Holidays	1:00-5:00 pm

Schedule: APRIL 27-MAY 30, 2009

Monday thru Friday	2:30-5:00 pm
Sat/Sun/Holidays	1:00-5:00 pm

4

**WAIU DISTRICT PARK
Continued**



ADULT ACTIVITIES CONTINUED

BALLROOM DANCE	SUN	7:30-9:30pm
-This is a year-round program.		
UKULELE, BEG.	TUE	12:00-1:00pm
ADV. BEG.	TUE	1:00-2:00pm
-\$20/10 sessions. Participants will be assessed \$5.00 for the music book and must have their own ukulele.		
CERAMICS	WED	1:00-3:00pm
-Must purchase your own supplies		
KNITTING CLUB	THU	5:30-8:30pm
-A self-taught group willing to share craft ideas with others.		



SENIOR EXERCISE		
\$36/18 sessions.	MON	8:00-9:00am
\$42/21 sessions.	WED	7:45-8:45am
\$40/20 sessions.	FRI	7:45-8:45am

TAISHO KOTO	WED	10:30am-12:30pm
	THU	9:00-11:00am
-This class is part of the DOE'S Community School for Adults		

SENIOR CITIZENS

The Waiu Senior Citizen's Club meets on Mondays from 9:30-11:30 a.m., except when an outing is scheduled. First meeting of the month is usually a general meeting.

TEENS

Teens are allowed to join certain children's classes with the approval of the instructor.

**SPECIAL INTEREST
CLASSES**

USTA PLAY TO LEARN TENNIS

Note: Activities, days & times are subject to changes. Class enrollment is limited. No classes on Holidays.

IMPORTANT: All classes subject to availability of instructor

All Tennis Classes are sponsored by the City & County of Honolulu and conducted by the United States Tennis Association (USTA). Registration forms can be found on website: www.hawaii.usta.org
 Participants can also register via this website.
 For more information contact Fay at 955-6696 ext. 29.

PEARLRIDGE CP

Session I: Jan. 29 – Mar. 12, 2009 (including make-up week)
 Session II: April 9 – May 21, 2009 (including make-up week)

THURSDAY	AGES	TIME
Youth Beginner	9-13 yrs	3:30 to 4:30 p.m.
Youth Beginner	6-8 yrs	4:30 to 5:30 p.m.
Youth Adv. Beg/Novice	9-14 yrs	5:30 to 6:30 p.m.
Adult Beginner	Adults	6:30 to 7:30 p.m.
A Adv. Beg/Novice	Adults	7:30 to 8:30 p.m.

LEHUA CP

SESSION I Jan. 30—March 13, 2009 (make up week included)
 SESSION II April 17—May 22, 2009, 2008 (make up week included)

FRIDAY	AGES	TIME
Youth Beginner	9-13 yrs	3:30-4:30pm
Youth Beginner	6-8 yrs	4:30-5:30pm
Youth Adv. Beg/Novice	9-14 yrs	5:30-6:30pm
Adult Beginner	Adults	6:30-7:30pm

USTA Play to Learn Tennis: 6 (six), 1 (one) hr. lessons for \$35.00
 Balls and loaner racquets provided. Water bottle recommended.



MANANA COMMUNITY PARK

DIRECTOR: Dahlia Manzanillo
1310 Waimano Home Road
PHONE: 453-7527

NOTE (please read): Classes, days, and times are subject to change. Please contact director for updated information. No classes on HOLIDAYS! All classes are subject to availability of instructors. Registration for FREE classes may be done online. Please refer to flyer heading for more information. Some classes have been assessed fees to cover the cost of some supplies. These **Activity Fees** are paid in cash directly to the instructor on the first day of class and are not collected at time of registration. **Costs** are paid to the City and can be either cash or check and must be paid at time of registration. Please make checks payable to: "City and County of Honolulu".

TINY TOT ACTIVITIES

MONDAY **AGE** **TIME**
Keiki Krafts & Stories 3-5 yrs 9:00-10:00 am
Class Dates: 1/26-4/13/09 No class on: 2/16/09
Registration: FREE
Activity fee: \$10.00 Class limit: 12
Enjoy simple yet fun projects and listen/read stories.

Child must be toilet trained and not yet enrolled in Kindergarten. Age determination date: January 26, 2009. Parent attendance is not required.

CHILDREN'S ACTIVITIES

MONDAY **GRADE** **TIME**
Cooking K-6 2:30-4:00 pm
Class Dates: 1/26-4/13/09 No class on: 2/16/09
Registration: FREE
Activity fee: \$10.00 Class limit: 22
Make a variety of dishes following simple recipes.

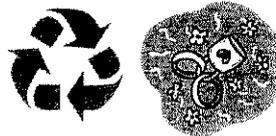


TUESDAY
Clay Works K-6 2:30-4:00 pm
Class Dates: 1/27-4/14/09
Registration: FREE
Activity fee: \$10.00 Class limit: 12
Make hand built projects using different types of

WEDNESDAY **GRADE** **TIME**
Arts & Crafts K-6 2:30-4:00 pm
Class Dates: 1/28-4/15/09
Registration: FREE
Activity fee: \$10.00 Class limit: 12
Create an assortment of Spring related crafts.



THURSDAY
After School Fashion Program 4-6 3:00-4:00 pm
Class Dates: 1/29-4/9/09
Cost = \$20 Class limit: 12
Create fashions based on the 3-Rs - reuse, recycle, & re-purpose



FRIDAY
TNT Club 4-6 2:30-4:00 pm
Class Dates: 1/30-4/17/09 No class on: 4/10/09
Registration: FREE
Pre-teen program planned by the participants. Fees will be collected to cover costs for excursions.



TEEN ACTIVITIES
TEEN program and activities are conducted by the Pearl City Community Youth Organization United To Help program. For more information please contact

PACIFIC PALISADES COMMUNITY PARK

Director: Naomi Motoshige 2282 Auhuhu Street Phone: 453-7557

NOTE: Activities, days, & times are subject to changes. Class enrollment is limited.
No classes on HOLIDAYS!
IMPORTANT: All classes subject to availability of instructors.

CHILDREN'S PROGRAM

MONDAY **GRADE** **TIME**
BALLS & GAMES

K-3 2:15-3:00pm
4-6 3:00-3:45pm

Simple games with or without the use of a ball.
Limits: Min. 6, Max. 12

TUESDAY **GRADE** **TIME**
LOW ORGANIZED GAMES

K-6 2:15-3:30pm

Checkers, Chess, Uno, Old Maid, Sorry, etc.
Limits: Min. 6, Max. 12.

WEDNESDAY **GRADE** **TIME**
DROP IN CENTER

3-6 1:45-2:45pm

-Variety of supplies and/or equipment will be available for participants to use. Limits: Min. 6, Max. 12.

TNT CLUB 4-6 2:30-3:30pm
-"Tomorrow's New Teens" Boy's and Girl's Club. Excursions, outings, sports, community service, & other activities. Pay as you go if need be. Limits: Min. 6

THURSDAY **GRADE** **TIME**
MIXED PLATE K-3 2:15-3:15pm
-Variety of activities: crafts, indoor/outdoor games, music & dance, etc. Limits: Min. 6, Max. 12.

ADULT & SENIOR PROGRAM

MONDAY/WEDNESDAY
EXERCISE A 8:15am-9:00am
-Basic stretching. Bring a mat for floor work.



MONDAY
SIMPLE SALADS 9:15am-10:15am
-Share, Make & Taste. Learn to make a simple salad. Share a new, favorite, or family salad recipe. FEE: Varies according to ingredients needed.

TUESDAY
SENIOR MIXED PLATE CLUB 9:30am-11:00am
-Senior Fun for those 55 years+ As a group, plan activities, Bingo, Tea Parties, Craft Projects, etc. Monthly Outings! Transportation provided.

TUESDAY/THURSDAY
EXERCISE B 8:15am-9:00am
-Low impact aerobics.

FRIDAY - 2ND or 3RD Friday ONLY
HOLOHOLO 8:30am-12:30pm
-Plan excursion and rediscover hidden places on Oahu. Pay as you go! *Limited to two (2) groups of 10 registrants due to capacity of van.

UKULELE LESSON FOR ADULT & SENIOR CITIZENS

Did you ever want to play the ukulele or need a refresher class? If you are interested in attending a class starting in February 2009 at Pacific Palisades Community Park give us a call. Classes will be held in the mornings, twice a week, for 45 minutes at \$2 per class. Classes will be instructed by Winnie R. Judd Thomsa "Kamanu aloha". She will offer beginner, advance beginner and intermediate classes. Need more information or to put your name on the list, please call Naomi at 453-7557

Learn to Swim Classes use the American Red Cross "Levels" to describe types of skills to be taught

Level 1—Introduction to Water Skills: help students feel comfortable in the water and to enjoy the water safely.
Level 2—Fundamental Aquatic Skills: gives students success with fundamental skills. Prerequisite: students must be able to enter and exit the water unassisted, move for 5 yards, bob 5 times to chin level, float on front and back with support for 3 seconds
Level 3—Stroke Development: builds on the skills in Level 2 by providing additional guided practice. Prerequisite: students must be able to float both front and back for 5 seconds. Push off and swim using a combination of arm and leg actions for 15 feet on front and back positions.
Level 4—Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills. Prerequisite: students must be able to jump into chest deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.
Level 5—Stroke Refinement: provides further coordination and refinement of strokes. Prerequisite: student must be able to perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
Level 6—Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing the student to participate in advance courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, Fitness Swimming. Prerequisite: perform shallow water dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes and swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl to 50 yards.
Disclaimer: Failure to meet the prerequisite for each level will result in the student's removal from the class. Should you have any questions regarding the levels, please call the Pool Manager

PEARL CITY DISTRICT PARK SWIMMING POOL

POOL MANAGER: Jon Toma
 785 Ho'oma'ema'e Street
 PHONE: 453-7552

SPRING SESSION: FEBRUARY 16—APRIL 25, 2009

TINY TOTS

SATURDAY	AGE	TIME
Water Adaptation	3-5	11:15-11:45 am

-WITH PARENT IN WATER.

CHILDREN

MON/WED	GRADE	TIME
Water Exploration, Primary Skills & Stroke Readiness & Stroke Development:		
Level I & II	1-6	2:30-3:15 pm
Level III & IV	1-6	3:15-4:00 pm

TUES/THURS	GRADE	TIME
Stroke Refinement & Polishing:		
Level V & VI	1-6	3:15-4:00 pm

FRIDAY
 Rec. Swim Team 1-6 3:00-4:00 pm
 -Must have completed level III to participate

SATURDAY	GRADE	TIME
Level V & VI	1-6	9:00-9:40 am
Level I & II	1-6	9:45-10:25 am
Level III & IV	1-6	10:30-11:10 am



SENIOR SWIM

MON/WED/FRI
 Swimmers will be assigned to a lane at the discretion of the Pool Manager.
 Lap Swim 9:00-9:45 am
 Lap Swim 9:45-10:30 am
 Water Exercise 10:30-11:00 am
 Water Jogging 10:30-11:00 am
 (Bring aqua jogger)
 Learn to Swim 11:00-11:30 am

LAP & FREE SWIM HOURS

Schedule: FEBRUARY 16- APRIL 25, 2009
 Monday thru Friday 4:00-5:00 pm
 Sat/Sun/Holidays 1:00-5:00 pm

Schedule: APRIL 27-MAY 30, 2009
 Monday thru Friday 2:30-5:00 pm
 Sat/Sun/Holidays 1:00-5:00 pm

WAIU DISTRICT PARK Continued



ADULT ACTIVITIES CONTINUED

BALLROOM DANCE	SUN	7:30-9:30pm
-This is a year-round program.		
UKULELE, BEG.	TUE	12:00-1:00pm
ADV. BEG.	TUE	1:00-2:00pm
-\$20/10 sessions. Participants will be assessed \$5.00 for the music book and must have their own ukulele.		
CERAMICS	WED	1:00-3:00pm
-Must purchase your own supplies		
KNITTING CLUB	THU	5:30-8:30pm
-A self-taught group willing to share craft ideas with others.		



SENIOR EXERCISE		
\$36/18 sessions.	MON	8:00-9:00am
\$42/21 sessions.	WED	7:45-8:45am
\$40/20 sessions.	FRI	7:45-8:45am
TAISHO KOTO	WED	10:30am-12:30pm
	THU	9:00-11:00am
-This class is part of the DOE'S Community School for Adults		

SENIOR CITIZENS

The Waiu Senior Citizen's Club meets on Mondays from 9:30-11:30 a.m., except when an outing is scheduled. First meeting of the month is usually a general meeting.

TEENS

Teens are allowed to join certain children's classes with the approval of the instructor.

SPECIAL INTEREST CLASSES

USTA PLAY TO LEARN TENNIS

Note: Activities, days & times are subject to changes. Class enrollment is limited. No classes on Holidays.

IMPORTANT: All classes subject to availability of instructor

All Tennis Classes are sponsored by the City & County of Honolulu and conducted by the United States Tennis Association (USTA). Registration forms can be found on website: www.hawaii.usta.com
 Participants can also register via this website.
 For more information contact Fay at 955-6696 ext. 29.

PEARLRIDGE CP

Session I: Jan. 29 - Mar. 12, 2009 (including make-up week)
 Session II: April 9 - May 21, 2009 (including make-up week)

THURSDAY	AGES	TIME
Youth Beginner	9-13 yrs	3:30 to 4:30 p.m.
Youth Beginner	6-8 yrs	4:30 to 5:30 p.m.
Youth Adv. Beg/Novice	9-14 yrs	5:30 to 6:30 p.m.
Adult Beginner	Adults	6:30 to 7:30 p.m.
A Adv. Beg/Novice	Adults	7:30 to 8:30 p.m.

LEHUA CP

SESSION I Jan. 30—March 13, 2009 (make up week included)
 SESSION II April 17—May 22, 2009, 2008 (make up week included)

FRIDAY	AGES	TIME
Youth Beginner	9-13 yrs	3:30-4:30pm
Youth Beginner	6-8 yrs	4:30-5:30pm
Youth Adv. Beg./Novice	9-14 yrs	5:30-6:30pm
Adult Beginner	Adults	6:30-7:30pm

USTA Play to Learn Tennis: 6 (six), 1 (one) hr. lessons for \$35.00
 Balls and loaner racquets provided. Water bottle recommended.



WAIAU DISTRICT PARK

DIRECTOR: Andrew Yamada
98-1650 Kaahumanu Street
PHONE: 453-7555

TINY TOTS

DAY	AGE	TIME
TUE	3-4 yrs	9:00-11:00 am

-Child must be accompanied by an adult.



CHILDREN'S PROGRAM

SPORTS

CLASS	DAY	GRADE	TIME
ARCHERY	MON	3-7	2:30-4:00pm
	TUE	3-7	2:30-4:00pm



CRAFTS

ARTS & CRAFTS	THU	2-6	2:45- 3:45 pm
CERAMICS	MON	2-6	2:45- 3:45 pm
KINDER-CRAFTS	FRI	K-1	2:30-3:30 pm

-These classes involve a variety of projects, some which may be seasonal in nature and enrollment is limited

SPECIAL INTEREST

COOKING	WED	K-6	2:30-4:00 pm
	THU	K-6	2:30-4:00 pm

\$12 for 8 sessions. Limited enrollment.



MARTIAL ARTS

CLASS	DAY	TIME
JUDO	WED	7:00-9:00pm
	SAT	8:00-9:00am
	SAT	9:00-10:00am

-A self-defense class and Olympic sport. Ability rather than grade will be used to place the child in the appropriate group. Please check with instructor, Fujitani Sensei. (487-8405)



ADULT ACTIVITIES

AEROBICS

CLASS	DAY	TIME
I	MON	4:15-5:15pm
II	MON	5:30-6:30pm
III	WED	9:00-10:00am
IV	WED	4:15-5:15pm
V	WED	5:30-6:30pm
VI	FRI	9:00-10:00am
VII	FRI	4:15-5:15pm

-\$26/13 sessions. Participants may sign up for two classes and no switching of classes will be allowed.



MANANA NEIGHBORHOOD PARK SWIMMING POOL

DIRECTOR: Ross Satsuma
1550 Kuahaka Street
PHONE: 453-7556

Register at the swimming pool.

Swimsuits & caps are required for classes.
ENROLLMENT IS LIMITED TO ONE SESSION ONLY.
MAY BE PUT ON WAIT LIST FOR OTHER CLASSES.
No lap/swim classes on holidays. Classes subject to change.

CHILDREN'S CLASSES

Level	Days	Grade	Time
Level 1 & 2	M/W	1-6	2:30-3:00pm
Level 1 & 2	M/W	1-6	3:00-3:30pm
Level 3 & 4	T/Th	1-6	2:30-3:00pm
Level 5 & 6	T/Th	1-6	3:00-3:30pm
And Swim team.			

Session B: Mar. 23, thru Apr. 23, 2009.
Five weeks.

Level	Days	Grade	Time
Level 1 & 2	M/W	1-6	2:30-3:00pm
Level 1 & 2	M/W	1-6	3:00-3:30pm
Level 3 & 4	T/Th	1-6	2:30-3:00pm
Level 5 & 6	T/Th	1-6	3:00-3:30pm
And Swim team			

Session C, Feb. 21, thru Apr. 11, 2009.

Level	Days	Grade	Time
Level 1 & 2	Sat	1-6	10:00-10:30am
Level 3 & 4	Sat	1-6	10:30-11:00am
Level 5 & 6	Sat	1-6	11:00-11:45am

Tot Classes:

Feb. 20 thru Apr. 10, 2009.

Level	Day	Age	Time
Water Adjustment	Fri	3-5 years	2:30-3:00pm
-With parent			
Level	Day	Grade	Time
Kindergarten	Fri	K	3:00-3:30pm
-With parent			



TEEN CLASSES

Level	Days	Grade	Time
Session A:	Feb. 17 thru Mar. 19, 2009		
Session B:	Mar. 23 thru Apr. 23, 2009		
Level 3 & 4	T/Th	7-12	2:30-3:00pm
Level 5 & 6	T/Th	7-12	3:00-3:30pm
And Swim Team			

ADULT/SENIOR CITIZEN

Activity	Days	Time
Session A:	Apr. 13 thru May 13, 2009	
Session B:	May. 11 thru Jun. 10, 2009	
Lap Swim	T/Th/F	10:30-11:30am
Lap Swim	Wed.	5:00-8:00pm
Learn to Swim	M/W	6:30-7:15pm

Swim & Stay Fit/Aqua jogging

-Fee: \$20/10 sessions. Aquajogger required.

Session: Feb. 10 thru Mar. 12, 2009

Continues thru the year	T/Th	9:00-10:00am
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Swim & Stay Fit/Aqua jogging

Fee: \$20/10 Sessions. Aquajogger required

Session: Apr. 13 thru May 13, 2009

Session: May 11 thru Jun. 10, 2009	M/W	7:15-8:15pm
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PUBLIC SWIM HOURS

(Feb. 17 thru April 23, 2009)

Sat/Sun/Holidays	1:00-5:00pm
Mon. thru Fri,	3:35-5:00pm



Manana Surf Club

Surfing outings, meetings, simple ding repairs etc.

Must be able to swim 400yds.

Date and time TBA.

PEARL CITY DISTRICT PARK

DIRECTOR: Dan Nakamoto DIRECTOR: Nikki Tashima
 785 Ho'omaemae Street
 REC: 453-7550 GYM: 453-7553

No children's classes on Holidays and during School Intersession (October 6-10)
 Classes may be cancelled due to unavailability of instructor.

CHILDREN'S ACTIVITIES

<u>MONDAY</u>	<u>GRADE</u>	<u>TIME</u>
Beginning Tennis -Basic techniques, equipment provided	3-6	3:00-4:00 pm
Keiki Cooking -Learn basic recipes and cooking techniques	3-6	2:30-4:00 pm
<u>TUESDAY</u>	<u>GRADE</u>	<u>TIME</u>
Kids Craft & Clay -Learn fun and easy craft projects	K-2 3-6	2:30-3:15 pm 3:15-4:00 pm
<u>FRIDAY</u>	<u>GRADE</u>	<u>TIME</u>
TNT Club -A pre-teen program planned by the participants. Extended hours on excursion days. Enrollment limited. Meets in gym.	4-6	2:30-4:00 pm
Basic Ball Skills -Learn how to different drills and ball skills for various sports, including basketball and volleyball. Meets in gym.	K-2	3:00-4:00 pm



YOUTH VOLLEYBALL LEAGUE

-Learn & develop basic techniques -Possible League play on Wednesdays

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>
7-8 YRS	MONDAYS	3:00-4:00 pm
9-10 YRS	TUESDAYS	3:00-4:00 pm
11-13 YRS	THURSDAYS	3:00-4:00 pm

TEEN ACTIVITIES

<u>MON-FRI</u>	<u>GRADE</u>	<u>TIME</u>
Teen Zone -Supervised drop-in program. Do homework, play table tennis, billiards, quiet games, borrow equipment. Must be registered.	7-8	2:20-5:00 pm

ADULT ACTIVITIES

<u>MONDAY</u>	<u>TIME</u>
Free Play Volleyball -Must be registered. See gym staff for details.	6:30-8:45 pm

SENIOR ACTIVITIES (55-yrs+)

<u>MONDAY & FRIDAYS</u>	<u>TIME</u>
Tai Chi -Basic techniques & concepts.	9:00-10:30 am



<u>TUESDAY</u>	<u>TIME</u>
Ukulele Club -Intermediate & advanced players only. Self directed. Meets at Manana Community Park	8:30-9:30 am
Pearl City Senior Citizens Club -Come try various member-planned social events. Meets at Manana Community Park	9:30-11:00 am

<u>TUESDAY & THURSDAY</u>	<u>TIME</u>
Senior Exercise -A varied workout designed for seniors. \$40.00 for 20 sessions. Enrollment limited.	5:00-6:00 pm

<u>WEDNESDAY</u>	<u>TIME</u>
Hawaiian Quilting -Basic Techniques & projects	9:30-11:00 am

<u>THURSDAY</u>	<u>TIME</u>
Mah Jong -Self directed.	8:00-11:00 am

MAKAKILO POOL

92-665 Anipeahi Street

POOL MANAGER: Mr. Jorgi Hartford

PHONE: 672-3840

REGISTRATION AT POOL: Jan. 14, 2009, Wed; 6:00-8:00pm
Jan. 15 & 16, Thu & Fri; 2:00-5:30pm

Directions: Proceed up Makakilo Drive; turn left on Anipeahi St. (traffic light after Aloha Gas Station).
Travel ¼ mile, swimming pool is on the left side next to Makakilo Elem. School.

CHILDREN & TEENS

ACTIVITY	DATES	DAY(S)	TIME
TOT W/ PARENT (3-5 yrs)	3/2-3/16	MON/WED	4:15-4:45pm
BEGINNER (5 yrs & up)	1/26-2/25	MON/WED	3:30-4:00 pm
BEGINNER (5 yrs & up)	3/2-4/1	MON/WED	3:30-4:00 pm
BEGINNER (5 yrs & up)	1/24-3/21	SAT	12:15-12:45pm
ADVANCE BEGINNER (passed Beg)	1/26- 2/25	MON/WED	4:15-4:45 pm
INTERMEDIATE/SWIMMER	3/3-4/2	TUE/THU	3:30-4:00pm
SWIM TEAM	3/3-4/4	TUE/THU	4:05-5:00pm



-Must be able to swim 6 lengths of pool. Includes 2 Swim Meets.

ADULT & SENIORS

ADULT BEGINNER SWIM	2/3-2/26	TUE/THUR	4:15-4:45pm
LAP SWIM		M/W/F	10:00-12:00pm
<i>Water Exercise</i>		<i>M/W/F</i>	<i>1:00-2:00 pm</i>

PUBLIC FREE SWIM HOURS

MON/WED.....10:00am-12:00pm & 1:00-3:15 pm
FRI.....10:00am-12:00pm & 1:00-5:00pm
TUE/THUR.....1:00pm- 3:15pm
SAT/SUN/HOL.....1:00pm- 5:00pm

ALL CLASSES FREE AND ARE FIRST COME, FIRST SERVED, LIMITED CLASS SIZE.

- If you registered your child in Advance Beginner or Intermediate/Swimmer class and your child does not meet the minimum requirements, your child will be placed in the appropriate class.
- In the event there is no opening in the appropriate class, your child will be placed on the waiting list.
- Children on the waiting list will be contacted when space becomes available. Please wait until you are called before showing up for classes/lessons.
- Please plan to arrive at pool, no later than 5 minutes before the start of your class.
- To pass Beginner swimming the child must swim one width of the pool doing freestyle stroke without assistance and one width of pool doing backstroke without assistance.

DEPARTMENT OF PARKS & RECREATION Spring Program



CITY & COUNTY OF HONOLULU
Mufi Haselmann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Cheng, Director

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day
April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week
of January 5, 2009

Holidays: February 16, 2009 - President's Day

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for assistance, please call your local park. TTY users call 708-3027.

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu parks.com



EWA COMPLEX

Complex Supervisor: Darren Kimura 91-1450 Renton Road Phone: 681-6514

PLEASE REGISTER AT THE PROGRAM SITE YOU WILL BE ATTENDING

ASING COMMUNITY PARK
91-1450 Renton Road
Phone: 681-6435
Director: Paul Kelly

EWA BEACH COMMUNITY PARK
91-955 North Road
Phone: 689-0370
Director: Darlene Makekua



MAKAKILO POOL
92-665 Anipeahi Street
Phone: 672-3840
Pool Manager: Jorgi Hartford



ASING COMMUNITY PARK

DIRECTOR: Paul Kelly

91-1450 Renton Road

PHONE: 681-6435

TINY TOTS

ACTIVITY
TINY TOTS (Ages 3-5) - fun activities
 (\$40.00/10 weeks) instructor is Desiree Numanga.

DAY
 MON

TIME
 9:00-11:00 AM

CHILDREN

ACTIVITY
 ARCHERY (Ages 7-12)
 HOLIDAY CRAFTS (Ages 5-8)
Mar. 23, 30 & Apr. 6
 COOKING
 (\$20.00/5 weeks) instructor is Valerie Fernandez.
 HULA, BEGINNING (Ages 6-12)
 (\$20.00/10 weeks) instructor is Desiree Numanga.
 VOLLEYBALL (Ages 7-13)
 TENNIS, BEGINNING (Ages 6-8)
 TENNIS, BEGINNING (Ages 9-12)
 TENNIS, ADVANCE BEGINNING (Ages 9-12)
 (Classes sponsored by USTA 6 lessons / \$35.00)

DAY
 FRI
 MON

TIME
 3:30-4:30 PM
 3:30-5:00 PM

THU

3:00-4:00 PM

TUE

3:30-4:30 PM

MON/WED

3:30-4:30 PM

TUE

4:00-5:00 PM

TUE

5:00-6:00 PM

TUE

6:00-7:00 PM



TEENS

ACTIVITY
 TENNIS, ADVANCE BEGINNING (Ages 13-14)
 (Classes sponsored by USTA 6 lessons / \$35.00)

DAY
 TUE

TIME
 6:00-7:00 PM

ADULTS & SENIORS

ACTIVITY
 HULA, BEGINNING
 (\$20.00/10 weeks) instructor is Desiree Numanga).
 SQUARE DANCING
 (\$20.00/5 Weeks) instructor is Norman Hangman
 TENNIS, BEGINNER
 (Classes sponsored by USTA 6 lessons / \$35.00)
 UKULELE CLUB- any skill level invited
 ZUMBA
 (Aerobic exercise) certified instructor Terry Hallums
 SENIOR CITIZEN'S CLUB
 -FELLOWSHIP, EXCURSIONS, AND A LOT OF FUN! \$12.00 ANNUAL DUES

DAY
 THU

TIME
 9:00-10:00AM

WED

7:00-9:00 PM

TUE

7:00-8:00 PM

MON

9:30-11:00AM

TUE/THU

7:00-8:00 PM

FRI

8:30 AM



ALL CLASSES ARE SUBJECT TO CHANGE

EWA BEACH COMMUNITY PARK

91-955 North Road

DIRECTOR: DARLENE MAKEKAU

PHONE: 689-0370

CHILDREN

<u>ACTIVITY</u>	<u>DAY(S)</u>	<u>TIME</u>
ARTS & CRAFTS CLUB (Ages 8-12) Simple Holiday crafts. Limited enrollment.	WED	2:00-3:00PM
BILLIARDS (Ages 8-12)-Learn basic pool table skills.	TUE	4:00-5:00PM
COOKING, Beg. (Ages 8-12)-Limited enrollment.	WED	3:00-4:00PM
KARATE, Beg. (Ages 7-12) -\$20/10 classes. Instructor: Shawna Carino.	TUE/THU	5:30-6:30PM
TAHITIAN DANCE, BEG. (Ages 5-12) -\$20/10 classes. Instructor: Sandi Alcos-Whitley.	SAT	10:00-11:00AM
TAE KWON DO (Ages 6-12) -\$20/10 classes. Instructor: Mason Nakadomari.	MON/WED	6:30-7:30PM
TNT CLUB - (Ages 8-12) Drop in program Computer games, ping pong & pool table.	TUE/THU	3:00-4:00PM
UKULELE, Beg. (Ages 8-12) -Some experience required, provide own ukulele.	WED	4:00-5:00PM
VOLLEYBALL, Beg. (Ages 7-10) Coaches needed.	MON/WED	3:00-4:00PM



TEENS

<u>ACTIVITY</u>	<u>DAY(S)</u>	<u>TIME</u>
KARATE - \$20/10 classes. Instructor: Shawna Carino.	TUE/THU	5:30-6:30PM
TAE KWON DO - \$20/10 classes. Instructor: Mason N.	MON/WED	6:30-7:30PM
TAHITIAN DANCE - \$20/10 classes. Instructor: Sandi W.	SAT	10:00-11:00AM
TZP - TEEN ZONE IN THE PARK - Drop In Program	MON/WED/THU	4:00-5:00PM
Billiards, table tennis & computer games.	FRI	3:00-4:00PM

ADULTS & SENIORS

<u>ACTIVITY</u>	<u>DAY(S)</u>	<u>TIME</u>
ARTS & CRAFTS CLUB	THU	7:00-8:30PM
DANCE, TAHITIAN -\$20/10 classes. Instructor: Sandi Alcos-Whitley	SAT	11:00-12:00PM
SLACK KEY, Beginners -Instructor: Yameen Fong. Experience helpful but not required.	THURS.	6:30-8:00PM
SENIOR CITIZENS CLUB (55 yrs. & older) \$12/Annual club dues. Social club for activities & outings.	TUE	9:30AM-12:00PM



ALL CLASSES ARE SUBJECT TO CHANGE

PEOPLE'S OPEN MARKET EVERY FRIDAY (EXCEPT HOLIDAYS) 9:00AM-10:00AM

COMMUNITY BULLETIN BOARD

Kapolei ASA (Fast Pitch Softball)

Contact Randy Langsi at 672-0293 for more information.



Kapolei Warriors Football Association

Contact Chris Torres at 388-0054 for more information.

Leeward AYSO Soccer

Contact Obed Donlin at 780-2762 for more information.



Makakilo – Kapolei Youth Baseball League

Contact Dirk Fujii at 228-3521 or visit mkybl.com for more information

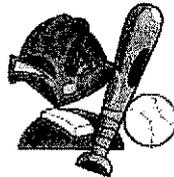
Oahu Cal Ripken Baseball

Contact Glenn Ahsam at 478-7660 for more information.

Westside Hawaiian Warriors Big Boyz Youth Tackle Football Team

For children ages 12 – 14yrs old and up to 350lbs.

Contact John Frederick at 782-3937 or 696-6725 for more information.



DEPARTMENT OF PARKS & RECREATION
Spring Program



CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Cheng, Director

The Department of Parks and Recreation, City and County of Honolulu is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for accessible facilities, please call your local park. TTY users call 788-3927.

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day
April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week of January 5, 2009

Holidays: February 16, 2009 - President's Day

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to



January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com

Ewa Complex

Please register at the program site your child will attend.

Ewa Complex Office

91-1450 Renton Road

Phone: 681-6514

Complex Supervisor: Darren Kimura



Kamokila Community Park

91-015 Farrington Highway

Phone: 682-4161

Director: Eugene "Gino" Onato

Makakilo Community Park

92-1140 Makakilo Drive

Phone: 672-8465

Director: David Kahue

Makakilo Pool

92-655 Anipeahi Street

Phone: 672-3840

Pool Manager: Jorgi Hartford



KAMOKILA COMMUNITY PARK

91-015 Farrington Highway

DIRECTOR: Eugene "Gino" Onato

PHONE: 682-4161



CHILDREN/TEENS

ACTIVITY	DAY (S)	TIME	FEE
ARCHERY (Grades 4-8) -Learn the basics of an exciting and fun sport.	FRI	3:00-4:00PM	Free
ARTS & CRAFTS (Grades 2-6) -Your chance to use your creativeness in creating simple crafts and art projects.	TUE	3:30-4:30PM	Free
KEIKI COOKING (Grades 4-8) -Children will learn the basics of cooking simple recipes (10 weeks)	THU	3:30-4:30PM	Free
DROP IN CENTER (Grades 4-12) -Socialize, do homework, play ping pong, board games and video games.	MON & FRI	3:30-5:30PM	Free
KENPO/KARATE (Grades 1-12) -Please see Sensei for enrollment and club fees.	WED	3:30-4:45PM	Free
MONTHLY CALENDAR EVENTS -Events posted on bulletin board w/specific activities, days & times listed.	THU	7:30-9:00PM	
TEEN CLUB (Grades 7-12) -Participate in planned activities throughout the spring.	SAT	10:00-12:00PM	
T.N.T (Tomorrow's New Teens) -For children grades 4-6. Participate in activities with other parks and plan field trips to go on.	MON - FRI		

ADULTS & SENIORS CITIZENS

ACTIVITY	DAY (S)	TIME
KO'OLINA KUPUNA -For Seniors age 55+. Get together with other seniors to socialize and do various activities.	TUE	9:00-12:00PM
KO'OLINA KUPUNA HOLOHOLO -Get together with other seniors to plan excursions to rediscover O'ahu.	VARIOUS FRIDAYS	
KENPO/KARATE	THU	7:30-9:00PM
KENPO/KARATE -Martial Arts. Please see Sensei before class for club fee.	SAT	10:00-12:00PM

ALL CLASSES & ACTIVITIES ARE SUBJECT TO CHANGE.
(ALL PARTICIPANTS MUST RE REGISTERED TO PARTICIPATE)



1

MAKAKILO POOL

92-665 Aniepehi Street

POOL MANAGER: Mr. Jorgi Hartford

PHONE: 672-3840

REGISTRATION AT POOL: Jan. 14, 2009, Wed; 6:00-8:00pm
Jan. 15 & 16, Thu & Fri; 2:00-5:30pm

Directions: Proceed up Makakilo Drive; turn left on Aniepehi St. (traffic light after Aloha Gas Station). Travel ¼ mile, swimming pool is on the left side next to Makakilo Elem. School.

CHILDREN & TEENS

ACTIVITY	DATES	DAY(S)	TIME
TOT W/ PARENT (3-5 yrs)	3/2-3/16	MON/WED	4:15-4:45pm
BEGINNER (5 yrs & up)	1/26-2/25	MON/WED	3:30-4:00 pm
BEGINNER (5 yrs & up)	3/2-4/1	MON/WED	3:30-4:00 pm
BEGINNER (5 yrs & up)	1/24-3/21	SAT	12:15-12:45pm
ADVANCE BEGINNER (passed Beg)	1/26- 2/25	MON/WED	4:15-4:45 pm
INTERMEDIATE/SWIMMER	3/3-4/2	TUE/THU	3:30-4:00pm
SWIM TEAM	3/3-4/4	TUE/THU	4:05-5:00pm

-Must be able to swim 6 lengths of pool. Includes 2 Swim Meets.

ADULT & SENIORS

ADULT BEGINNER SWIM	2/3-2/26	TUE/THUR	4:15-4:45pm
LAP SWIM		M/W/F	10:00-12:00pm
<i>Water Exercise</i>		M/W/F	1:00-2:00pm

PUBLIC FREE SWIM HOURS

MON/WED.....	10:00am-12:00pm & 1:00-3:15 pm
FRI.....	10:00am-12:00pm & 1:00-5:00pm
TUE/THUR.....	1:00pm- 3:15pm
SAT/SUN/HOL.....	1:00pm- 5:00pm

ALL CLASSES FREE AND ARE FIRST COME, FIRST SERVED, LIMITED CLASS SIZE.

- If you registered your child in Advance Beginner or Intermediate/Swimmer class and your child does not meet the minimum requirements, your child will be placed in the appropriate class.
- In the event there is no opening in the appropriate class, your child will be placed on the waiting list.
- Children on the waiting list will be contacted when space becomes available. Please wait until you are called before showing up for classes/lessons.
- Please plan to arrive at pool, no later than 5 minutes before the start of your class.
- To pass Beginner swimming the child must swim one width of the pool doing freestyle stroke without assistance and one width of pool doing backstroke without assistance.

4

MAKAKILO COMMUNITY PARK

92-1140 MAKAKILO DRIVE PHONE: 672-8465



ADULTS & SENIOR CITIZENS



ACTIVITY

DAYS

TIME

CERAMICS

Monday

6:30 - 8:00pm

-Basics skills, working with molds. Instructor: Ingrid Oasay

KARATE

Tuesday

6:00 - 7:00pm

\$40

-Traditional Karate. Instructor: Darcie Mikami

Thursday

6:00 - 7:30pm

OIL PAINTING BY MAX GOMES

Tuesday

9:00 - 11:00am

See below

-All levels from beginner to advance are welcome. Supply list will be passed out at registration. There will be two, 5 week sessions.

First session: January 27 - February 24, 2009.

Class fee: \$20 for 5 classes

Second session: March 10 - April 7, 2009.

Class fee: \$20 for 5 classes



WALKING CLUB

NEW!

Wednesday

8:30 - 10:30am

Free

-Get fit while exploring different sites (Ala Moana Regional Park, KoOlina, Waikiki) around the island.

Meet new people. Wear walking shoes and bring water bottle.

YOGA

NEW!

Tuesday

6:00 - 7:15pm

Free

-Learn the basics of Hatha Yoga. Bring mat. Instructor: Luz Brand



SENIOR CITIZEN CLUB

Monday

9:00 - 11:00am

\$12

-55+ years of age. Meet new people, visit new places, play cards and more.

YOU MUST REGISTER FOR ALL ACTIVITIES LISTED ABOVE



SPECIAL EVENTS

"EASTER BASH" on Saturday, April 11, 2009 from 9:00 - 11:00am.

Egg decorating, games and crafts. Free

ALL CLASSES & ACTIVITIES ARE SUBJECT TO CHANGE.

ALL CLASSES HAVE LIMITED ENROLLMENT.

Check out our web site at www.honolulu.gov/parks/

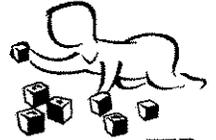


MAKAKILO COMMUNITY PARK

92-1140 MAKAKILO DRIVE PHONE: 672-8465



TOTS



<u>ACTIVITY</u>	<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>FEE</u>
PARENTS & TOTS -Sing, do arts & crafts, listen to stories, socialize and have fun. Parent/guardian participation mandatory.	1 - 5yrs	Tuesday	9:45 - 11:45am	Free
PARENTS & TOTS -Sing, do arts & crafts, listen to stories, socialize and have fun. Parent/guardian participation mandatory.	1 - 5yrs	Friday	9:45 - 11:45am	Free

CHILDREN/TEENS

<u>ACTIVITY</u>	<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>FEE</u>
ARCHERY, beginner -Learn the fundamentals of archery. Shoes required.	8 - 13yrs	Thursday	2:45 - 3:45pm	Free
ARCHERY, intermediate -Prerequisite: Must have taken Archery beginner class prior. Shoes required.	8 - 13yrs	Thursday	3:45 - 4:45pm	Free
KARATE -Traditional Karate. Instructor: Darcie Mikami	7 - 13yrs	Tuesday/Thursday	5:00 - 6:00pm	\$40
CHESS CLUB NEW! -Come learn skills and techniques for the game of chess. Also, practice your game with your peers.	7 - 12yrs	Tuesday	5:00 - 6:00pm	Free
KEIKI COOKING -Have fun creating simple, tasty snacks.	7 - 12yrs	Wednesday	4:00 - 5:00pm	\$15
TNT ZONE -Billiards, air hockey, cards, homework time, etc.	9 - 12yrs	Thursday	5:00 - 6:00pm	
TEEN vs. 21st CENTURY NEW! -Teens learn the basic survival skills needed in the modern age. This class will cover basic sewing, cooking, shopping, simple repairs/maintenance, cleaning, table etiquette, resume/job applications money management and check-book balancing.	12 - 17yrs	Tuesday	3:00 - 4:30pm	\$15
TEEN ZONE -Billiards, air hockey, monthly excursions, quiet games, homework time, etc.	13 - 17yrs	Thursday	5:00 - 6:00pm	
VOLLEYBALL SKILLS #1 -Learn basic skills of volleyball (bumping, serving and foot work). Wear shoes and bring water bottle.	5 - 6yrs	Wednesdays	2:45 - 3:45pm	Free
VOLLEYBALL SKILLS #2 -Learn basic skills of volleyball (bumping, serving, rotation and foot work). Wear shoes and bring water bottle. Possible league play on Wednesdays.	7 - 8yrs	Monday/Tuesday	3:00 - 4:00pm	Free
VOLLEYBALL SKILLS #3 -Learn basic skills of volleyball (bumping, serving, volleying, rotation and foot work). Wear shoes and bring water bottle. Possible league play on Wednesdays.	9 - 10yrs	Monday/Tuesday	4:00 - 5:00pm	Free

Spring Program



CITY & COUNTY OF HONOLULU
and Neighboring Islands
DEPT. OF PARKS & RECREATION
LARRY K. C. CHANG, Director

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day

March 26, 2009 - Prince Kuhio Day

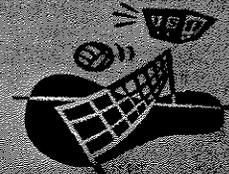
April 10, 2009 - Good Friday

Newspaper Ad: 1st week during the week
of January 5, 2009

The Department of Parks and Recreation is committed to providing a safe and enjoyable environment for all participants. It is the policy of the Department to provide a safe and enjoyable environment for all participants. For more information, please call 771-2200.

WAIPAHAU DISTRICT PARK

Recreation Director: Jo-Ann Yatogo 94-230 Paiwa Street Phone: 675-7129



YOUTH ACTIVITIES:

Basketball Skills (coed)	5-6 yrs.	Tue./Fri.	2:45 - 3:45 p.m.
- Learn and develop the basic skills for basketball. Emphasis will be on drills to promote dribbling, passing, shooting, teamwork, court awareness/presence. NO LEAGUE PLAY. Dress comfortably and for movement. Wear court shoes. NO BARE FEET.			

Volleyball Skills (coed)	7-8 yrs.	Mon./Wed.	2:45 - 3:45 p.m.
	9-10 yrs.	Mon./Wed.	3:45 - 4:45 p.m.
	11-12 yrs.	Mon./Wed.	TBA
- Learn and develop the basic skills for volleyball. Emphasis on drills to develop hand-eye coordination (serving, passing, hitting), footwork and coordination (blocking, moving to the ball). Dress comfortably and for movement. Wear court shoes. NO BARE FEET.			

- Basketball - Children & teens

All listings subject to change: dependent on holidays, City-wide events, scheduling conflicts, minimal participant registration, instructor availability and other factors.

- Volleyball Clinics - Children & teens

NEW! Online Registration. Go to www.honolulu parks.com

1. Must have a valid e-mail address.
2. Establish an online account with the Dept. of Parks & Recreation (12/1/08).
3. Register for non-fee classes (Dec. 22, 2008 - Jan. 5, 2009)

Volleyball

Males/Females
9-11, 12-14,
& 15-17 Years

Practice Schedule

Leihoku Elementary
Tuesday, March 10
9-11 years 2:30p-3:15p

Maili Community Park
Monday, March 9
9-11 years 2:30p-3:15p
12-14, 15-17 yrs 3:30p-4:15p

Makahā Community Park
Tuesday, March 10
9-11 years 2:30p-3:15p
12-14, 15-17 yrs 3:30p-4:15p

Nanakuli Beach Park
Monday, March 9
9-11 years 2:30p-3:15p
12-14, 15-17 yrs 3:30p-4:15p

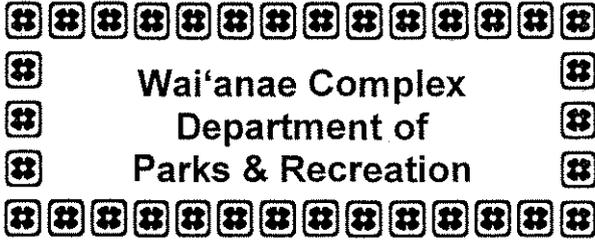
Pililaau Community Park
Monday, March 9
9-11 years 2:30p-3:15p
12-14, 15-17 yrs 3:30p-4:15p

Waiānae District Park
Monday, March 9
9-11 years 2:30p-3:15p
12-14, 15-17 yrs 3:30p-4:15p

Cost: \$10.00

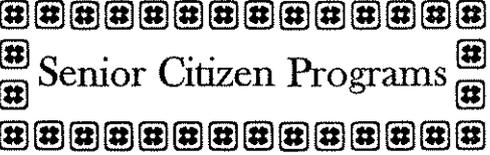
Registration to be held
March - March at all
Public Schools on the coast
and at various parks.

We need help with coaches and
officials. If you are interested in
helping, call us at 696-4481.



**Wai'anae Complex
Department of
Parks & Recreation**

- MA'ILI COMMUNITY PARK:**
Reid Tamashiro 696-4766
- MAKAHA COMMUNITY PARK:**
Andrea Quisquirin 695-9466
- NANAKULI BEACH PARK:**
Winnie Hanohano 668-1137
- PILILAAU COMMUNITY PARK:**
Ashlyn Kahaleoumi 696-4442
- WAI'ANAE DISTRICT PARK:**
LeeAnn Hanabusa 696-5039
Waltin DePonte 696-4441
- WAI'ANAE COMPLEX OFFICE:**
Jackie Kahaleoumi-Spencer 696-4481



Senior Citizen Programs

Looking for some Fun after you're 55?
Get more information on the programs listed
below by calling the following parks.

- PILILA'AU COMMUNITY PARK:**
Wai'anae Golden Age Senior Citizens Club
Tuesday 9:30a - 12:00p
- WAI'ANAE DISTRICT PARK:**
Group Dining
Monday - Friday 8:30a - 12:00p

DEPARTMENT OF PARKS
& RECREATION



Registration:



We Add Quality to Life

CITY & COUNTY OF HONOLULU
Mufi Hannemann Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

Program



**Wai'anae Complex
2009 Spring Program**

REGISTRATION:
Contact your nearest park for more information.

PROGRAM BEGINS:
Most classes are year round unless specified.

HOLIDAYS:
February 16, 2009, Presidents Day
March 26, 2009, Kuhio Day
April 10, 2009, Good Friday

All fees are non-refundable after start of program, or
collection deadlines (for special activities) as designe
at registration, or as noted below. Refund requests
must be in writing and accompanied by receipt,
canceled check or appropriate registration form
indicating payment.

- Recreation Classes: Refunds will be allowed for
requests submitted before and including the first
meeting of the class. No refund will be made after the
first meeting of the class.
- Canceled Classes: Refunds will be made for classes
canceled by the Department, if a class is cancelled
after a number of sessions have already been held,
refunds will be made on a pro-rata basis of completed
sessions.

MA'ILI COMMUNITY PARK

BASKETBALL Males/Females 5-6, 7-8, 9-10,
11-12,13-14 and 15-17 Years

Practice will start on Monday, 12/8 schedule as
follows: 5-6 yrs and 7-8 yrs 2:30p-3:15p
9-10 yrs and 11-12 yrs 3:30p-4:15p

HULA

-Adults Tuesday 6:00p-8:00p

Fee: \$10.00 for 5 sessions

(To Register see Instructor)

MAKAHA COMMUNITY PARK

BASKETBALL Males/Females 5-6, 7-8, 9-10,
11-12,13-14 and 15-17 Years

Practice will start on Tuesday, 12/9 schedule as
follows: 5-6 yrs and 7-8 yrs 2:30p-3:15p
9-10 yrs and 11-12 yrs 3:30p-4:15p

KARATE

-5 Years & up Tue/Thu 4:00p-8:30p

Fee: \$10.00 month

HAWAIIAN STUDIES

-K-3rd grade Mon/Wed 5:00p-5:30p

-4th-6th grade 5:45p-6:15p

-13 Years & up 6:30p-7:30p

Free class that will include Hula, Hawaiian
Crafts, Language & History classes.

Limited Enrollment

NANAKULI BEACH PARK

BASKETBALL Males/Females 5-6, 7-8, 9-10,
11-12,13-14 and 15-17 Years

Practice schedule as follows:

Tuesday, December 9

5-6 yrs 3p-4p and 7-8 yrs 2:30p-3:30p

Thursday, December 11

9-10, 11-12, 13-14 and 15-17 yrs 3:45p-5p

HULA

-5 Years & up Saturday 12:30p-3:00p

KENPO-KARATE

-5 Years & up Tue/Thu 6:00p-8:00p

Fee: \$20.00 month

PILILA'AU COMMUNITY PARK

BASKETBALL Males/Females 5-6, 7-8, 9-10,
11-12,13-14 and 15-17 Years

Practice will start on Monday, 12/8 schedule as
follows: 5-6 yrs and 7-8 yrs 2:30p-3:15p
9-10 yrs and 11-12 yrs 3:30p-4:15p

HULA

-5 Years & up Mon/Wed 6:00p-9:00p

LINE DANCING

-18 Years & up Tuesday 7:00p-9:00p

WAI'ANAЕ DISTRICT PARK

ADULT FITNESS (Low Impact)

-18 Yrs & up Mon/Wed/Fri 9:00a - 10:00a

AEROBICS

18 Yrs & up Mon/Wed/Fri 4:30p-5:30p

AIKIDO

-Keiki Tue/Thu 3:15p-4:15p

-Teens/Adults Tue/Thu 4:30p-5:30p

Fee: \$20.00 a month

ARCHERY

-8-14 Years Thursday 3:00p-4:30p

BASKETBALL Males/Females 5-6, 7-8, 9-10,
11-12,13-14 and 15-17 Years

Practice will start on Monday, 12/8 schedule as
follows: 5-6 yrs and 7-8 yrs 2:30p-3:15p
9-10 yrs and 11-12 yrs 3:30p-4:15p
13-14 yrs and 15-17 yrs 4:30p-5:30p

60 MINUTE WORKOUT

-18 Yrs & up Tue/Thu 5:30p-6:30p

JUJITSU

-5 Yrs & up Tue/Thu 6:00p-7:30p

Fee: \$20.00 a month

KARATE

-5 Yrs & up Mon/Wed 5:30p-8:00p

POLYNESIAN DANCE, Beginner

-5 Years & up Monday 4:00p-8:00p

POLYNESIAN DANCE, Advance

Wednesday 4:00p-8:00p

Thursday 4:00p-5:30p

POTTERY Tue/Thu 12:00p-3:00p

Fee: \$3.00 a month

TAE KWON DO

-4 Yrs & up Tue/Thu 6:00p-7:30p

Fee: \$10.00 a month

BASKETBALL will also be offered at Leihoku

Elementary school, practice schedule as follows:

Tuesday, December 11

5-6 yrs and 7-8 yrs 2:30p-3:15p

9-10 yrs and 11-12 yrs 3:30p-4:14p

VOLUNTEERS NEEDED

The Parks and Recreation programs in
the Wai'anae Complex rely heavily on
volunteers. We need help with
basketball and volleyball coaches and
officials. The number of teams in any
one league is determined by the number
of volunteer coaches that we are able to
secure.

If you are interested in helping,
please call us at 696-5039.

WHITMORE COMMUNITY PARK

1259 Whitmore Avenue

Director: Cheryl Ito

Phone: 622-2420

CHILDREN

PROGRAM PERIOD: January 30, 2009 - April 17, 2009 (12 weeks)

FRIDAY

*KID'S CLUB

-A special club for kids that's fun, encourages team work and leadership skills. Each week will feature a different theme decided by the members.

AGE/GRADE

K-6 grade

TIME

3:00-4:30 pm

PROGRAM PERIOD: January 26, 2009 - March 1, 2009 (6 weeks)

MONDAY

*MAGIC PAINTING

-Learn how to make designs magically appear and how to use them to make various projects.

AGE/GRADE

K-6 grade

TIME

3:00-4:30 pm

WEDNESDAY

*SIMPLE MICROWAVE COOKING

-Learn how to cook using the microwave to make things from main dishes to dessert.

K-6 grade

3:00-4:30 pm

THURSDAY

*PUZZLE MANIA

-Have fun with puzzle pieces to make crafts, games and even eat them.

K-6 grade

3:00-4:30 pm

MORE CLASSES ON THE BACK OF THIS SHEET

CHILDREN (continued)

PROGRAM PERIOD: March 8, 2009 – April 17, 2009 (6 weeks)

<u>MONDAY</u>	<u>AGE/GRADE</u>	<u>TIME</u>
*WACKY WOOD FRAMES -Make a zoo full of adorable animal frames.	K-6 grade	3:00-4:30 pm
<u>WEDNESDAY</u>		
*HOLIDAY COOKIES -Celebrate the spring holidays by making delicious cookies.	K-6 grade	3:00-4:30 pm
<u>THURSDAY</u>		
*CLEVER CARRIERS AND BAGS -Creative containers made from felt and art foam to keep everything organized or to carry your belongings in style or carry your little treasures in.	K-6 grade	3:00-4:30 pm

ADULTS/SENIOR CITIZENS

PROGRAM BEGINS: SEPTEMBER 8, 2008

<u>ACTIVITY</u>	<u>DAY(S)</u>	
<u>TIME</u> KAU KAU CLUB -Mini excursion to various ONO eateries.	1st & 3 rd MONDAY	TBA
SENIOR UKULELE & SOCIAL SINGING -A cultural activity. Must have own ukulele.	MONDAY	8:30-10:30 am
LINE DANCING -A fun way to exercise.	WEDNESDAY	8:30-9:30 am
WHITMORE SENIOR CITIZENS CLUB -A club for those 55 years and older. There's a variety of activities such as outings, birthday celebrations, games speakers, Bingo and more. CLUB DUES. Call 622-2420 for more information.	FRIDAY	9:00 am



We are Quality to Life

CITY & COUNTY of HONOLULU DEPT. of PARKS & RECREATION
 Muff...ann, Mayor Lester K. C. Chang, Director

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for accessible modifications, please call your local park. TTY users call 768-5027.

HO'AE'AE COMMUNITY PARK

Jason Chang, Director Phone: 676-8832

Waipahu 21st Century Community Learning Centers after school activities at Ho'ae'ae Community Park. These enrichment activities are being made available to all children & adults in the Waipahu community by the Waipahu 21st Century Community Learning Centers Project, funded by a grant from the federal government. Classes will be held at the recreation center and surrounding park facilities. We invite you all in the Waipahu community to participate in these fun & enriching classes.

Registration: register at Ho'ae'ae Community Park; Jan. 20 from 2:30 – 5:30 PM. and Jan. 21 & 22 from 2:30 – 6:00 PM. Class enrollment is limited. Registration will be conducted on a first come, first-served basis. No registration will be accepted by telephone. At the discretion of the director, classes may be added, canceled, or postponed due to registration trends or the availability of a qualified instructor.

Program Period: classes will begin the week of January 26, 2009 and end the week of March 29, 2009. No classes on all school waiver days, holidays and intersession.

CHILDREN'S ACTIVITIES

-Arts & Crafts Monday 3:30 – 4:30 PM
 For children in grades K-3. Have fun making simple art projects using a variety of mediums.

-Basketball Skills #1 Monday 3:30 - 4:30 PM
 For children in grades 1-3. Learn the basic skills of basketball. No league play.

-Basketball Skills #2 Monday 4:30 - 5:30 PM
 For children in grades 4-6. Learn the basic skills of basketball. No league play.

- Flag Football Tuesday 3:30 – 4:30 PM
 For children in grades 4-6. Learn the rules of play of flag football & have fun playing with friends. No league play. Shoes required. NO classes when it rains.

- Holiday Crafts Wednesday 1:30 – 2:30 PM
 For children in grades K-3. Have fun creating simple holiday projects this spring season.

- Hip Hop Dance Wednesday 4:30 – 5:30 PM
 For children in grades 3-6. Have fun learning choreographed dance routines. Shoes required.

- Hula Wednesday 1:30 – 2:30 PM
 For children in grades K-8. Children will learn simple 'auana dances and their interpretations.
 Fee: \$20.00 for 10 sessions

(continued on the back)

- **International Kitchen** Wednesday 3:30 – 4:30 PM
For children in grades 3 -6. Children will learn to cook different dishes from various countries. Let's take a food journey throughout the world. Fee: \$20.00 for 10 sessions
- **Keiki Cooks** Thursday 3:30 – 4:30 PM
For children in grades 3-6. Children will learn the basics of the kitchen and make delicious, simple recipes. Fee: \$20.00 . Wear covered shoes.
- **Keiki Fitness** Thursday 3:30 – 4:30 PM
For children in grades 3-6. Let's get fit in 2009. Jump rope exercise fun.
- **Outdoor Court Games** Wednesday 1:30 – 2:30 PM
For children in grades 3-6. Have fun after school playing your favorite outdoor court. Wear covered shoes. NO classes when it rains.
- **Sweet Treats** Monday 3:30 – 4:30 PM
For children in grades 3-6. Make a delicious sweet treat every week. Fee: \$20.00. Wear covered shoes.
- **Table Tennis** Wednesday 3:00 – 4:00 PM
For children in grades 3-6. Children will learn the basics of this fun sport. Shoes required.
- **Tahitian Dance** Monday 3:30 – 4:30 PM
For children in grades 2-6. The pulse of the drums beckon, learn dances from this exotic island.
- **TNT Club** Friday 3:00 – 4:00 PM
For children in grades 4-6. Children participate in club activities and district wide events. Club Members actively plan activities and excursions. Have fun with friends.
- **Ukulele, Beginning** Monday 3:30 – 4:30 PM
For children in grades 3-6. Learn how to play this favorite Hawaiian instrument. Children will learn chords and play simple songs. Participants to provide own 'ukulele.

TEEN ACTIVITIES

- **Hula** Wednesday 1:30 – 2:30 PM
For children in grades 7-12. Youth will learn 'auana & kahiko hula dances. Fee: \$20.00

ADULT ACTIVITIES

- **Total Fitness** Tuesday 5:30 – 6:30 PM
Get Fit in 2009. Fee: \$20 for 10 sessions
- Thursday 6:00 – 7:15 PM

COMMUNITY BULLETIN BOARD

Sports & Club organizations handle own registration. Club fees involved.

- **USTA, Play To Learn Tennis**
Group tennis lessons for youth & adults. For schedule and registration visit www.hawaii.usta.com.
Call 955-6696 ext. 29 or email tennis@hawaii.usta.com for more info.
- **Ken Shu Kan Karate Dojo**
Class days are Tuesday & Friday's from 6:30 – 7:30 PM. Registration packet & information can be picked up at Ho'ae'ae Community Park.

Spring Program



CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Cheng, Director

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

Program Starts: January 26, 2009

Holidays: February 16, 2009 - President's Day

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

Newspaper Ad: Midweek during the week
of January 5, 2009

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for accessible modification, please call your local park. TTY users call 768-3027.

NEW Online Registration for non-fee classes.

Online registration will be available for non-fee classes from December 22, 2008 to January 4, 2009. Apply for an online account starting December 1, 2008 at www.honolulu.parks.com.



MILILANI DISTRICT PARK

94-1150 Lanikuhana Avenue

DIRECTORS: Karen Castillo-Ben
Casey Tahara

PHONE: 623-5258

REGISTRATION DATES: Wednesday, January 14, 2009
Thursday and Friday, January 15, 16, 2009

6:00 -8:00 pm
2:00 -5:00 pm

ALL CLASSES BEGIN THE WEEK OF January 26, 2009

TINY TOTS

<u>TINY TOTS</u>	3 1/2 – 5 yrs	TUES	9:30 –11:00 am
-Games, storytelling, songs, crafts, and special activities (parent/guardian participation recommended) COST: FREE!!!			

CHILDREN'S ACTIVITIES

<u>ARCHERY</u>	8 – 13 yrs.	TH	3:00 – 4:00 pm
Learn the fundamentals of archery		TH	4:00 – 5:00 pm
COST: FREE!!!			

<u>BASIC SEWING</u>	9 – 12 yrs.	FRI	3:30 – 5:00 pm
-Learn basic sewing skills and create fun projects			
COST: \$30.00/10 sessions (begins 1/30 – 4/3/09) plus supplies (maximum 8 students per class)			

<u>CREATIVE MOVEMENT</u>	5 – 7 yrs.	TH	3:00 – 4:00 pm
-Introduction into tumbling, dance, musical games			
COST: FREE!!!			

<u>TENNIS</u>	6 – 13 yrs	WED	TBA
-Introductory, Beginner, Novice			
COST: TBA (Register with USTA via website – Hawaii.usta.com)			

<u>TOMORROW'S NEW TEEN</u>	8 – 10 yrs	FRI	3:00 – 4:30 pm
-Program for the pre-teen set. Meet new friends, outings, socializing and more.			
COST: FREE!!!			

<u>VOLLEYBALL PRACTICE GAMES</u>	7 – 8 yrs.	TUE	3:30 – 4:30 pm
		WED	TBA
-Learn basic skills of volleyball and play against other teams from the district			
COST: FREE!!!			

<u>VOLLEYBALL PRACTICE GAMES</u>	9– 10 yrs.	TUE	3:30 – 4:30 pm
		WED	TBA
-Learn basic skills of volleyball and play against other teams from the district			
COST: FREE!!!			

TEENS

BASIC SEWING 13 – 17 yrs. WED 4:00 – 5:30 pm
-Learn basic sewing skills and create fun projects
COST: \$30.00/10 sessions (Begins 1/28 – 4/1/09) plus supplies (maximum 8 students per class)

ADULT ACTIVITIES

BASIC SEWING FRI 7:00 – 8:30 pm
-Learn basic sewing skills and create fun projects. WED 7:00 – 8:30 pm
COST: \$30.00/10 sessions (Wed. 1/28 – 4/1/09, Fri 1/30 – 4/3/09) plus supplies (maximum 8 students per class)

JAZZERCISE – BODY SCULPTING MON 6:00 – 7:00 pm
COST: \$20.00/10 sessions (Begins 1/26 – 4/6/09 no class on 2/16/09)

JAZZERCISE - LITE MON 7:00 – 8:00 pm
COST: \$20.00/10 sessions (Begins 1/26 – 4/6/09 no class on 2/16/09)

LINE DANCE - BEGINNERS I TUE 12:15 – 1:15 pm
COST: \$20.00/10 sessions (Begins 1/27 – 3/31/09)
-Instruction for beginning line dancers who want to get into the swing of things

LINE DANCE – BEGINNERS II TUE 11:00 – 12:00 pm
COST: \$20.00/10 sessions (Begins 1/27– 3/31/09)
-Fun way to exercise while learning more line dancing. Prior experience required

TAI CHI - BEGINNING WED 8:30 – 10:00 am
COST: \$30.00/10 sessions (Begins 1/28 – 4/01/09)
Limited to 16 students

YOGA – POWER BREATHING WED 6:00 – 7:00 pm
COST: \$20.00/10 sessions (Begins 1/28 – 4/01/09) 7:00 – 8:00 pm
- Combination of martial arts, yoga breathing in simple Hatha yoga poses. Bring yoga mat, towel, and bottle water.

TENNIS – NOVICE/ INTERMEDIATE TUE TBA
COST: TBA (Register with USTA via website – Hawaii.usta.com)

SENIOR CITIZENS ACTIVITES

MILILANI GOLDEN YEARS CLUB FRI 9:30 – 12:00 pm
-Activities, informational meetings, outings, etc.
COST: Club fees

SENIOR EXERCISE GROUP FRI 8:45 – 9:15 am
- Come and enjoy walking, stretching, and other forms of exercise with other seniors.
COST: FREE!

COMMUNITY BULLETIN BOARD

NOTE: Sports organizations usually handle their own registration.
The following groups handle their own registration. Club fees involved.

-AIKIDO CLUB T/TH 7:00 – 9:00 pm
-JUDO CLUB T/TH 5:00 – 7:00 pm
-KENDO CLUB TH 6:00 – 9:00 pm
- RAQUETBALL CLUB WED/FRI 3:30 – 5:30 pm

PUBLIC RAQUETBALL COURT HOURS : **GYM FREE PLAY SCHEDULE:** TBA

M/T/TH 2:30 – 9:00 pm
WED/FRI 2:30-3:30/5:30-9:00 pm
SAT/SUN/HOL 1:00 – 5:00 pm

DEPARTMENT OF PARKS & RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY OF HONOLULU
 Muß Hannemann, Mayor
 DEPT. of PARKS & RECREATION
 Lester K. C. Chang, Director

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NEW Online

Registration for non-fee classes.

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WAHIAWA DISTRICT PARK

1139-A KILANI AVENUE

SUPERVISOR: FREDERIC SOHL
 RECREATION DIRECTOR: SCOTT COLEMAN
 SWIMMING POOL MANAGER: FLORA MAE MACKAY-CHANG
 RECREATION ASSISTANT: (BOXING) CARL PHILLIPS

PHONE: 621-5663
 PHONE: 622-4751
 PHONE: 621-0857
 PHONE: 621-6301

TINY TOTS

MONDAY
 KEIKI PLAY MORNING 9:00-11:00A
 Age 1-4 yrs. Parents, grandparents or guardians interact with their own children and other tots in a variety of recreation activities.

CHILDREN

MONDAY
 BOXING (M-F) 3-6 3:00-4:30P
 SILLY GAMES (M,W,F) 3-6 3:00-4:30P
 MUSIC AND DANCE (M,W,F) K-3 2:45-3:45P
 MARTIAL ARTS 3-6 6:00-7:30P
 TAHITIAN DANCE (FEE) 3-6 5:00-7:00P
 TNT (Tomorrows New Teens) 4-6 2:30-4:30P

TUESDAY
 FUN CRAFTS K-3 2:45-4:15P
 BOXING (M-F) 3-6 3:00-4:30P

WEDNESDAY
 SILLY GAMES (M,W,F) K-3 2:45-3:45P
 BOXING (M-F) 3-6 3:00-4:30P
 PHYSICAL FITNESS 3-6 3:00-4:30P
 MARTIAL ARTS CLUB 3-6 6:00-7:30P
 TAHITIAN DANCE (FEE) 3-6 5:00-7:00P

THURSDAY
 FUN CRAFTS K-3 2:45-4:15P
 BOXING (M-F) 3-6 3:00-4:30P

FRIDAY
 SILLY GAMES (M,W,F) K-3 2:45-3:45P
 BOXING (M-F) 3-6 3:00-4:30P

TEENS

MONDAY
 BOXING (M-F) 7-12 3:00-4:30P
 PHYSICAL FITNESS (M-F) 7-12 3:00-4:30P
 MARTIAL ARTS CLUB 7-12 6:00-7:30P

WEDNESDAY
 MARTIAL ARTS CLUB 7-12 6:00-7:30P

THURSDAY
 TEEN CLUB 7-12 2:30-4:30P

ADULTS

MONDAY
 UNIVERSAL EQUIP. (M-F) 9:30-11:30A
 BALLROOM DANCE, Beg. (FEE) 7:30-9:30P
 BOXING (M-F) 3:00-5:00P
 PHYSICAL FITNESS (M-F) 3:00-5:30P
 KNITTING/SEWING 9:00-11:00A

TUESDAY
 HULA 8:30-10:30A

WEDNESDAY
 MARTIAL ARTS 6:00-7:30P
 BALLROOM DANCE, Adv. (FEE) 7:30-9:30P
 FLAG FOOTBALL 6:30-9:00P

THURSDAY
 LINE DANCING 9:00-11:00A

FRIDAY
 HULA, Beg. 8:30-10:30A

SATURDAY
 TAHITIAN DANCE (FEE) 9:00-11:30A

DEPARTMENT OF PARKS
& RECREATION

Spring Program



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WAIPAHA DISTRICT PARK

Recreation Director: Jo-Ann Yatogo 94-230 Paiwa Street Phone: 675-7129



Adult Activities



- | | | |
|---|------------------------------|------------------------------|
| Ballroom Dance | Wednesday | 7:00 - 8:00 p.m. (dance TBA) |
| \$20 for 10 classes (per dance) | | 8:00 - 9:00 p.m. (dance TBA) |
| Instructor: Cris Visoria | LIMIT: 20 registrants | |
| Ballroom Dance | Thursday | 7:00 - 8:00 p.m. (dance TBA) |
| \$20 for 10 classes (per dance) | | 8:00 - 9:00 p.m. (dance TBA) |
| Instructor: Cris Visoria | LIMIT: 20 registrants | |
| Hiking | Saturday | 8:00 a.m. - 1:00 p.m. |
| - Hike four (4) beginner level trails around Oahu (Feb. 7, 14, 21, and 28). Get out and see our island while getting some exercise! Comfortable athletic/hiking shoes, water, hat, rain gear if necessary. Transportation provided. Bring your own lunch/drink. Written medical clearance from your physician required at time of orientation. Orientation scheduled for January 31, 2009 at 9:00 a.m. at Waipahu District Park. | | |
| LIMIT: 13 registrants Minimum of 9 for class to run. More details at the orientation. | | |

NEW! Online Registration.

Go to www.honolulu parks.com

1. Must have a valid e-mail address.
2. Establish an online account with the Dept. of Parks & Recreation.
(Starting from Dec. 1, 2008)
3. Register for non-fee classes (Dec. 22, 2008 - Jan. 5, 2009).

SENIOR ACTIVITIES

Fitness FUNDamentals (FREE) Tue./Fri. 9:45 – 11:15 a.m.
 - Simple exercise motions to get the circulation going and the body moving. Emphasis on learning different exercises to improve balance, coordination, fitness, flexibility / range of motion, and strength. *Bring a mat for floor work (stretching exercises, relaxation portion).



Holoholo Club (FREE) Monday 9:00 a.m. – 1:30 p.m.
 - Outings every other week to various locations on Oahu. Visit popular locales and be a tourist for the day. Enjoy the sites that make Oahu the Gathering Place. *Limited to two (2) groups of 14 registrants. **Participants will be responsible for admission fees and other incurred costs.**

Karaoke (Japanese) – (FREE) Monday 11:00 a.m. – 1:00 p.m.
 - Popular Japanese songs and music from an era gone by. Emphasis on learning to sing like the performers of the golden days.

Line Dance (Beginner) – (FREE) Wednesday 9:00 – 10:00 a.m.
 10:15 – 11:15 a.m.
 - An introduction to Line Dancing. Learn the basic steps, moves and terminology of line dancing. Learn the dance steps to some of the popular line dance songs. Meet new people, get some exercise and of course have fun!

Mahjong (Beginner) – (FREE) Mon. / Thur. 9:00 – 11:00 a.m.
 - Introduction to the game of mahjong. Learn along with others the set-up and rules to the game. Meet new people. Sharpen your thinking while learning to play.

Minyo Dance (FREE) Monday 9:00 – 11:00 a.m.
 - Japanese dance utilizing fans.
 1:00 – 3:00 p.m.
 - Japanese dance utilizing kendo sword.

Aerobics - Tues & Fri 9:45 - 11:00 am

SOCIAL CLUBS

Waipahu Cosmopolitan Seniors Fridays 9:00 a.m. - 11:00 a.m.
 - General meeting held every first Friday of the month. Activities and outings on other Fridays. **Membership dues:** \$10.00 for the calendar year.
 *Advisor: Edwina Lau (678-0871)

Waipahu Seniors Wednesday 9:00 a.m. - 11:00 a.m.
 - General meeting held every second Wednesday of the month. Outing or activity on the 3rd Friday of each month. **Membership dues:** \$10.00 for the calendar year.
 *Advisor: Jo-Ann Yatogo (675-7129)

All listings subject to change: dependent on holidays, City-wide events, scheduling conflicts, minimal participant registration, instructor availability and other factors.

The Waipahu Pool will be closed for RECONSTRUCTION.

Swim classes are being offered at the following pools:

Waialeale Pool	(678-0872)	Pearl City District Park Pool	(453-7552)
Manana Pool	(453-7556)	Makakilo Pool	(672-3840)



V.E.G.A Students participating in a team-building exercise called the "Helium Stick."

PROGRAMS:

Homework/Tutoring Assistance

Life Skills

Recreational Activities
(DPR & P.A.L. Activities)

Community Service Projects

Web Page Design Classes
(Partnership with Leeward Community College)

V.E.G.A Curriculum
Truancy Prevention Program
Positive Youth Development
(Grants from the Office of Youth Services)

After-school, Intersession, and Summer Programs
(21st CCLC Grant with Waipahu Complex, DOE)

"Recent studies contradicts the conventional wisdom on teens that they don't want to be part of wholesome, organized activities, but would rather hang out and become part of gangs. That's the wrong conclusion. They do want to join these kinds of organizations, they just aren't enough of them."

Milbery McLaughlin
Stanford University



PROJECT HO'OMANA

Waipahu District Park
94-230 Paiwa Street
Waipahu, Hawaii 96797
(808) 676-7855



Charmille Abe, Complex Supervisor
Jayson Chun, Director
Gayleen Balais, Director
Jill Akutagawa, Director

PROJECT HO'OMANA

"Waipahu's Youth Making A Difference"
A City & County of Honolulu
Dept. of Parks & Recreation Program



“Often, young people say that they started using alcohol or other drugs because they had nothing else to do, no positive alternative activities. The absence of positive activities increases the likelihood of substance abuse. Alternative programs where young people can gather after-school, focus on fun and accomplishment, and that is built on a foundation of healthy living are essential.”



Elementary school students enjoying an outing to Honolulu Zoo.



Students learning to design Web Pages at Leeward Community College.

The *vision* of **Project Ho`omana** is to keep kids off the streets and out of trouble by reducing “at-risk” behaviors through involvement in alternative organized activities that teach/reinforce values and develops meaningful relationships between students, families, schools and the community.



Intermediate students participating in the Odyssey Ropes Course at Camp Erdman.

Project Ho`omana provides a safe, educational, and a productive environment for youth to be a part of during non-school hours that helps to prevent their involvement in dangerous and delinquent behavior. Children left unsupervised, even for short periods of time, may be more vulnerable to the influence of delinquent peers or to academic problems if they do not have the support they need to succeed.



High school teens enjoying themselves at an Ocean Recreation activity.

The prevention and intervention programming presently established at the school offers opportunities for identified “youth at-risk” to receive homework assistance, alternative drug-free recreational activities, and the development or protective factors. Through positive role modeling and empowerment, these students are acquiring important protective factors.

PROJECT
HO'OMANA
"Waipahu's Youth Making a Difference"

Come and join the FUN & EXCITEMENT at

The Project Ho`omana After-School Teen Program

Where: Old Waipahu Intermediate
School Cafeteria

When: Mondays, Tuesdays, Thursdays & Fridays
from 2:30 pm - 4:30 pm
and Wednesdays from 12:30 pm - 4:00 pm

PROGRAM TO START ON JANUARY 13, 2009.

Here at Project Ho`omana, your child will be provided with:

- Tutoring and homework assistance from Staff members;
- A variety of educational, recreational and fun activities to participate in (indoor/outdoor sports & games, arts & crafts, leadership & teambuilding, cooking, hip hop, basketball & volleyball sports leagues, etc.);
- An opportunity to attend various fun and educational field trips (Beach outings, Hawaiian Waters, Bowling, Scavenger Hunts, Camping, Fishing Derby, Ice Palace, etc.);
- An opportunity to develop a positive and healthy relationship with Staff and Peers;
- **LOTS OF FUN IN A POSITIVE, DRUG & ALCOHOL FREE ENVIRONMENT!!!!**

Program is FREE with the exception of paid Field Trips.

For more information:
Please call 676-7855.

YOUR CHILD HAS BEEN ENCOURAGED TO PARTICIPATE IN
THE

V.E.G.A. PROGRAM

(Violence Education and Gang Awareness)
under the direction of Dept. of Parks & Recreation –
Project Ho`omana Program

Through the VEGA PROGRAM, your child will learn to:

- Build their Self-Esteem
- Improve their Communication Skills
- Make Better Choices
- Deal with their Aggression
- Develop necessary skills to deal with Peer Pressure & Bullying
- Develop Healthy Relationships with Peers and Staff
- Create S.M.A.R.T. Goals for themselves
and MORE!!

The VEGA PROGRAM will also provide:

- Tutoring and Homework Assistance
- Recreational Activities
and
Fun & Educational Field Trips!
- (Please refer to attached Calendar for upcoming field trips)

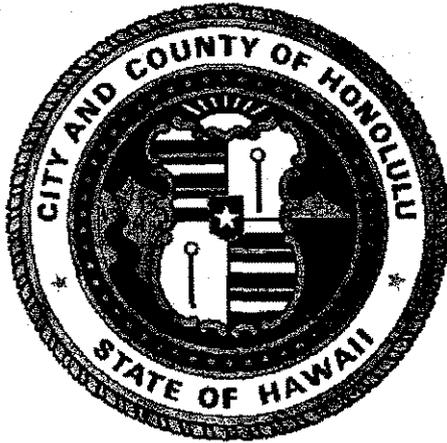
**Program will be held Mondays, Tuesdays, Thursdays &
Fridays from 1:30 pm – 4:00 pm and
On Wednesdays from 12:30 pm – 4:00 pm**

PROGRAM IS SCHEDULED TO BEGIN ON

January 20, 2009

All students to meet in the Old Cafeteria

**Please contact Gayleen Balais at 676-7855 for more
information!**



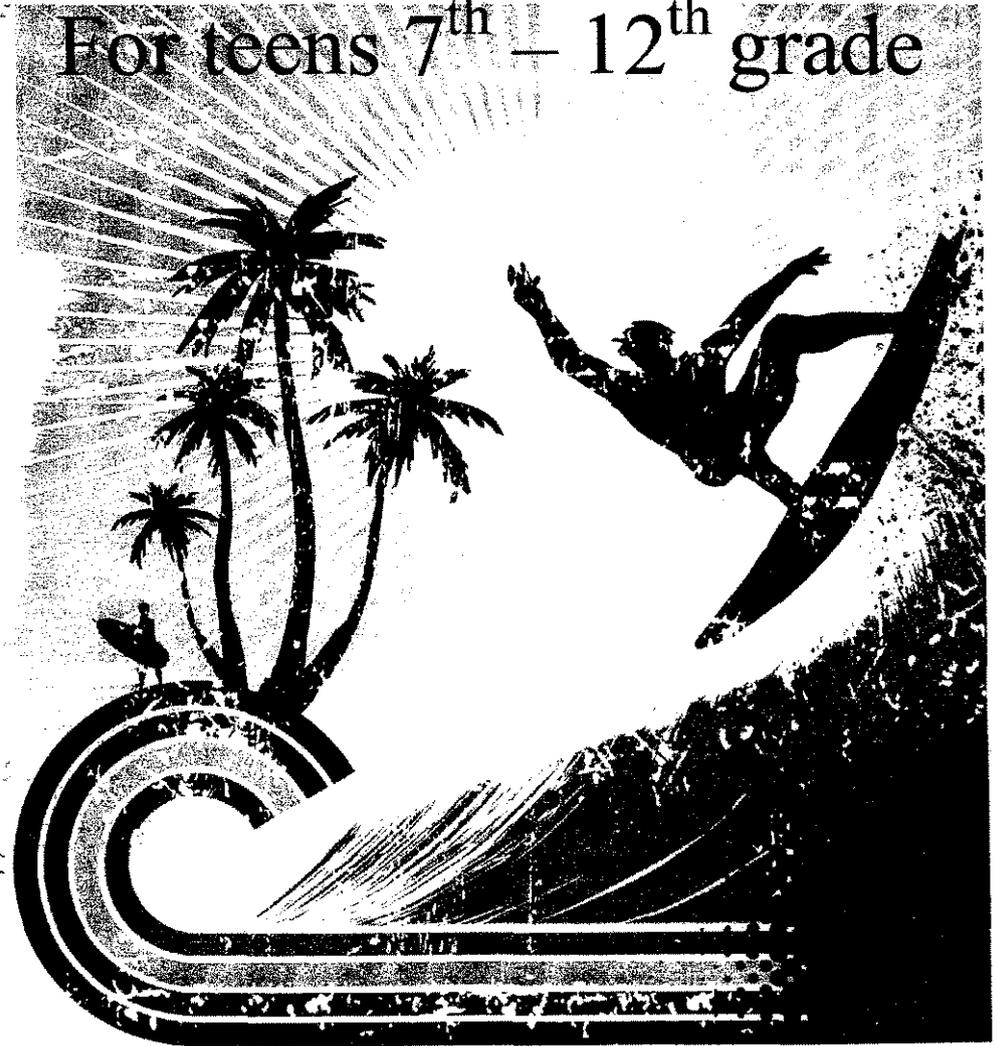
PROJECT HO'OMANA
Waipahu District Park
94-230 Paiwa Street
Waipahu, Hawaii 96797
(808) 676-7855

Jayson Chun, Director
Gayleen Balais, Director
Jill Akutagawa, Director

PROJECT HO'OMANA

Positive Youth Development

For teens 7th – 12th grade



Funded by the Office of Youth Services

OCEAN/WATER SAFETY – RECREATION AND FIRST AID

A required two day attendance for ocean/water safety and First Aid training in preparation for involvement in Ocean Recreational activities along the south shore of Oahu. Participants must be able to swim 25 yards without the assistance of any flotation device and be in reasonably good physical condition.

Day 1 March 23, 2009 – Morning class at Manoa District Park for First Aid and Water Safety. At end of this session you will be certified in American Red Cross Standard First Aid and be knowledgeable of some water safety skills. Following lunch (provided with registration) you will participate in an ocean recreation activity at one of the beaches along the south shore of Oahu.

Day 2 April 1, 2009 – Morning class will be a review of ocean and water safety skills and a morning participation in a different ocean recreation activity. Following lunch (provided with registration) you will be involved in another ocean recreation activity that will demonstrate skills and knowledge learned.

At completion of the two day participation, each youth will receive a Quicksilver Rash Guard and their First Aid Certificate.

DATE: Day 1 – Monday, March 23, 2009 meet at Waipahu District Park
9:00 am to 5:00 pm

Day 2 – Wednesday, April 1, 2009 meet at Waipahu District Park
9:00 am to 5:00 pm

REGISTRATION FEE: \$5.00

Registration includes transportation, lunch and snack for both days, American Red Cross First Aid fee and rash guard.

Registration and Fee is due on Monday March 16, 2009

Limited to 13 students

RASH GUARD SIZE: __S __M __L __XL

HIP-HOP DANCE

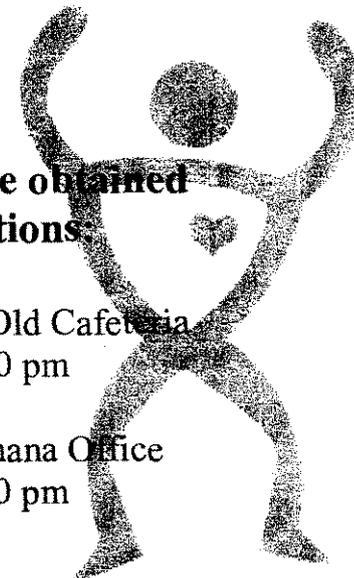
No previous dance experience necessary to join this high energy dance class. Hip hop consists of individualized dance steps put together to create quick dance combinations set to age appropriate popular music. Students have so much fun, they do not even realize they are learning one of the most complex dance forms around. Elements include proper conditioning and warm-up, individualized dance steps and full-bodied combinations. Dancers will love learning these expressive dance steps while dancing to their favorite songs. Please call the Ho'omana Office at 676-7855 for more information on this class.

DATES: TO BE ANNOUNCED

**Registration forms may be obtained
at the following locations.**

Waipahu Intermediate School Old Cafeteria
between 2:30 pm – 4:30 pm

Waipahu District Park Ho'omana Office
between 9:00 am – 5:00 pm



For information on registering and
upcoming classes please call the Project
Ho'omana Office at **676-7855**.

BASIC PHOTOGRAPHY

Do you like taking pictures? Have you always wondered why some photographs come out so nice and professional? Well now's your chance! Basic Digital Photography will do away with the regular and limited consumer Point and shoot cameras and get hands on work with Professional Digital SLR cameras!

In the first, second and third sessions students will be learning the basic aspects of digital photography; composition, lighting, portraiture and simple editing techniques!

The fourth session will provide participants with an opportunity go out on a photo shoot.

DATE: Day 1 – Monday, May 18, 2009 at Waipahu District Park TZP Room
3:00 pm – 5:00 pm

Day 2 – Wednesday, May 20, 2009 at Waipahu District Park TZP Room
1:30 pm – 4:30 pm

Day 3 – Friday, May 22, 2009 at Waipahu District Park TZP Room
3:00 pm – 5:00 pm

Day 4 – Saturday, May 23, 2009 meet at Waipahu District Park and travel to Downtown Civic Center. Bring money for lunch.
10:00 am – 2:00 pm

REGISTRATION: NONE

Registration is due on Monday, May 4, 2009

Limited to 12 students

CERAMICS WORKSHOP

Explore your creative side. Ceramics develops basic skills in the creation of 3D forms and pottery from clay. This class is designed for students who are interested in working with clay, and gives students experiences in making functional as well as sculptural pieces. Pick up and take home pieces on Wednesday, April 8, 2009.

- **Day 1 March 25, 2009** – Create a piece using the pinch pot technique. While this form of pottery seems really basic, you can get a feel for the clay you are working with and you will get to know the limits of your clay. (Does it bend easily? Does it dry fast? Etc.)
- **Day 2 April 1, 2009** – Glazing is the final artistic step in clay pottery. Students will be glazing their piece(s) with non-toxic, lead-free glazes.

DATE: Day 1 –Wednesday, March 25, 2009 at Waipahu District Park TZP Room
11:00 am – 2:00 pm

Day 2 – Wednesday, April 1, 2009 at Waipahu District Park TZP Room
11:00 am – 2:00 pm

REGISTRATION: NONE

Registration is due on Monday, March 16, 2009

Limited to 15 students

MORE CLASSES TO BE ANNOUNCED

GOING TO COLLEGE OR DO I HAVE TO WORK? WHAT TO DO AFTER HIGHSCHOOL?

Explore the possibilities ahead for you – whether those possibilities include college, travel, or a career. Now is the time to ask questions about your future, shadow a job, visit a college, take interest surveys, and set up a checking and/or savings account. This two day session will be capped off with a visit to a college and career fair.

- **Day 1 April 29, 2009** - Take a survey to assist you in deciding about a future career, it helps to know what type of work you enjoy doing. Should I go to college or look for a job. Learn college planning tips like; Scheduling test, Saving for college expenses, Selecting a school, Exploring career paths, Admissions and preparation, and Paying for school. Practice writing resumes, filling out job applications, and dressing for and interviewing for success when seeking employment.
- **Day 2 April 30, 2009** – Attend a College and Career Fair at the Blaisdell Center.

DATE: Day 1 – Wednesday, April 29, 2009 at Waipahu District Park
TZP Room
2:30 – 4:30 pm

Day 2 – Thursday, April 30, 2009 meet at Waipahu District Park and travel to Blaisdell Center in Honolulu for the College and Career Fair. Bring money for dinner.
3:00 – 9:00 pm

REGISTRATION: NONE

Registration is due on Monday, April 27, 2009

Limited to 13 students

WHAT'S IN THIS PLATE LUNCH?

An informational and hands on session on the nutritional value of the food we eat in the Islands. Participants will be informed on being “Fit for Life” by eating smart and exercising. You will also learn to understand how to read nutrition labels and prepare an alternative meal to a typical Hawaiian plate lunch.

- First part of the session will be devoted to the discussion on the nutritional value of the food we typically eat in Hawaii and how it may contribute to obesity. Information will assist youth in making smart choices about what they consume and how important exercise is to the physical and mental health of today's teens.
- The second part of the session will provide participants with a hands on opportunity to compare and prepare an alternative to the typical Hawaiian plate lunch meal. Cooking skills will be tested in the preparation of a tasty meal that uses healthier alternatives to the macaroni salad, two scoops rice, and a high fat protein covered with gravy.

DATE: Wednesday, May 6, 2009 at Waipahu District Park room MP2
1:00 pm – 4:30 pm

REGISTRATION: NONE

Registration is due on Monday, April 27, 2009

Limited to 15 students

PROJECT HO'OMANA

Spring Program 2009

Program Dates:

January 27, 2009 – March 19, 2009

April 14, 2009 – June 4, 2009

After-school program for
Waipahu Elementary School Students
2:15 PM – 4:30 PM Tuesdays & Thursdays

Program includes:

- Homework Assistance
- Indoor & Outdoor Games
- Sports
- Arts & Crafts
- Excursions



FREE!!!

For more information please call our office at 676-7855.

MISSION STATEMENT

The mission of the Department of Parks and Recreation is to enrich the quality of life of people in our City by providing recreational facilities, beautiful and well-maintained parks, and programs with cultural and recreational values in an attractive, safe, and healthful environment.

PROGRAM POLICIES

- Enrollment is non-discriminatory with regard to race, creed, sex, and ability.
- For adult activities, participants must be 18 years or older to register.
- Unregistered persons are not allowed in the classrooms. Minors may not accompany their parents to class unless specified in this brochure.
- Information in this brochure, including statements of fees, course offerings, schedules, etc., is subject to change without notice or obligation.
- Vehicles parked outside of the marked parking stalls are subject to citation or towing.
- Bicycles must be parked outside of the buildings.
- Food, drinks, and chewing gum are not allowed in the gymnasium, physical fitness room, and weight room.

REGISTRATION PROCEDURE

- Registration is on a first-come, first-served basis.
- Payment must be made to the office staff. Do not "drop-off" payments. Do not pay the instructor directly, unless otherwise stated in this flyer.
- Write checks to the City & County of Honolulu. Participants whose checks are not honored by the bank must pay an additional \$20 service fee.
- Fees are refundable only if the original receipt is submitted to the office staff before the start of the second class. Refunds take six to eight weeks.
- Last day to register is January 23, 2009, for classes that require a fee.
- Online registration for all non-fee classes begins December 22, 2008, and ends January 4, 2009.
 - Requirements:
 - must be at least 18 years of age to register;
 - have a valid email address;
 - obtain an online account at <http://parks.honolulu.gov/sdli/home.html> beginning December 2, 2008.

PUBLIC USE SCHEDULE

Gymnasium (Schedule may change without notice.)

Badminton	W	10:15 a.m.-1:00 p.m.
	F	6:00 p.m.-9:00 p.m.
Basketball	MF	10:15 a.m.-6:00 p.m.
	MW	6:00 p.m.-9:00 p.m.
	Sat Sun Holidays	1:00 p.m.-5:00 p.m.
Volleyball	T	9:15 a.m.-1:15 p.m.
	TTh	6:00 p.m.-9:00 p.m.
Weight Room (Schedule many change without notice.)	MW	9:00 a.m.-11:00 a.m.
		Noon-8:00 p.m.
	TThF	9:00 a.m.-8:00 p.m.
	Sat Sun Holidays	1:00 p.m.-1:45 p.m.

Mandatory orientation on Wednesday at 10:00 a.m. and Saturday at 2:00 p.m. Call one week ahead to schedule an orientation appointment. Covered shoes, full length towel, and current photo ID required.

Swimming Pool (Schedule subject to change.)

Family Swim:

MTWThF	1:00 p.m.-5:00 p.m.
Sat Sun Holidays	1:00 p.m.-5:00 p.m.
MTW	7:00 p.m.-9:00 p.m.

Lap Swim:

Short Course (25 yd)

MTWThF	9:00 a.m.-11:00 a.m. & 1:00 p.m.-5:00 p.m.
MTW	7:00 p.m.-9:00 p.m.
Sat Sun Holidays	1:00 p.m.-5:00 p.m.

Long Course (50 m)

MTWThF	11:00 a.m.-1:00 p.m.
Th	7:00 p.m.-9:00 p.m.
Sat Sun	11:00 a.m.-1:00 p.m.

Community Bulletin Board

Aulea Swim Club, visit www.aulea.org or call 263-SWIM.

USTA tennis lessons, visit www.hawaii.usta.com or call 955-6696 ext. 29. Kailua Community

LEGEND

Kailua=Kailua District Park Pool=Kailua Swimming Pool m=materials
 Aikahi=Aikahi Park Kalama=Kalama Beach Park
 TBA=To Be Announced * Read "Additional Course Information."

COURSES	ACTIVITY #	SITE	AGE	DAYS	HOURS	INSTRUCTOR	FEE
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ARTS & CRAFTS

Ceramics	2AC80.405	Aikahi	5-12 yrs	Th	3:00-4:00 pm	B. Shibuya	m'
Crafts, Kaiki	2AC81.405	Aikahi	5-12 yrs	T	3:00-4:00 pm	B. Shibuya	m'
Crochet Club	4AC80.437	Kailua	18 yrs+	M	9:00-11:00 am	J. Lee	Free'
Drawing	4AC01.437	Kailua	18 yrs+	Th	10:30-11:30 am	J. Hunter	m'
Model Kit Building	2AC99.405	Aikahi	8-16 yrs	F	3:00-4:00 pm	B. Shibuya	Free'

AQUATICS

Learn to Swim, Level 1	2AQ22.437	Pool	5-10 yrs	TTh	3:00-3:30 pm	Staff	Free'
Learn to Swim, Level 2	2AQ23.437	Pool	5-11 yrs	MW	3:00-3:45 pm	Staff	Free'
Learn to Swim, Level 3	2AQ26.437	Pool	6-14 yrs	MW	4:00-4:45 pm	Staff	Free'
Learn to Swim, Level 4	2AQ25.437	Pool	7-15 yrs	TTh	4:00-4:45 pm	Staff	Free'
Lifeguard Training	4AQ37.437	Pool	16 yrs+	TTh	7:00-10:00 pm	TBA	m'
Swim Team	2AQ26.437	Pool	5-17 yrs	MWF	4:00-4:45 pm	Staff	Free'
Swimming, Synchronized	2AQ27.437	Pool	5-17 yrs	TTh	3:45-4:30 pm	Staff	Free'
Swim, Tots 1	1AQ20.437	Pool	3-4 yrs	M-F	3:00-3:30 pm	Staff	Free'
Swim, Tots 2	1AQ21.437	Pool	3-4 yrs	M-F	3:30-4:00 pm	Staff	Free'
Water Exercise 1	4AQ01.437	Pool	18 yrs+	M	9:00-10:00 am	P. Scott	\$20'
Water Exercise 2	4AQ02.437	Pool	18 yrs+	W	9:00-10:00 am	P. Scott	\$20'
Water Exercise 3	4AQ03.437	Pool	18 yrs+	F	9:00-10:00 am	S. Look	\$20'
Water Exercise 4	4AQ05.437	Pool	13 yrs+	M	7:00-8:00 pm	C. Siok	\$20'
Water Exercise 5	4AQ06.437	Pool	13 yrs+	W	7:00-8:00 pm	C. Siok	\$20'
Water Exercise 6	4AQ19.437	Pool	18 yrs+	MW	10:15-10:45 am	C. Vasconcellos	Free'
Water Exercise 7	4AQ04.437	Pool	18 yrs+	TTh	10:00-10:50 am	C. Vasconcellos	Free'
Water Safety Instructor	4AQ45.437	Pool	16 yrs+	TTh	7:00-10:00 pm	TBA	m'

FITNESS

Aerobic Exercise 1	4FT71.437	Kailua	18 yrs+	M	9:00-10:00 am	A. Pelletier	Free'
Aerobic Exercise 2	4FT72.437	Kailua	18 yrs+	W	9:00-10:00 am	A. Pelletier	Free'
Aerobic Exercise 3	4FT73.437	Kailua	18 yrs+	F	9:00-10:00 am	A. Pelletier	Free'
Cardio, Hip Hop 1, Beg.	4FT95.437	Kailua	18 yrs+	T	7:00-8:00 pm	G. Freitas	\$20'
Cardio, Hip Hop 2, Beg.	4FT96.437	Kailua	18 yrs+	Th	7:00-8:00 pm	G. Freitas	\$20'
Pilates 1, Int.	4FT80.437	Kailua	18 yrs+	M	11:10-12:10 pm	M. Rissler-Chai	\$20'
Pilates 2, Beg.	4FT81.437	Kailua	18 yrs+	M	6:00-7:00 pm	W. Simmons	\$20'
Pilates 3, Int.	4FT82.437	Kailua	18 yrs+	M	7:10-8:10 pm	W. Simmons	\$20'

COURSES	ACTIVITY #	SITE	AGE	DAYS	HOURS	INSTRUCTOR	FEE
Pilates 4, Beg.	4FT83.437	Kailua	18 yrs+	W	10:00-11:00 am	M. Rissler-Chai	\$20'
Pilates 5, Int.	4FT84.437	Kailua	18 yrs+	W	11:10-12:10 pm	M. Rissler-Chai	\$20'
Pilates 6, Int.	4FT85.437	Kailua	18 yrs+	W	6:00-7:00 pm	W. Simmons	\$20'
Running Club	2FT01.437	Kailua	8-12 yrs	TTh	3:00-4:00 pm	E. Lee	Free'
Tai Chi 1, Beg.	4FT86.437	Kailua	18 yrs+	M	6:45-7:45 pm	G. Mew	\$20'
Tai Chi 2, Adv.	4FT87.437	Kailua	18 yrs+	M	7:45-8:45 pm	G. Mew	\$20'
Tai Chi 3, Beg.	4FT88.437	Kailua	18 yrs+	W	6:45-7:45 pm	G. Mew	\$20'
Tai Chi 4, Adv.	4FT89.437	Kailua	18 yrs+	W	7:45-8:45 pm	G. Mew	\$20'
Therapeutic Exercise	4FT70.437	Kailua	18 yrs+	MW	11:00-12:00 pm	J. Hustace	Free'
Yoga 1, Beg.	4FT11.440	Kalama	18 yrs+	M	6:00-7:30 pm	R. Albina	\$30'
Yoga 2, Beg.	4FT90.437	Kailua	18 yrs+	T	5:45-7:15 pm	N. Floyd	\$30'
Yoga 3, Beg.	4FT10.440	Kalama	18 yrs+	W	6:00-7:30 pm	R. Albina	\$30'
Yoga 4, Beg.	4FT92.437	Kailua	18 yrs+	Th	5:45-7:15 pm	K. Eckert	\$30'

GENERAL RECREATIONAL/SOCIAL

Chess	0RE05.437	Kailua	8 yrs+	W	4:00-5:30 pm	F. Alejandro	Free'
Cooking, Simple Snacks	2RE60.437	Kailua	5-12 yrs	Th	4:00-5:00 pm	J. Hustace	\$15'
Mahjongg	4RE60.437	Kailua	18 yrs+	Th	9:30-2:00 pm	M. Maynard	Free'
Study Hall	2RE05.405	Aikahi	5-12 yrs	MTThF	2:15-2:45 pm	B. Shibuya	Free'
Teen Drop-in	3RE03.437	Kailua	11-17 yrs	F	6:00-9:00 pm	J. Lee	Free'
WISP	6RE61.437	Kailua	13 yrs+	Sat	1:00-4:00 pm	G. Yoshimura	Free'

HAWAIIANA

Dance, Hula 1	4HW06.437	Kailua	18 yrs+	M	9:00-10:00 am	J. Hunter	\$20m'
Dance, Hula 2	4HW09.437	Kailua	18 yrs+	W	9:00-10:00 am	J. Hunter	\$20m'
Dance, Hula 3	2HW12.437	Kailua	8-12 yrs	Sat	2:45-3:45 pm	J. Hunter	\$20m'
Lei-making 1	0HW02.437	Kailua	all ages	4/18	9:30-11:30 am	TBA	Free'
Lei-making 2	0HW03.437	Kailua	all ages	4/25	9:30-11:30 am	TBA	Free'
Lei-making 3	0HW04.437	Kailua	all ages	4/30	5:00-7:00 pm	n/a	Free'
Ukulele 1	4HW10.437	Kailua	18 yrs+	M	10:15-11:15 am	J. Hunter	\$20m'
Ukulele 2	4HW11.437	Kailua	18 yrs+	W	10:15-11:15 am	J. Hunter	\$20m'
Ukulele 3	2HW11.437	Kailua	8-12 yrs	Sat	1:30-2:30 pm	E. Duarte	\$20m'

MUSIC AND DANCE

Capoeira, Music	0MD01.437	Kailua	all ages	M	5:00-7:00 pm	M. Kinha	\$40m'
Dance, Ballet 1, Beg.	2MD13.437	Kailua	5-7 yrs	F	3:00-4:00 pm	G. Freitas	\$20'
Dance, Ballet 2, Beg.	3MD12.437	Kailua	13-17 yrs	F	4:15-5:15 pm	G. Freitas	\$20'
Dance, Capoeira	2MD01.437	Kailua	6-17 yrs	M	3:30-4:30 pm	M. Kinha	\$20m'
Dance, Hip Hop 1, Beg.	2MD10.437	Kailua	8-12 yrs	T	3:00-4:00 pm	G. Freitas	\$20'
Dance, Hip Hop 2, Beg.	3MD10.437	Kailua	13-17 yrs	T	4:15-5:15 pm	G. Freitas	\$20'
Dance, Hip Hop 3, Beg.	2MD11.437	Kailua	5-7 yrs	W	3:00-4:00 pm	G. Freitas	\$20'
Dance, Hip Hop 4, Beg.	2MD12.437	Kailua	8-12 yrs	W	4:15-5:15 pm	G. Freitas	\$20'
Dance, Hip Hop 5, Beg.	3MD11.437	Kailua	13-17 yrs	W	5:30-6:30 pm	G. Freitas	\$20'
Dance, Line, Beg.	4MD02.437	Kailua	18 yrs+	W	6:00-7:00 pm	P. Johnston	Free'
Dance, Line, Int.	4MD01.437	Kailua	18 yrs+	F	6:30-8:30 pm	B. Braun	Free'

SPORTS

Basketball 1	2SP80.405	Aikahi	8-12 yrs	MW	3:00-4:00 pm	B. Shibuya	Free'
Basketball 2	2SP60.437	Kailua	8-12 yrs	MW	3:00-4:00 pm	D. Otani	Free'
Playground Sports	2SP82.405	Aikahi	8-12 yrs	W	1:30-2:30 pm	B. Shibuya	Free'
Soccer, Indoor	2SP67.437	Kailua	10-16 yrs	F	3:00-4:00 pm	K. Sasaoka	Free'

ADULTS, 55 YEARS AND OVER

Senior Club, Kailua	5RE08.437	Kailua	55 yrs+	T	9:00-11:30 am	J. Lee	Free'
Senior Club, Pali	5RE09.437	Kailua	55 yrs+	T	9:00-11:30 am	B. Shibuya	Free'
Walking Club	5FT20.437	Kailua	55 yrs+	F	4:00-5:00 pm	J. Lee	Free'
Yoga 6, Gentle	5FT01.437	Kailua	55 yrs+	Th	10:30-11:30 am	D. Schroeder	\$20'

ADDITIONAL COURSE INFORMATION

Aerobic Exercise: Move at your own pace. Dress comfortably.

Basketball 1 & 2: Basic skills, plays, and rules. Emphasis on participation, teamwork, and sportsmanship. Games on Wednesdays at Kailua District Park; schedule TBA. Parents must arrange their children's transportation to the games. Participants must wear shoes.

Capoeira: Brazilian art form; combines dance, acrobatics, martial arts, and music. Dress comfortably.

Capoeira, Music: Use Brazilian instruments, drums, and tambourines to learn Capoeira music for Capoeira dancers. Instruments will be provided.

Cardio Hip Hop: Medium impact, high energy, using latest basic Hip Hop moves and styles. Strengthen and tone arms and core, firm buttocks and legs. Dress comfortably. Wear athletic shoes.

Ceramics: Basic hand-building. Students may purchase own supplies or pay \$10.00 to the instructor on the first day of class.

Chess: Fundamentals of chess. Bring a notebook and pen. If possible, bring a book on chess.

Cooking, Simple Snacks: Prepare easy snacks. At registration, pay \$15 for ingredients.

Crafts, Keiki: Easy craft projects. Purchase your own supplies or pay \$3.00 to the instructor on the first day of class.

Crochet Club: Meet other "crocheters." Bring your crochet project.

Dance, Ballet 1: Basic ballet alignment, positions, and steps. Gain jumping, balancing, and turning skills; increased flexibility. Help choreograph a piece to show parents at session's end. Dress comfortably; tights should not cover feet. Wear socks or ballet shoes.

Dance, Ballet 2: Basic ballet alignment, positions, and steps. Focus on posture, balance, and movement quality. Help choreograph a short piece to show parents at session's end. Dress comfortably; tights should not cover feet. Wear socks or ballet shoes.

Dance, Hip Hop: Learn the latest Hip Hop moves and Classic styles. Help choreograph a piece to show parents at session's end. Wear loose-fitting clothes, pants that fall below the knees (recommended), and soft-soled, non-skid athletic shoes. Do not wear jeans, skirts, or sandals.

Dance, Hula 1, 3: Hula 'auwana for beginners. Emphasizes grace and agility; exercises mind and body. Bring tape recorder and notebook. On first day of class, pay \$3.00 to instructor for materials. Dress comfortably.

Dance, Hula 2: For advanced beginners. Prerequisite: completed Hula 1 or 3 (above) or comfortable with basic hula. Dress comfortably.

Dance, Line 1: For beginners. Dress comfortably.

Dance, Line 2: Requires some line dancing experience. Dress comfortably.

Drawing: Draw and sketch. Bring an 8.5"x11" drawing pad, two #2 pencils, eraser, and art eraser.

Lei-making 1: Hawaiian lei making methods--wili, hili, haku. Bring supplies (flowers, greenery, raffia, etc.). For information, please call 266-7652.

Lei-making 2: Hawaiian lei making methods--kui, humupapa. Bring supplies (flowers, greenery, lei needle, regular sewing needle, button and carpet thread, etc.). For information, please call 266-7652.

Lei-making 3: For all skill levels. Make a lei for the City's annual lei day contest. Cash awards. This is a jam session (not lessons). Bring your materials. Staff will deliver the lei to Kapiolani Park on 5/1. For information, please call Jenn at 266-7652.

Lifeguard Training: Earn certificates for lifeguarding, cardiopulmonary resuscitation (CPR), and first aid. Class also meets on Sundays, 8:00 a.m.-noon.

Model Kits: Learn techniques to improve model appearance. Glue, paint, and tools provided. Bring your model kit.

Mahjongg: Chinese table game. Bring your lunch.

Pilates: "Mat class" to develop flatter abs and a stronger back through moderate floor exercises. Bring a high-density foam pad. Wear comfortable exercise clothing. Shoes not required. Prerequisite for intermediate level: graduation from beginner level.

Running Club: Build speed, endurance, physical fitness through long- and short-distance running.

Senior Citizen Clubs: For people, 55 years of age and over. Variety of activities for physical, psychological, and social well-being--speakers, excursions, service projects, luncheons, etc. Annual dues: Pali, \$7.50; Kailua, \$12.

Soccer, Indoor: Basic skills and rules of indoor soccer. Requires shin guards and soft-soled, non-skid athletic shoes.

Sports Playground: Kick ball, dodge ball, four-square, modified basketball, etc. Emphasizes participation and sportsmanship.

Study Hall: Do homework, study for quizzes and tests, or read a book. Bring your assignments and supplies.

Swimming, Learn to Swim Classes:

Level 1, Introduction to Water Skills: Learn to float and move about in the water.

Level 2, Fundamental Aquatic Skills: Learn the front crawl, side breathing, and back crawl. Prerequisite: Enter and exit water unassisted, move for 5 yards, bob 5 times to chin level, and float on front and back with support for 3 seconds; or graduation from Level 1.

Level 3, Stroke Development: Reinforce Level 2 skills. Learn survival float, diving, and butterfly kick. Prerequisite: float on front and back for 5 seconds, push off and swim using arm and leg combination for 15 feet on front and back; or graduation from Level 2.

Level 4, Stroke Improvement: Coordinate the butterfly stroke. Learn the breaststroke and elementary backstroke. Prerequisite: jump into chest-deep water, front crawl for 15 yards with face in water and rhythmic breathing pattern, tread water or float for 30 seconds, and back crawl for 15 yards; or graduation from Level 3.

Tiny Tots 1: For non-swimmers. Develop a high comfort level in and around the water.

Tiny Tots 2: For swimmers. Learn fundamental aquatic locomotion.

Swim Team: Coordinate and refine key strokes in a competitive program. Prerequisite: graduation from Learn to Swim, Level 4.

Synchronized Swimming: Basic stunts. Develop a routine. Prerequisite: graduation from Learn to Swim, Level 4.

Tai Chi: A series of postures and exercises developed in China. Aids meditation, using slow, circular movements.

Teen Drop-In: Hang out with friends in a drug-free environment. Plan and participate in various recreational activities, excursions, and service projects. Fees for activities and excursions to be determined.

Therapeutic Exercise: Low-impact weight-training program for people recovering from stroke, managing arthritis, or dealing with other physical conditions. Wear covered athletic shoes. Bring a full-length bath towel.

Ukulele 1, 3: Basic chords and strumming. Learn easy Hawaiian songs. Bring ukulele, tape recorder, and notebook. On first class day, pay \$3.00 to instructor for materials.

Ukulele 2: Strum and pick. Sing Hawaiian songs. Bring ukulele, tape recorder, and notebook. On first class day, pay \$3.00 to instructor for materials. Prerequisite: previous knowledge of basic chords, or graduation from Ukulele 1 or 3.

Walking Club: Join our mighty seniors in strolls around Kailua town.

Water Exercise: Wear sunscreen, hat, and sunglasses.

Water Exercise 6: Exercise in deep water using noodles.

Water Exercise 7: Therapeutic exercises to aid recovery from a stroke and manage arthritis and other disabling physical conditions.

Water Safety Instructor: Earn certification to teach Red Cross swimming classes. Class also meets on Sundays 8 am-noon.

WISP (Windward Special People): For teens and adults who are mentally and physically challenged. Camaraderie, excursions, etc. Fees to be announced.

Yoga 1, 2, 3, 4, 5: Connect the mind, body, and soul. Emphasis on posture, breathing, and meditation. Dress comfortably. Bring a mat; a block; and a rope, belt, or tie.

Yoga 6: For adults, 55 years and over. Gently stretch, strengthen, and tone. Enhance balance, stamina, and flexibility. Bring a yoga mat, full-length bath towel, and water. Dress comfortably.



The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you need reasonable modifications, please call your local park. TTY users call 768-3027.



SPRING 2009 KAILUA COMPLEX

Kailua District Park: 266-7652
Jennifer Y. Lee, Recreation Director
Eldon K. Lee, Recreation Director
Kailua Swimming Pool: 266-7661
Christine P. Vasconcellos, Pool Manager (TA)
Aikahi Community Park: 254-4678
Bert H. Shibuya, Recreation Director

REGISTRATION SITE:

Kailua District Park
21 S. Kainalu Drive
Kailua, Hawaii 96734

ONLINE REGISTRATION DATES:

December 22, 2008, thru January 4, 2009.

WALK-IN REGISTRATION DATES:

January 17, 9:00 a.m.-noon
January 20, 21, 22, 10:00 a.m.-noon and 5:30 p.m.-8:00 p.m.
January 23, 3:00 p.m.-5:00 p.m.

PROGRAM BEGINS JANUARY 26, 2008.

Classes will not be held on the following days:

February 16 - President's Day
March 26 - Prince Kuhio Day
April 10 - Good Friday

FOR MORE INFORMATION, PLEASE VISIT OUR WEB SITE

www.honolulu-parks.com



MUFI HANNEMANN, Director
LESTER K.C. CHANG, Deputy Director

We Add Quality to Life

Basketball, Class D	2SP28.401	Ahui	Gr 2-4	M/W	3:15-4:15 pm	Starts 1/26	Free
Basketball, Class D	2SP01.450	Heeia	Gr 2-4	M/W	2:45-3:45	Starts 1/26	Free
Basketball, Class D	2SP05.455	Puu	Gr 2-4	M/W	3:00-4:00 pm	Starts 1/26	Free
Basketball Clinic, Youth	2SP01.453	KDP	Gr 7-12	S	7:30-9:30 am	1/31-4/11	\$40
Basketball Clinic, Youth	2SP02.453	KDP	Gr 3-6	S	9:30-10:30 am	1/31-4/11	\$20
Basketball Clinic, Youth League Games	2SP51.453	KDP	Gr 2-4	W	3:00-5:00 pm	2/4-3/18	Free
Basketball Clinic, Youth League Games	2SP52.453	KDP	Gr 5-6	Th	3:00-6:00 pm	2/5-3/19	Free
Flag Football	2SP11.453	KDP	Gr 2-6	M	3:00-4:00 pm	1/28-3/16	
Soccer Clinic	2SP20.453	KDP	Gr K-3	W	2:00-3:00 pm	1/28-3/18	Free
Soccer Clinic	2SP26.453	KDP	Gr 4-6	W	3:00-4:00 pm	1/28-3/18	Free
Volleyball, Beg.	2SP05.453	KDP	Gr 2-8	T	3:00-4:00 pm	1/27-3/31	Free
Volleyball Clinic, Youth	2SP03.453	KDP	11-17 yrs	S	11:00-12:00 pm	2/7-4/4	\$16
Volleyball Clinic, Youth	2SP04.453	KDP	8-10 yrs	S	12:00-1:00 pm	2/7-4/4	\$16

SENIOR CITIZEN CLUBS

Seniors Club,	5RE02.445	KCSC	55 yrs+	Th	9:30-11:30 am	Starts 1/8	Annual Membership Fee
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Senior Citizen Classes are administered by Windward School for Adults.

Call Windward School for Adults at 254-7955 or Kaneohe Community & Senior Center Staff at 233-7317, for more information.

WALK IN REGISTRATION DATES BY AREAS

Ahuimanu Community Park	January 14, 2009	6:00 pm - 8:00 pm
	January 15-16, 2009	2:00 pm - 5:00 pm
Heeia Neighborhood Park	January 14, 2009	6:00 pm - 8:00 pm @ Kaneohe CP
	January 15-16, 2009	2:00 pm - 5:00 pm @ Kaneohe CP
Kaneohe Community Park	January 14, 2009	6:00 pm - 8:00 pm
	January 15-16, 2009	2:00 pm - 5:00 pm
Kaneohe Community & Sr. Ctr.	January 14, 2009	6:00 pm - 8:00 pm
	January 15-16, 2009	2:00 pm - 5:00 pm
Kaneohe District Park & Pool	January 14, 2009	6:00 pm - 8:00 pm
	January 15-16, 2009	2:00 pm - 6:30 pm
Kapunahala Neighborhood Park	January 14, 2009	6:00 pm - 8:00 pm @ Kaneohe DP
	January 15-16, 2009	2:00 pm - 6:30 pm @ Kaneohe DP
	January 15-16, 2009	2:00 pm - 3:00 pm @ Kapunahala
Puohala Neighborhood Park	January 14, 2009	6:00 pm - 8:00 pm @ KCSC
	January 15-16, 2009	2:00 pm - 5:00 pm @ Puohala

EASTER EGGSTRAVAGANZA
Coming soon! See Recreation Director for more details!

COMMUNITY BULLETIN BOARD

Programs offered by community organizations; Call Contact Phone # for more information.

Group	Day/Time	Contact Phone #	Park
Judo	F/6:30-8:30 pm S/1:00-3:00 pm	233-7312	KDP
Kaneohe Community Gardens		Nathan Wong/522-7063	KCP
Kaneohe Swim Assn	M-F/5:00-7:00 pm	Chris Ryan/Mike Gorman 233-7311	Pool
Lifeguard Training Class	M/W/F 6:00-9:00 pm	Barbara Ahia/233-7311 \$65	Pool
USTA	See below	955-6696, ext 29	KDP

USTA TENNIS CLASSES

Go online to www.hawaii.usta.com, for class schedule and to register for classes.

ONLINE REGISTRATION FOR ALL NON-FEE CLASSES

Department of Parks and Recreation will begin online registration for all non-fee classes beginning December 22 thru January 4, 2009.

Requirements: Must be at least 18 years of age Have a valid email address Obtain an online account (available December 2, 2008)	To register and/or obtain an account, go to: HYPERLINK "http://www.honolulu.parks.gov" www.honolulu.parks.gov
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See inside page for walk-in registration dates listed for each area.



The Department of Parks and Recreations, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you need reasonable modifications, please call your local park. TTY users call 768-3027.



DEPARTMENT OF PARKS & RECREATION
Spring Program
SPRING 2009
KANEOHE COMPLEX

DIRECTORY

AHUIMANU Com. Park 47-450 Hui Aeko Place Phone: 239-6594 Director: Diane Liu	HEEIA Neigh. Park 45-220 Haiku Road Phone: 233-7335 Director: Shari Ah Yat
KANEOHE Com. Park 45-529 Keaahala Road Phone: 233-7330 Director: Shari Ah Yat	KANEOHE Com. & Sr. Ctr. 45-613 Puohala Street Phone: 233-7317 Director: Garrett Iwai
KANEOHE Dist. Park 45-660 Keaahala Road Phone: 233-7312 / 7309 Directors: Kelsey Takahashi Manny Tijamo	KANEOHE Pool 45-660 Keaahala Road Phone: 233-7311 Director: Barbara Ahia
KAPUNAHALA Neigh. Park 45-800 Anoi Road Phone: 233-7316 Director: Kelsey Takahashi	PUOHALA Neigh. Park 45-233 Kulauli Street Phone: 233-7317 Director: Garrett Iwai

REGISTRATION DATES:

January 14, 2009: 6:00 pm-8:00 pm and Jan. 15 & 16, 2009: 2:00 pm-5:00 pm.
For late registration info, call the park.

PROGRAM STARTS: Week of January 26, 2009
HOW TO REGISTER: On-line for free classes, Dec. 22-Jan 4.
Register, in person, at the location where the class is being held.
Registration is on a first-come, first-served basis. Space is limited.

Please call your respective park for more information or to view a list of classes, go to www.honolulu.parks.com.



MUFU HANNEMANN, Mayor
LESTER K.C. CHANG, Director

We Add Quality to Life

MISSION STATEMENT

The mission of the Department of Parks and Recreation is to enrich the quality of life of people in our City by providing recreational facilities, beautiful and well-maintained parks, and programs with cultural and recreational values in an attractive, safe, and healthful environment.

PROGRAM POLICIES

- Enrollment is non-discriminatory with regard to race, creed, sex, or ability.
- For adult activities, participants must be 18 years or older to register.
- Unregistered persons, including children, are not allowed in adult classes.
- Information in this brochure, including statements of fees, course offerings, schedules, etc., is subject to change without notice or obligation.
- Vehicles parked outside of the marked parking stalls are subject to citation or towing.
- Bicycles must be parked outside of the buildings.
- Food, drinks, and chewing gum are not allowed in the gymnasium, physical fitness room, weight room, and in the pool area.

REGISTRATION PROCEDURE

- Registration is on a first-come, first-served basis.
- Payment must be made to the office staff only during posted registration hours. Do not "drop-off" payments. Do not pay the instructor directly.
- Write checks to the City & County of Honolulu. Participants whose checks are not honored by the bank must pay \$20 service fee.
- Tuition fee is refundable only if the original receipt is submitted to the office staff before the start of the second class. Refunds take 6-8 weeks.

PUBLIC USE SCHEDULE

Gymnasium (Schedule may change without notice.)

M	1:00 p.m.-8:30 p.m.
T	1:00 p.m.-8:30 p.m.
W	1:00 p.m.-2:00 p.m.
Th	1:00 p.m.-2:00 p.m.
F	1:00 p.m.-5:45 p.m.
Sat/Sun/Holidays	1:00 p.m.-4:45 p.m.

Racquetball

M - Th	1:00 p.m.-8:30 pm.
F	10:00 a.m.-8:30 p.m.
Sat/Sun/Holidays	1:00 p.m.-4:30 p.m.

Weight Room

M	1:00 p.m.-4:45 p.m.
	6:30 p.m.-8:30 p.m.
T-Th	1:00 p.m.-8:30 p.m.
F	10:00 a.m.-8:30 p.m.
Sat/Sun/Holidays	1:00 p.m.-4:30 p.m.

Swimming Pool (Schedule subject to change)

Free Swim:	Feb 17-Apr 9, 2009	
	M-F	3:45 p.m.-5:00 p.m.
	F	7:00 p.m.-9:00 p.m.
	Sat/Sun/Holidays	1:00 p.m.-5:00 p.m.
Free Swim:	Apr 9-June 12, 2009	
	M-F	1:30 p.m.-5:00 p.m.
	F	7:00 p.m.-9:00 p.m.
	Sat/Sun/Holidays	1:00 p.m.-5:00 p.m.

Lap Swim:	Jan 29-June 9, 2009	
	M/W/F	7:00 a.m.-1:30 p.m.*
	T/Th	8:30 a.m.-1:30 p.m.*
	M-F	4:00 p.m.-5:00 p.m.
	F	8:00 p.m.-9:00 p.m.
	Sat/Sun/Holidays	12:00 p.m.-1:00 p.m.

*Check the DOE Schedule on bulletin board.
Pool Closed 9:30 a.m.-11:30 a.m., during DOE classes.

COURSE INFORMATION

LEGEND

Ahui = Ahuimanu Community Park Heeia = Heeia Neighborhood TBA = To Be Announced
KCP = Kaneohe Community Park KCSC = Kaneohe Community & Sr Ctr S = supply fee
KDP = Kaneohe District Park Pool = Kaneohe District Pool
Kap = Kapunahala Neigh. Park Puo = Puohala Neigh Park

COURSES	ACTIVITY #	SITE	AGE	DAYS	HOURS	START/END	FEE
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ARTS & CRAFTS							
Arts & Crafts	2AC01.453	KDP	Gr 1-8	T	4:00-5:00 pm	1/27-3/17	\$14/S \$10
Arts & Crafts	2AC01.449	Heeia	Gr K-6	W	2:00-3:00 pm	1/29-4/15	Free/S \$5
Arts & Crafts	2AC20.401	Ahui	Gr K-6	F	2:30-3:30 pm	2/6-4/24	\$20/S \$12
Ceramics	2AC11.453	KDP	Gr K-8	W	3:30-4:30 pm	1/28-3/18	\$16/S \$10
Ceramics, Hand & Wheel	4AC07.445	KCSC	18 yrs+	M	6:30-8:30 pm	1/26-4/6	\$40/S
Knitting	4AC30.453	KDP	18 yrs+	W	6:30-7:30 pm	1/28-4/1	\$20
Scrapbooking	3AC46.453	KDP	12-17 yrs	Th	3:00-5:00 pm	1/29-4/9	\$40/S \$10
Scrapbooking, Photo Journaling	4AC41.453	KDP	18 yrs+	Th	9:30-11:30 am	1/29-4/9	\$40/S \$10
Scrapbooking, Photo Journaling	4AC46.453	KDP	18 yrs+	Th	1:30-3:00 pm	1/29-4/9	\$40/S \$10
Simple Sewing & Embroidery	2AC11.401	Ahui	Gr K-12	T	3:30-4:30 pm	2/3-4/14	\$20
Ukulele Making	0AC51.453	KDP	15 yrs+	T	3:00-5:00 pm	1/27-2/3	\$8/S \$60
Ukulele Making	0AC52.453	KDP	15 yrs +	T	3:00-5:00 pm	2/10-2/17	\$8/S \$60

AQUATICS							
Learn to Swim, Aqua Tots	1AQ01.453	Pool	3-4 yrs	M/W	1:30-2:30 pm	2/18-4/8	Free
Learn to Swim, Level 1	2AQ01.453	Pool	5-17 yrs	M/W	2:30-3:00 pm	2/18-4/8	Free
Learn to Swim, Level 1	2AQ02.453	Pool	5-17 yrs	M/W	3:00-3:30 pm	2/18-4/8	Free
Learn to Swim, Level 1	2AQ03.453	Pool	5-17 yrs	T/Th	3:00-3:30 pm	2/17-4/9	Free
Learn to Swim, Level 2	2AQ21.453	Pool	5-17 yrs	M/W	2:30-3:00 pm	2/18-4/8	Free
Learn to Swim, Level 2	2AQ22.453	Pool	5-17 yrs	M/W	3:00-3:30 pm	2/18-4/8	Free
Learn to Swim, Level 2	2AQ23.453	Pool	5-17 yrs	T/Th	3:00-3:30 pm	2/17-4/9	Free
Learn to Swim, Level 3	2AQ31.453	Pool	5-17 yrs	M/W	2:30-3:00 pm	2/18-4/8	Free
Learn to Swim, Level 3	2AQ32.453	Pool	5-17 yrs	M/W	3:00-3:30 pm	2/18-4/8	Free
Learn to Swim, Level 4	2AQ41.453	Pool	5-17 yrs	T/Th	2:30-3:00 pm	2/17-4/9	Free
Learn to Swim, Level 5	2AQ51.453	Pool	5-17 yrs	T/Th	2:30-3:00 pm	2/17-4/9	Free
Learn to Swim, Level 6	2AQ61.453	Pool	5-17 yrs	T/Th	2:30-3:00 pm	2/17-4/9	Free
Learn to Swim, Level 7	2AQ71.453	Pool	5-17 yrs	T/Th	2:30-3:00 pm	2/17-4/9	Free
Learn to Swim, Adult	4AQ01.453	Pool	18 yrs+	M/W	8:30-9:30 am	2/18-4/8	Free
Novice Swim Team	2AQ81.453	Pool	5-17 yrs	T/Th	2:30-3:00 pm	2/17-4/9	Free
Water Exercise	2AQ20.453	Pool	18 yrs+	M/W	8:30-9:30 am		\$20
Water Exercise	2AQ40.453	Pool	18 yrs+	T/Th	8:30-9:30 am		\$20
Water Exercise	2AQ60.453	Pool	18 yrs+	F	8:30-9:30 am		\$10

FITNESS							
Aerobics	4FT01.453	KDP	18 yrs+	M/W	8:30-9:30 am	1/26-3/2	\$20
Aerobics	4FT21.453	KDP	18 yrs+	T/Th	6:30-7:30 pm	1/27-2/26	\$20
Aerobics	4FT22.453	KDP	18 yrs+	T/Th	6:30-7:30 pm	3/3-4/16	\$20
Core Cross Training with Balance Ball	4FT91.453	KDP	18 yrs+	T	8:30-9:30 am	1/27-3/31	\$20
Core Cross Training with Balance Ball	4FT96.453	KDP	18 yrs+	M	6:30-7:30 pm	1/26-4/6	\$20

Life Fit	4FT41.453	KDP	18 yrs+	M/W	10:00-11:00 am	1/26-3/2	\$20
Life Fit Resistance Training	4FT06.053	KDP	18 yrs+	M	5:00-6:00 pm	1/26-3/16	\$14
Pilates & Fit Ball	4FT81.453	KDP	18 yrs+	F	8:30-9:30 am	1/30-3/27	\$16
Pilates & Fit Ball	4FT86.453	KDP	18 yrs+	W	5:00-6:00 pm	1/28-3/18	\$16
Stretch & Strength Training	4FT71.453	KDP	18 yrs+	Th	8:30-9:30 am	1/29-4/9	\$20
Stretch & Strength Training	4FT76.453	KDP	18 yrs+	W	6:30-7:30 pm	1/28-4/1	\$20
Tai Chi	4FT56.453	KDP	18 yrs+	Th	10:30-11:30 am	1/29-4/9	\$20
Tai Chi	4FT51.453	KDP	18 yrs+	T	6:00-7:00 pm	1/27-3/31	\$20
Yoga Fusion, Beg.	4FT31.453	KDP	18 yrs+	T/F	10:00-11:00 am	1/27-2/27	\$20

GENERAL RECREATIONAL/SOCIAL							
Cooking	2RE50.401	Ahui	Gr K-2	M	2:30-3:30 pm	2/2-4/20	\$20/S \$15
Cooking	2RE51.401	Ahui	Gr 3-6	M	3:30-4:30 pm	2/2-4/20	\$20/S \$15
Cooking	2RE10.449	KCP	Gr K-6	M	3:30-4:30 pm	1/26-4/20	Free/S \$15
Games, Games, Games	2RE10.401	Ahui	Gr K-6	T/F	2:15-3:15 pm	2/3-5/8	Free
Junior Leader Workshop	3PRE99.401	Ahui	Gr 7-12	W	3:30-5:30 pm	5/13	Free
				W	1:30-5:00 pm		
Ping Pong	2RE05.449	KCP	Gr 7-12	M	2:45-3:30 pm	1/26, Starts	Free
Teen Center, Drop In	3RE02.453	KDP	Gr 8-12		2:30-5:00 pm	1/26, Starts	Free
TNT, Tomorrow's New Teens	2RE01.450	Heeia	Gr 4-8	W/F	3:00-5:00 pm	1/27-5/8	Free
TNT, Tomorrow's New Teens	2RE01.449	KCP	Gr 4-12	T/W/Th	4:30-6:30 pm	1/29-5/15	Free
Tiny Tots 1	1RE18.401	Ahui	3-5 yrs	MWF	9:00-10:00 am	1/26-2/18	\$20/S \$5
Tiny Tots 2	1RE19.401	Ahui	3-5 yrs	MWF	10:00-11:00 am	1/26-2/18	\$20/S \$5
Tiny Tots 3	1RE28.401	Ahui	3-5 yrs	MWF	9:00-10:00 am	2/20-3/13	\$20/S \$5
Tiny Tots 4	1RE59.401	Ahui	3-5 yrs	MWF	10:00-11:00 am	2/20-3/13	\$20/S \$5
Tiny Tots 5	1RE38.401	Ahui	3-5 yrs	MWF	9:00-10:00 am	3/16-4/15	\$20/S \$5
Tiny Tots 6	1RE39.401	Ahui	3-5 yrs	MWF	10:00-11:00 am	3/16-4/15	\$20/S \$5
Tiny Tots 7	1RE48.401	Ahui	3-5 yrs	MWF	9:00-10:00 am	4/17-5/8	\$20/S \$5
Tiny Tots 8	1RE49.401	Ahui	3-5 yrs	MWF	10:00-11:00 am	4/17-5/8	\$20/S \$5
Tiny Tots 9	1RE81.401	Ahui	3-5 yrs	MWF	9:00-10:00 am	5/11-5/20	\$10/S \$2.50
Tiny Tots 10	1RE82.401	Ahui	3-5 yrs	MWF	10:00-11:00 am	5/11-5/20	\$10/S \$2.50

MUSIC AND DANCE							
Dance, Ballroom	4MD01.453	KDP	18 yrs+	W	7:00-8:00 pm	1/28-4/1	\$20
Dance, Tahitian/Beg.	2MD22.401	Ahui	Gr K-6	F	3:30-4:30 pm	2/6-4/24	\$20
Dance, Tahitian/Beg.	2MD20.453	KDP	Gr K-6	Th	3:30-4:30 pm	1/29-4/9	\$20/S \$10
Dance, Tahitian/Beg.	4MD20.453	KDP	18 yrs+	Th	7:30-8:30 pm	1/29-4/9	\$20/S \$10
Dance, Tahitian/Beg.	3MD.20.453	KDP	Gr 7-12	Th	6:30-7:30 pm	1/29-4/9	\$20/S \$10

HAWAIIANA							
Lei Making	0HW20.401	Ahui	Gr K-Adult	M-W	3:00-5:00 pm	4/27-4/29	Free/S
				and	2:30-4:30 pm	4/30	Free/S
				or	5:30-7:30 pm	4/30	Free/S
Lei Making	0HW01.449	KCP	Gr K-Adult		5:00-7:30 pm	4/27-30	Free/S

SPORTS							
Archery	2SP30.453	KDP	Gr 3-8	F	3:30-5:00 pm	1/30-4/24	Free
Basketball, Class D	2SP11.451	Kap	Gr 2-4	T/W	2:30-3:30 pm	Starts 1/27	Free
Basketball, Class C	2SP12.451	Kap	Gr 5-6	T/Th	3:30-4:30 pm	Starts 1/27	Free
Basketball, Class C	2SP38.401	Ahui	Gr 5-6	T/Th	4:00-5:00 pm	Starts 1/27	Free
Basketball, Class C	2SP02.450	Heeia	Gr 5-6	M/W	3:45-4:45	Starts 1/26	Free
Basketball, Class C	2SP06.455	Puo	Gr 5-6	T/Th	3:00-4:00 pm	Starts 1/27	Free

General Recreation - continued

First Aid, American Red Cross	This ARC course will provide you the basic skills and knowledge on how to address medical emergencies. All ARC materials and fees applied. Call for more information.
Gardening Fun	Learn basic gardening skills and do crafts pertaining to gardening!
Gardening Fun Helper	Do basic gardening while helping the younger children!
Kids Club	Do arts & crafts, play board games or play outside!
Kids Club Helper	Play with and help the younger children!
Lifeguard Training, American Red Cross	This ARC course includes: Lifeguard Training, First Aid, CPR/AED for the Professional Rescuer. All ARC materials and fees applied. Call for more information. Swim and agility tests are prerequisites for course.
Pupukea Seniors Club	1st Tuesday: Club meeting, guest speakers, & social interaction. 3rd Tuesday: Club excursion; details announced at club meetings. *Pay club dues to treasurer
Teen Volunteer	Volunteer at the afterschool program by helping the children in crafts, sports and more.
Volunteer Junior Leader	Sign up and then coordinate times and days with director. A chance for intermediate and high school students to make a difference in their community by volunteering. Dates and times will be designed to individual youth.

HAWAIIANA

Hawaiian Club	Learn basic words and culture!
Hawaiian Club Helper	Learn basic words and culture while helping the younger children!
Lei Workshop	Learn to create a will lei. Materials list will be provided. \$3.00 payment in cash.
Ukulele, Beg.	Learn basic ukulele!

SPORTS

Basketball, Class D & C	Learn basic skills and rules of basketball.
Soccer, Indoor	League emphasizes fun and participation. Volunteer coaches and referees are needed for this league to be successful. League start date and coaches meeting TBA.
Tennis, Beg.	Learn basic skills and rules of tennis.
Volleyball, Class D & C	Learn basic skills and rules of volleyball.
Volleyball, Teens	Calling all teens to learn basic volleyball skills and intermediate league play.



WAIALUA COMPLEX

Registration: On-Line:	December 22, 2008 – January 4, 2009
In Person:	Wednesday, January 14, 2009 6:00 p.m. – 8:00 p.m. Thursday, January 15, 2009 2:00 p.m. – 6:00 p.m. Friday, January 16, 2009 2:00 p.m. – 5:00 p.m.
Program Period:	Program starts on January 26, 2009
Holidays:	January 16, 2009, President's Day March 26, 2009, Kuhio Day April 10, 2009, Good Friday
Newspaper Ad:	Midweek during the week of January 5, 2009

Facilities

Haleiwa Alii Beach Park 66-167 Haleiwa Road Phone: 637-5051 Specialist: Kerry Terukina	Pupukea Beach Park 59-727 Kamehameha Hwy. Phone: 638-7213 Director: Tiffany Benson (Wed. & Thu., including Sunset)
Waialua District Park 67-180 Goodale Avenue Phone: 637-9721 Director: Laura Whittaker Director: Verta Betancourt	Sunset Beach Neighborhood Park 59-360 Kamehameha Hwy. Phone: 638-7213 Director: Tiffany Benson (Fri., including Pupukea)
Waialua Swimming Pool 67-180 Goodale Avenue Phone: 637-6061 Manager: Ronald Chun	

Mission Statement

The mission of the Department of Parks and Recreation is to enrich the quality of life of people in our city by providing recreation facilities, beautiful and well-maintained parks, and programs with cultural and recreational values in an attractive, safe, and healthful environment.

Program Policies

1. Enrollment is non-discriminatory with regard to race, creed, sex, and ability.
2. Participant must be 18 years or older to register for ADULT activities.
3. Unregistered persons, including children are not allowed in adult classes.
4. Information in this brochure, including statement of fees, course offerings, schedules, etc. is subject to change without notice.
5. Bicycles must be parked outside of the buildings.
6. Food, drink and chewing gum are not allowed in gymnasium, physical fitness room or as directed by instructor.

Registration Procedure

1. On-line registration for free classes will be held December 22, 2008 – January 4, 2009.
2. On-line accounts will be available from December 2, 2008.
3. To register and/or obtain an account go to: www.honolulu-parks.com
4. Registration in person will be held at the location of the program unless otherwise specified.
5. Registration is on a first-come, first served basis.
6. Payments must be made to the office staff. Do not “drop off” payments or pay the instructor directly.
7. Make checks to: City and County of Honolulu. Dishonored check will be assessed a \$20 service fee.
8. Fees are refundable only if the original receipt is submitted to the office staff before the start of the second class. A signed refund form must also be submitted. Refunds take six to eight weeks.
9. Fees will not be pro-rated if class has started.

ARTS & CRAFTS

Arts & Crafts	A class for the budding artist. Age appropriate craft projects will be the focus.
Arts & Crafts, Critter	Make critter crafts!
Arts & Crafts, Critter Helper	Make critter crafts while helping the younger children!
Arts & Crafts, Holiday	Make fun crafts for the holidays!
Arts & Crafts, Holiday Helper	Make fun crafts for the holiday while helping the younger children!
Arts & Crafts, Simple	Make fun, simple crafts that will test your creativity!
Arts & Crafts, Simple Helper	Make fun crafts while helping the younger children!
Ceramic Fun, Adv.	Open to students with previous ceramic experience with the instructor Mary Lawrence. Advanced handbuilding, introduction to wheel throwing and glazing techniques will be taught. Provide own tools and materials. A material list will be provided at registration.
Ceramic Fun, Open	Open to all skill levels. Hand building and glazing techniques are the focus. Responsible to provide own tools and materials. Material list will be provided at registration. No class on March 26, 2009.
Ceramics, Beg.	Children will learn the basics in using clay as a medium for their creativity.
Ceramics, Molds	Learn to pour slip into ceramic molds, clean and prep their pieces for firing and glazing.
Painting for Fun	Have fun with paint!
Painting for Fun Helper	Have fun with paints while helping the younger children!
FITNESS	
Gymnastics, Beg.	Learn simple movements, balancing skills, tumbling and stretching.
GENERAL RECREATION	
Chess/Checker Club	Come play chess & checkers with your peers!
Drop-in Game Room	This drop-in program allows pre-teens and teens (grades 5 - 12) to arrive and leave on their own during the posted period. Registration is not needed but each youth is expected to fill out an information card on their first visit and sign an agreement to adhere to all game room rules. Unruly behavior will not be tolerated and youth will be asked to leave the premises and/or meet with the director. Check out the calendar for upcoming events! Game room hours: MTTHF @ 2:30pm - 5:00pm / WED @ 1:00pm - 5:00pm The game room is closed on all holidays observed by the City and County of Honolulu.
Drop-in Game Room, Pre-teen Explorers Club	For 5th & 6th graders interested in trying new things, kayaking, hiking, service projects and much more. Participants need to register and complete a travel permission form with a parent/guardian's signature to participate. Dates and times TBA, check the monthly calendar available in the game room for activities and deadlines.

Class Descriptions:

AQUATICS

Junior Lifeguard	Students must be able to perform the following swim strokes: Free Style, Breast Stroke, Side Stroke and Elementary Back Stroke (50 yards each)
Learn to Swim, Level 1	Introduction to Water Skills to help students feel comfortable in the water and enjoy the water safely.
Learn to Swim, Level 2	Fundamental Aquatic Skills: Gives students success with fundamental skills. Students must be able to enter and exit the water unassisted; move for 5 yards; bob 5 times to chin level; float on front and back with support for 3 seconds.
Learn to Swim, Level 3	Stroke development: Builds on skills in Level 2 by providing additional guided practice. Students must be able to float on front and back for 5 seconds. Also, push off and swim using a combination of arm and leg actions for 15 feet on front and back positions.
Learn to Swim, Level 4	Stroke development: Develops confidence in the strokes learned and to improve other aquatic skills. Students must be able to jump into chest deep water; swim front crawl for 15 yards with face in the water and rhythmic breathing pattern; maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.
Learn to Swim, Tiny Tot	Parent or adult chaperone MUST accompany tot in the swimming pool.
Novice Swim Team	Students must be able to perform one the following swim strokes: Free Style, Breast Stroke, Back Stroke or Butterfly Stroke (25 yards each)
Paddleboard, Stand-Up	Introductory course is designed to teach the basic skills of Stand-Up Paddleboarding. All equipment provided. Applicants are encouraged to bring reefwalkers/watersocks as protection from coral reef. Successful completion of swim test is prerequisites for course.
Skin-Diving, Offshore Boat Dive	Experience offshore sites where turtles and colorful "game fish" are in abundance. Class is open to intermediate level skin divers with at least one year experience with free diving and/or spearfishing. All equipment provided, but personal diving equipment recommended.
Surfing, Basics	Course is designed to teach basic surf skills with an emphasis on safety and fun. All equipment provided and applicants are encouraged to bring reefwalkers/watersocks as protection coral reef. Successful completion of swim test is prerequisite for course.
Water Fun Day	Students must be able to swim 200 yards non-stop using the Free Style, Breast Stroke, Side Stroke or Elementary Back Stroke. *DISCLAIMER: Failure to meet the prerequisite for each level will result in the student being removed from the class.

Public Use Schedule

Gymnasium (schedule may change without notice)		
Basketball	Mon/Wed	6:00 p.m.-9:00 p.m.
	Sat/Sun/Holidays	1:00 p.m.-5:00 p.m.
Volleyball	Tue/Thu/Fri	6:00 p.m. 9:00 p.m.
(minimum of 10 participants present to set up net)		
Swimming Pool (schedule may change without notice)		
Free Swim	Mon—Fri (program period)	1:00 p.m.-3:00 p.m.
	Mon—Fri (Non-program period)	1:00 p.m.-5:00 p.m.
	Wed	6:30 p.m.-8:30 p.m.
	Sat/Sun/Holidays	1:00 p.m.-5:00 p.m.
Lap Swim	Mon/Wed/Fri	10:00 a.m.-11:30 a.m.
	Mon/Fri	6:30 p.m.-8:00 p.m.
	Tue/Thu	7:00 a.m.-8:00 a.m.
Water Walking	Mon/Wed/Fri	9:00 a.m.-10:00 a.m.
	Tue/Thu	8:00 a.m.-9:00 a.m.

JUST SO YOU KNOW....

Visit our website at www.honoluluiparks.com and navigate your way to view all information regarding the Department of parks and Recreation.

- Adult Classes:** For the safety of everyone involved, children of any age are NOT allowed in the class area.
- Employment Opportunities:** We are looking for people who are capable to teach children and adult classes, work with teens, coach teams and monitor our facilities. Please stop by the respective facility for more information regarding requirements needed for part time employment.
- Volunteers:** Adult and youth volunteers are needed with the children and teen program, office work, etc.

RECYCLABLES: Please save recyclable items such as meat trays, plastic containers, boxes (cereal, cracker, pop tarts, Capri Sun drinks, etc.)

We are also collecting soda/juice cans and plastic bottles to be recycled.

AQUATICS - HALEIWA ALII									
Paddleboard, Stand-Up	0AQ15.413	Haleiwa Alii	18 yrs+	FRI	3:30p-5:00p	1/30-2/27/09	Free		
Introduction S1									
Paddleboard, Stand-Up	0AQ16.413	Haleiwa Alii	18 yrs+	W/F	3:30p-5:00p	4/15-4/24/09	Free		
Introduction S2:A									
Paddleboard, Stand-Up	0AQ17.413	Haleiwa Alii	18 yrs+	W/F	3:30p-5:00p	4/29-5/8/09	Free		
Introduction S2:B									
Paddleboard, Stand-Up	0AQ18.413	Haleiwa Alii	18 yrs+	SAT	9:00a-10:15a	4/18-5/9/09	Free		
Introduction S2:C									
Paddleboard, Stand-Up	0AQ19.413	Haleiwa Alii	18 yrs+	SAT	10:15a-11:30a	4/18-5/9/09	Free		
Introduction S2:D									
Skin-Diving, Offshore S1	0AQ36.413	Haleiwa Alii	18 yrs/olde	SAT	8:00a-12:00p	5/23/09	Free		
Skin-Diving, Offshore S2	0AQ37.413	Haleiwa Alii	18 yrs/olde	SAT	8:00a-12:00p	5/30/09	Free		
Surfing, Basics S1:A	0AQ21.413	Haleiwa Alii	6 yrs/older	SAT	9:00a-10:15a	1/31-2/28/09	Free		
Surfing, Basics S1:B	0AQ22.413	Haleiwa Alii	6 yrs/older	SAT	10:15a-11:30a	1/31-2/28/09	Free		
Surfing, Basics S1:C	0AQ24.413	Haleiwa Alii	6 yrs/older	SUN	9:00a-10:15a	2/1-2/22/09	Free		
Surfing, Basics S1:D	0AQ25.413	Haleiwa Alii	6 yrs/older	SUN	10:15a-11:30a	2/1-2/22/09	Free		
Surfing, Basics S1:E	0AQ26.413	Haleiwa Alii	6 yrs/older	WED	3:00p-6:00p	1/28-2/25/09	Free		
Surfing, Basics S2:A	0AQ27.413	Haleiwa Alii	6 yrs/older	SAT	9:00a-10:15a	3/7-4/4/09	Free		
Surfing, Basics S2:B	0AQ28.413	Haleiwa Alii	6 yrs/older	SAT	10:15a-11:30a	3/7-4/4/09	Free		
Surfing, Basics S2:C	0AQ29.413	Haleiwa Alii	6 yrs/older	WED	3:00p-6:00p	3/4-4/1/09	Free		

AQUATICS - WAIALUA POOL									
Junior Lifeguard	2AQ10.493	Pool	Gr. 6/older	TUE	4:00p-4:45p	1/27-4/14/09	Free		
Learn to Swim, Level 1	2AQ01.493	Pool	Gr. K/older	M/W	3:00p-3:45p	1/26-3/04/09	Free		
Learn to Swim, Level 1	2AQ02.493	Pool	Gr. K/older	M/W	3:00p-3:45p	3/09-4/15/09	Free		
Learn to Swim, Level 2	2AQ03.493	Pool	Gr. K/older	M/W	3:00p-3:45p	1/26-3/04/09	Free		
Learn to Swim, Level 2	2AQ04.493	Pool	Gr. K/older	M/W	3:00p-3:45p	3/09-4/15/09	Free		
Learn to Swim, Level 3	2AQ05.493	Pool	Gr. 3/older	T/TH	3:00p-3:45p	1/27-3/05/09	Free		
Learn to Swim, Level 3	2AQ06.493	Pool	Gr. 3/older	T/TH	3:00p-3:45p	3/10-4/16/09	Free		
Learn to Swim, Level 4	2AQ07.493	Pool	Gr. 3/older	FRI	3:00p-3:45p	1/30-3/06/09	Free		
Learn to Swim, Level 4	2AQ08.493	Pool	Gr. 3/older	FRI	3:00p-3:45p	3/13-4/17/09	Free		
Learn to Swim, Tiny Tot	1AQ01.493	Pool	3-5 yrs	TUE	11:00a-11:30a	1/27-3/03/09	Free		
Learn to Swim, Tiny Tot	1AQ02.493	Pool	3-5 yrs	TUE	11:00a-11:30a	3/10-4/14/09	Free		
Learn to Swim, Tiny Tot	1AQ03.493	Pool	3-5 yrs	TUE	11:30a-12:00p	1/27-3/03/09	Free		
Learn to Swim, Tiny Tot	1AQ04.493	Pool	3-5 yrs	TUE	11:30a-12:00p	3/10-4/14/09	Free		
Novice Swim Team	2AQ09.493	Pool	Gr. K/older	M/W/F	4:00p-4:45p	1/26-3/20/09	Free		
Water Fun Day	2AQ11.493	Pool	Gr. 6/older	THU	4:00p-4:45p	1/29-4/16/09	Free		
Lap Swim		Pool		M/W/F	10:00a-11:30a		Free		
				M/F	6:30p-8:00p		Free		
				T/TH	7:00a-8:00a		Free		
Public Swim Hours		Pool		M-F	1:00p-5:00p		Free		
				WED	6:30p-8:30p		Free		
				Sa/Su/H	1:00p-5:00p		Free		
Water Walking		Pool		M/W/F	9:00a-10:00a		Free		
				T/TH	8:00a-9:00a		Free		

ARTS & CRAFTS - PUPUKEA/SUNSET									
Arts & Crafts, Critter	2AC01.485	Sunset	Gr. K-3	WED	12:45-1:30p	1/28-4/8/09	Free		
Arts & Crafts, Critter Helper	2AC02.485	Sunset	Gr. 4-6	WED	12:45-1:30p	1/28-4/8/09	Free		
Arts & Crafts, Holiday	2AC03.485	Sunset	Gr. K-3	THU	2:15-3:00p	1/29-4/9/09	Free		
Arts & Crafts, Holiday Helper	2AC04.485	Sunset	Gr. 4-6	THU	2:15-3:00p	1/29-4/9/09	Free		
Arts & Crafts, Simple	2AC05.485	Sunset	Gr. K-3	TUE	2:15-3:00p	1/27-4/7/09	Free		
Arts & Crafts, Simple Helper	2AC06.485	Sunset	Gr. 4-6	TUE	2:15-3:00p	1/27-4/7/09	Free		
Painting for Fun	2AC07.485	Sunset	Gr. K-3	FRI	3:15-4:00p	1/30-4/3/09	Free		
Painting for Fun Helper	2AC08.485	Sunset	Gr. 4-6	FRI	3:15-4:00p	1/30-4/3/09	Free		

ARTS & CRAFTS - WAIALUA DISTRICT PARK									
Arts & Crafts	2AC01.483	Waialua	Gr. 3-6	MON	3:00p-3:45p	1/26-3/16/09	Free		
Ceramic Fun, Adv.	4AC01.493	Waialua	18 yrs/older	TUE	6:00p-8:30p	2/24-4/14/09	\$40.00*		
Ceramic Fun, Open	4AC02.493	Waialua	18 yrs/older	THU	6:00p-8:30p	2/26-4/16/09	\$35.00*		
Ceramics, Beg.	2AC03.493	Waialua	Gr. K-2	WED	1:00p-1:45p	1/28-3/4/09	Free		
Ceramics, Molds	2AC04.493	Waialua	Gr. 5-6	WED	1:00p-2:30p	3/11-4/15/09	Free		

FITNESS - PUPUKEA/SUNSET									
Gymnastics, Beg.	2FT01.481	Pupukea	Gr. K-6	TUE	2:30-3:30p	1/27-4/7/09	Free		

GENERAL RECREATION - HALEIWA ALII									
First Aid	0RE03.413	Haleiwa Alii	15 yrs/older	FRI	5:00p-9:00p	5/15/09	TBA		
Lifeguard Training	0RE02.413	Haleiwa Alii	15 yrs/older	SUN & T/TH	9:00a-12:00p 6:00p-9:00p	3/1-3/31/09	TBA		

GENERAL RECREATION - PUPUKEA/SUNSET									
Chess/Checker Club	2RE01.485	Sunset	Gr. K-6	MON	3:15-4:00p	1/26-4/6/09	Free		
Gardening Fun	2RE02.485	Sunset	Gr. K-3	FRI	2:15-3:00p	1/30-4/3/09	Free		
Gardening Fun Helper	2RE03.485	Sunset	Gr. 4-6	FRI	2:15-3:00p	1/30-4/3/09	Free		
Kids Club	2RE04.485	Sunset	Gr. K-3	TUE	3:15-4:00p	1/27-4/7/09	Free		
Kids Club Helper	2RE05.485	Sunset	Gr. 4-6	TUE	3:15-4:00p	1/27-4/7/09	Free		
Pupukea Seniors Club	5RE01.481	Pupukea	55 yrs/older	TUE	9:30-11:30a	1/1-12/31/09	\$15.00*		
Teen Volunteer	3RE01.485	Sunset	Gr. 7-12	TBA	TBA	1/26-4/9/09	Free		

GENERAL RECREATION - WAIALUA DISTRICT PARK									
Drop-in Game Room	3RE05.493	Waialua	Gr. 5-12	MTWTF	TBA*	1/2-12/31/09	Free		
Drop-in Game Room	3RE06.493	Waialua	Gr. 5-6	TBA	TBA*	1/28-4/23/09	Free		
Pre-teen Explorers Club									
Volunteer Junior Leader	3RE07.493	Waialua	Gr. 7-12	TBA	TBA*	1/26-4/17/09	Free		

HAWAIIANA - PUPUKEA/SUNSET									
Hawaiian Club	2HW01.481	Sunset	Gr. K-3	THU	3:15-4:00p	1/29-4/9/09	Free		
Hawaiian Club Helper	2HW02.481	Sunset	Gr. 4-6	THU	3:15-4:00p	1/29-4/9/09	Free		
Lei Workshop	0HW01.481	Pupukea	13 yrs/older	THU	6:30-8:30p	04/23/2009	\$3.00*		
Ukulele, Adv.	0HW02.481	Pupukea	13 yrs/older	THU	4:45-5:45p	1/29-4/30/09	\$26.00		
Ukulele, Beg.	0HW03.481	Pupukea	13 yrs/older	THU	3:30-4:30p	1/29-4/30/09	\$26.00		

SPORTS - PUPUKEA/SUNSET									
Basketball, Class C & D	2SP01.485	Sunset	Gr. 3-6	MON	2:15-3:00p	1/26-4/8/09	Free		
				WED	1:45-2:30p				
Tennis, Beg.	2SP02.485	Sunset	Gr. 3-6	MON	2:15-3:00p	1/26-4/6/09	Free		
Volleyball, Class C & D	2SP03.485	Sunset	Gr. 3-6	TUE	2:15-3:00p	1/27-4/7/09	Free		

SPORTS - WAIALUA DISTRICT PARK									
Soccer, Indoor League	2SP05.493	Waialua	Gr. K-5	MTWTF	TBA*	TBA*	Free		
Volleyball, Class C & D	2SP03.493	Waialua	Gr. 3-6	THU	2:30p-3:15p	1/29-3/19/09	Free		
Volleyball, Teens	3SP01.493	Waialua	Gr. 7-12	FRI	3:00p-4:30p	1/30-3/20/09	Free		

Spring Program



We Add Quality to Life

CITY & COUNTY OF HONOLULU
Muñi Hannemann, Mayor

DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and

January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week
of January 5, 2009

Holidays: February 16, 2009 - President's Day

The Department of Parks and Recreation, City and County of Honolulu is committed to making all of its programs and future services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3927.

KAHALUU COMMUNITY PARK

47-260 Waihee Road

Telephone: 239-8726

Staff: Cindy Kaaihue

ACTIVITIES

MONDAY

- | | | | |
|-----------|---|---|----------------|
| 2HA01.425 | SIMPLE COOKING – Learn the basics of cooking and make simple snacks | 5 - 12 years | 2:30 – 3:30 pm |
| 2SP02.425 | ARCHERY – Simple basic fundamentals | 4 th – 6 th grade | 3:30 – 4:30 pm |

TUESDAY

- | | | | |
|-----------|--|---|-----------------|
| 5RE02.425 | FREE AND EASY SOCIAL – Chair Exercise, Arts/Crafts, Cooking, Outings, etc. | 60 – Over | 9:30 – 11:30 am |
| 2AC01.425 | ARTS/CRAFTS – Learn simple projects | 5 - 12 years | 2:30 – 3:30 pm |
| 2RE02.425 | QUIET GAMES/STUDY ASSISTANCE | 5 - 12 years | 3:30 – 4:30 pm |
| 2SP01.425 | BASKETBALL – Boys/Girls, C/D Teams
Learn basic fundamentals and sportsmanship | 3 rd – 6 th grade | 2:30 – 3:30 pm |
| 2SP03.425 | VOLLEYBALL – Boys/Girls C/D Teams
Learn basic fundamentals and sportsmanship | 3 rd – 6 th grade | 3:30 -4:30 pm |

WEDNESDAY

- | | | | |
|-----------|--|--------------|----------------|
| | COMPLEX SPORTS – Compete with other playgrounds in Basketball/Volleyball | 5 – 12 years | 2:00 – 5:30 pm |
| 4RE04.425 | FAMILY NIGHT – Come and play for fun, Volleyball and Ping Pong | OPEN | 6:00 – 8:00 pm |

THURSDAY

- | | | | |
|-----------|--|---|----------------|
| 2RE01.425 | OCEAN RECREATION – Learn about Ocean Awareness and participate in Boogie Boarding, Body Surfing, Canoeing, Swimming, etc | 4 th – 6 th grade | 2:30 – 4:30 pm |
|-----------|--|---|----------------|

FRIDAY

- | | | | |
|-----------|--|---|----------------|
| 2AC03.425 | CERAMICS, BEG. – Learn hand building and a variety of simple projects | 5 – 12 years | 2:30 – 3:30 pm |
| 2SP01.425 | BASKETBALL – Boys/Girls, C/D Teams
Learn basic fundamentals and sportsmanship | 3 rd – 6 th grade | 2:30 – 3:30 pm |
| 2RE02.425 | QUIET GAMES/STUDY ASSISTANCE | 5 – 12 years | 3:30 – 4:30 pm |

SATURDAY

- | | | | |
|-----------|--|---|-----------------|
| 3RE01.425 | PRE-TEEN CLUB – Meet to plan activities, Outings, Service Projects, Volleyball, Basketball, Ping Pong, Cooking, etc. | 5 th – 6 th grade | 10:00 – 2:00 pm |
|-----------|--|---|-----------------|

SPECIAL ACTIVITIES

District IV Fun Day (TBA)

Easter Eggery TBA)

Special Events (TBA)

Department of Parks and Recreation will begin online registration for all non-fee classes beginning December 22 thru January 4, 2009. To register and/or obtain an account go to: www.honolulu.parks.com

- Requirements:
- Must be at least 18 years of age
 - Have a valid email address
 - Obtain an online account (available December 2, 2008)

Hauula District Park

Monday

Tiny Tots

1RE28.417 18 mon - 4 yrs 9:00-11:00 am

Na Kamalei - Parent/child activities & tips. Hauula Park

Ping Pong and Board Games

2RE12.417 K-6th grades 2:30-3:30 pm

Learn basic skills and sportsmanship. Hauula Park

Tennis - (2 days a week required; also on Wed.)

2SP15.417 1st-3rd grade 3:00-4:00 pm

2SP16.417 4th-6th grade 4:00-5:00 pm

3SP17.417 7th-9th grade 5:00-6:00 pm

Learn basic skills and sportsmanship. Hauula Park

Shoes required. Equipment provided. Session 3 wks.

Ukulele

2HW04.417 K-6th grade 4:00-5:00 pm

3HW05.417 7th-12th grade 4:00-5:00 pm

4HW06.417 18-Adult 4:00-5:00 pm

Learn basic skills and to play songs. Hauula Park

Provide own ukulele

Tuesday

Basketball

2SP07.417 2nd-4th grades 2:30-3:30 pm

Learn basic skills and good sportsmanship. Hauula Park

Ripstick Hockey and Relays

2RE01.417 K-1st grade 2:30-3:30 pm

2RE02.417 2nd-3rd grade 3:30-4:30 pm

2RE03.417 4th-6th grade 4:30-5:30 pm

Play games with others on your ripstick. Hauula Park

Must have basic Ripstick skills. Ripstick NOT provided.

Wednesday

Complex Sports Day

Complex Basketball Competitions at Kahuku Park

Children participating in Basketball will play competitively during the second half of the program.

Walk in Registration will be held at Hauula Community Park.

54-040 Kamehameha Highway, Hauula.

Registration will be accepted until classes reach their maximum capacities

Wednesday

Tiny Tots

1RE28.417 18 mon - 4 yrs 9:00-11:00 am

Na Kamalei - Parent/child activities & tips. Hauula Park

Wing Chun

4FT25.417 Adults 10:00-11:00 pm

5FT26.417 Senior 10:00-11:00 pm

Learn basic techniques. Similar to Tai Chi. Hauula Park

Tennis - (2 days a week required; also on Mon.)

2SP15.417 1st-3rd grade 3:00-4:00 pm

2SP16.417 4th-6th grade 4:00-5:00 pm

3SP17.417 7th-9th grade 5:00-6:00 pm

Learn basic skills and sportsmanship. Hauula Park

Shoes required. Equipment provided. Session 3 wks.

Ping Pong and Board Games

2RE12.417 K-6th grades 2:30-3:30 pm

Learn basic skills and sportsmanship

Thursday

Basketball

2SP08.417 4th-6th grades 2:30-3:30 pm

Learn basic skills and good sportsmanship. Hauula Park

Cooking

2RE10.417 2nd-6th grade 3:30-4:30 pm

Learn basic cooking techniques. Hauula Park

\$10.00 Fee

3 on 3 Basketball

3SP09.417 4th-6th grade 5:30-6:30 pm

Come and Play 3 on 3 Basketball. Hauula Park

Biggest Loser

3RE20.417 Teen 6:00-7:00 pm

4RE21.417 Adult 6:00-7:00 pm

5RE22.417 Senior 6:00-7:00 pm

Take on the challenge of losing weight. Learn about nutrition

Hauula Park

Friday

Holoholo Club

5RE30.417 Seniors 10:00-12:00 pm

"Holoholo" with other seniors. Group decides where to travel.

Archery

2SP18.417 1st-3rd grade 2:30-3:30 pm

2SP19.417 4th-6th grade 2:30-3:30 pm

Come and learn basic skills. Hauula Park

Kahuku District Park

Monday

Basketball

2SP68.433 2nd - 4th grade 2:30-3:30 pm
Learn basic skills and good sportsmanship. Kahuku Park

Fun with Paints

2AC81.433 K-6th grade 2:30-3:30 pm
Learn different methods of artistic painting

3 on 3 Basketball

3SP65.433 7th-12 grade 7:00-9:00 pm
4SP67.433 Adult 7:00-9:00 pm

Come and Play 3 on 3 Basketball. Kahuku Gym

Karate Exercise

2FT87.433 2nd -6th grade 7:00-9:00 pm
3FT88.433 7th-12 grade 7:00-9:00 pm
Learn exercises and techniques. Kahuku Gym \$ Fee

Tuesday

Basketball

2SP69.433 5th & 6th grade 2:30-3:30 pm
Learn basic skills and good sportsmanship. Kahuku Park

Ping Pong

2RE71.433 3rd-6th grade 3:00-4:00 pm
Learn to Play Ping Pong.

Kahuku District Park Office

Volleyball Match Ups

3SP75.433 Teen 7:00-8:00 pm
4SP76.433 Adult 7:00-8:00 pm

Create a team and play volleyball. Mini Tournaments. GYM

Tahitian Dance

2MD83.433 6th & Under 7:00-8:00 pm
3MD84.433 Teen 7:00-8:00 pm
4MD85.434 Adult 7:00-8:00 pm

Tahitian Dance. Great exercise. Free.

Supplies optional and purchased through teacher

Wednesday

Complex Sports Day

Complex Basketball Competitions at Kahuku Park
Children participating in Basketball will play competitively during the second half of the program.

Wednesday

Senior Social

4RE99.433 Seniors 10:00-12:00 pm
Participate in fun activities and outings.

Kahuku Park Office

Basketball Clinic

2SP72.433 4th-6th grade 7:00 -8:00 pm
3SP73.433 Teens 7:45-9:00 pm
Basketball skills and Drills.

Thursday

Track and Field

2SP96.433 K-6th grade 2:30-3:30 pm
Learn the basic techniques of running and field events.
Kahuku Park

Karate Exercise

2FT 87.433 2nd -6th grade 7:00-9:00 pm
3FT88.433 Teen 7:00-9:00 pm

Learn Karate Exercises and techniques.

Kahuku Wrestling Room-Gym. \$Fee\$

Aerobics and Movement

3FT91.433 Teen 7:00-8:00 pm
4FT92.433 Adult 7:00-8:00 pm

Exercise thru aerobic and dance routines. (Free)

Mid-High impact aerobics in Kahuku gym.

Friday

Arts and Crafts

2AC78.433 K-6th grade 2:30-3:30 pm
Exercise creativity and imagination

Kahuku District Park

Moving and Motivated

2SP97.433 K - 6th grade 2:30-3:30 pm
Have fun through exercise. Kahuku District Park

Teen Club

3RE80.433 7th -12th 4:00-5:00 pm
Teen activities, service projects, and outings.
Kahuku High School (TBA)

**All classes are FREE of charge
except for Karate.**

Laie Elementary School

Monday

Basketball

2SP67.465 2nd - 4th grade 2:30-3:30 pm
Learn basic skills and good sportsmanship.
Laie Elementary School (Courts)

Tuesday

Basketball

2SP68.465 5th & 6th grade 2:30-4:30 pm
Learn basic skills and good sportsmanship.
Laie Elementary School (Courts)

Arts and Crafts

2AC84.465 K - 6th Grade 2:30-3:30 pm
Fun craft projects. Develop creativity and imagination
Laie Elementary School (P-8)

Hula

2HW75.465 6th & Under 5:30-6:30 pm
3MD76.465 7th -12th 7:00-8:00 pm
4MD77.465 Adult 7:00-8:00 pm

Learn Hawaiian Dance. Great exercise for all ages

Free. Supplies optional and purchased through teacher

Laie Elementary School Cafeteria

Wednesday

Polynesian Dance

2HW95.465 6th & Under 5:30-6:30 pm
3MD96.465 7th -12th 7:00-8:00 pm
4MD97.465 Adult 7:00-8:00 pm

Learn Polynesian Dance Great exercise for all ages

Free. Supplies optional and purchased through teacher

Laie Elementary School Cafeteria

Thursday

Weaving

2AC92.465 K - 6th Grade 2:30-3:30 pm
Fun craft projects. Develop creativity and imagination
Laie Elementary (P-8)

Kick Ball

2SP73.465 K - 6th Grade 2:30-3:30 pm
Fun craft projects. Develop creativity and imagination
Laie Elementary Kanahele Field

Friday

Track and Field

2SP89.465 K-6th grade 2:30-3:30 pm
Learn the basic techniques of running and field events.
Laie Elementary Kanahele Field

**All classes are FREE of charge
except for Karate.**

**Walk in Registration will be held at Kahuku
District Park.**

56-576 Kamehameha Highway, Kahuku.

**Registration will be accepted until classes
reach their maximum capacities**

DEPARTMENT OF PARKS & RECREATION

Spring Program



We Add Quality to Life

CITY & COUNTY OF HONOLULU
Mufi Hannemann, Mayor
DEPT. OF PARKS & RECREATION
Lester K. C. Chang, Director

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.

Registration:

January 14, 2009, 6:00 p.m. to 8:00 p.m. and
January 15 and 16, 2009, 2:00 p.m. to 5:00 p.m.

March 26, 2009 - Prince Kuhio Day

April 10, 2009 - Good Friday

Program Starts: January 26, 2009

Newspaper Ad: Midweek during the week of January 5, 2009

Holidays: February 16, 2009 - President's Day

Enchanted Lake Community Park

770 Keolu Drive, Kailua

Recreation Director: Susan Tanaka, Phone: 266 7665

CHILDREN

Basketball	2SP01.409	MON/FRI/WED	2:30pm – 4:30pm	Gr 3 – 6
Practices are MON/WED/FRI, participants must wear shoes, bring a water bottle and basketball. Basic skills and techniques will be taught - emphasis on participation & sportsmanship. Games & schedule TBA. Need assistance with transportation & snacks.				
Sugar-n-Spice	2RE01.409	MON	2:30pm – 3:45pm	Gr K – 6
Create ono local snacks, desserts, breakfasts & meals. Set up & clean up required of all participants. Recipe book will be created on the last day of class.				
Volleyball, 4 man team	2SP02.409	TUES/THURS	2:30pm – 4:00pm	Gr 3 – 6
"New" Activity, smaller court, different rules to encourage participation, hustling, court presence, communication & bumping. Participants are required to wear shoes, bring a water bottle and volleyball.				
Board Games	2RE03.409	TUE	4:00pm – 4:30pm	Gr K – 6
Challenge one another or even the "instructor"...chess, checkers, boggle, UNO to name a few				
Seasonal Crafts	2AC02.409	WED	1:30pm – 2:15pm	Gr K – 6
Seasonal crafts projects created. Emphasis on Spring, Easter and Holiday crafts. Set up and clean up required of all participants.				
Basketball	2SP01.409	WED	1:30pm – 3:30pm	Gr 3 – 6
Practices are MON/WED/FRI. Participants must wear shoes, bring a water bottle & basketball. Basic skills & techniques will be taught - emphasis on participation & sportsmanship. Games & schedule TBA. Need assistance with transportation & snacks.				
Ceramics	2AC01.409	FRI	2:30pm – 3:45pm	Gr K – 6
Basic handbuilding: pinch pot, double pinch pot, slab & coil work. Set up & clean up required of all participants. Spring break: no classes				
Leimaking	OHW01.409			
Basic wili method of leimaking taught. Participants are requested to assist us by bringing flowers & greenery for their lei. Ultimate goal is to enter this year's May Day Lei Contest.				
		TUE April 29	2:30pm – 5:00pm	Gr K – 6
		WED April 30	1:30pm – 5:00pm	Gr K – 6

TEENS

Teen Plop	3RE01.409	FRI	3:30pm – 5:00pm	Gr 5 – 12
Teens will coordinate & organize community service activities. Excursions arranged & admissions will be collected (cost recovery)				

ADULTS

Leimaking	OHW01.409			
Basic wili method of leimaking taught. Participants are requested to assist us by bringing flowers & greenery for their lei. Ultimate goal, is to enter this year's May Day Lei Contest.				
		TUE April 29	2:30pm – 5:00pm	
		WED April 30	1:30pm – 5:00pm	

DEPARTMENT OF PARKS
& RECREATION

Spring Program



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Waimanalo District Park

41-415 Hihimanu Street, Waimanalo

Recreation Director: Eric Bunyan

Phone: 259-8926

CHILDREN

			<u>age/grade</u>	
Monday	2:30-3:15 pm	Basketball "D"	Gr. 2-4	2SP04.499
	3:15-4:00 pm	Basketball "C"	Gr. 5-6	2SP05.499
	3:00-4:30 pm	Keiki Cooking	Gr. 2-6	2RE04.499
		<i>Donations needed for food and supplies</i>		
Tue	4:00-6:00 pm	Hula	Keiki to Kupuna	0HW01.499
Wednesday	2:00-5:30 pm	Basketball Game Day Gr. 6 & below. Games to be played @ Waimanalo Gym Starting on February 11. Need help with transportation and snacks		
Friday	2:30-3:15 pm	Basketball "D"	Gr. 2-4	2SP04.499
	3:15-4:00 pm	Basketball "C"	Gr. 5-6	2SP05.499
	3:30-5:00 pm	Silk Screen Basics	Gr 4 & above	3AC02.499
Mon-Fri	4:00-6:00 pm	Boxing	Age 7 & up	0SP06.499
		Physical conditioning using boxing techniques		

TEENS

Mon - Fri	4:00-6:00 pm	Boxing	Age 7-17	0SP06.499
		Physical conditioning using boxing techniques		
Tue	6:00-8:00 pm	Hula	Keiki to Kupuna	0HW01.499
			Free	
Wed	5:00-6:30 pm	Teen Club	Gr. 6 & above	0RE01.499
		Short meeting, snacks and activities. May have charges for excursions or cooking activities. T.B.A.		
Fri	3:00-5:00 pm	Silk Screen Basics	Gr. 4 & above	3AC02.499

Universal Gym Hours

Mon-Fri	2:30-8:30 pm	Must register and Check in to use the weight lifting equipment	4FT01.499
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Late Night at the Gym

Friday	9-12 midnight	Volleyball and Basketball
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Waimanalo District Park continued

ADULTS

Monday	9:00-11:00 am	Ceramics (molds)	Free	4AC03.499
Mon-Fri	4:00-6:00 pm	Boxing	Free	OSP06.499
		Physical conditioning using boxing techniques.		
Tues	6:00-8:00	Hula	0HW01.499	Free
		Basic Hula for all ages		

SENIOR CITIZENS

Tuesday	9:00-12:00 noon	Waimanalo Senior Citizens Club		5RE02.499
		Meetings, excursions, crafts, music, and guest Speakers planned by the club		

Neighborhood On Line

Mon-Fri	3:00-7:00 pm			0GE01.499
		Must register and check in to use computer Center. Children and Teens until 5:00 pm Adults from 5:00-7:00 pm		

Waimanalo Beach Park

41-741 Kalaniana'ole Hwy. Recreation
Director: Renee K. Wallace Silberstein
Ph: 259-9106

TINY TOTS

Tuesday	3:00-3:45 pm	Tiny Tot Tennis	3-5 yrs	1SP01.497
		Beginning tennis for ages 3-5. Basic fundamentals of tennis will be taught, no experience needed. Tennis equipment will be provided. Limited enrollment		

CHILDREN

Monday	3:30-4:30 pm	Beginning Ukulele	Gr.K-5	2HA01.497
		Basic strumming and notes will be taught. Bring own ukulele (limited ukulele on site). Classes will be taught at Waimanalo Beach Park in the Multi Purpose room		

Mon-Tues-Fri	3:30-4:00 pm	Basketball "C & D"	Gr.6 & below	2SP01.497
		Skills and Practice		

Tuesday	3:00-3:45 pm	Beginning Tennis	Gr. 2-6	2SP02.497
		Beginning tennis for ages 2-4. Basic fundamentals of tennis will be taught, no experience needed. Tennis equipment will be provided. Limited 6 participants		

Wednesday	2:00-5:30 pm	Basketball Game Day	Gr. 6 & below.	
		Games to be played @ Waimanalo Gym Starting on February 11. Need help with transportation and snacks		

Thursday	3:30-4:30 pm	Keiki Kraft	Gr.K-8	2AC01.497
		Hawaiian and seasonal craft made from recyclable and natural items. Field trips to other craft events will also be offered		

ADULT

Monday	9:30-10:30 am	E Holo Mālie	FREE	0FT01.497
		Walking for fitness to promote health and wellness Open to anyone- Keiki with adults welcomed Basic conditioning and safety techniques will be used		

Monday	9:30-10:30	Stretching & Circuit	FREE	0FT02.497
		Light to moderate stretching and circuit exercise Basic conditioning and safety techniques will be used. Limited to 10 participants. May be a fee for supplies and equipment		

Wednesday	9:30-10:30 am	Aquatics, Water Works	FREE	0AQ01.497
		Excercise will be performed in the shallow water. Emphasis will be on core strength, flexiabilty and balance. Classes will be held at Kaiona Beach Park		



KANEOHE COMMUNITY & SENIOR CENTER

45-613 Puuhala Street Kaneohe ■ Hawaii 96744 ■ Phone 233-7317



We Add Quality to Life

CITY & COUNTY of HONOLULU
Mufi Hannemann
DEPT. of PARKS & RECREATION
Lester K. C. Chang

SPRING PROGRAM DATE: Week of January 20, 2009 (12 weeks)

REGISTRATION DATE: Mon. - Wed., Jan. 5 - 7, 2009 9:00am - 12 noon

<u>DAY OF THE WEEK</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>
All classes are limited enrollment.				
MONDAY.....	7:00 a.m. - 8:00 a.m.	PHYSICAL FITNESS	E. Jones Bldg.	Jeane Sunio
	8:15 a.m. - 9:15 a.m.	UKULELE ADVANCE	N. Niderost Bldg.	Frances Kalani
	8:30 a.m. - 10:30 a.m.	CRAFTS	E. Jones Bldg.	Volunteer
	10:15 a.m. - 11:15 a.m.	UKULELE, NO EXPERIENCE 12 slots	Conference Room	Volunteer
	10:00 a.m. - 12:00 p.m.	FUN WITH PAINTS	K. Akau Bldg.	Susan Cardenas
	11:00 a.m. - 12:45 p.m.	SHAM BO DAHN FITNESS	E. Jones Bldg.	Volunteer
TUESDAY.....	8:30 a.m. - 10:30 a.m.	KNITTING	N. Niderost Bldg.	Joyce Brezina
	8:15 a.m. - 10:15 a.m.	HAWAIIAN QUILTING	K. Akau Bldg.	Volunteer
	9:00 a.m. - 10:30 a.m.	HAWAIIAN MUSIC GROUP	E. Jones Bldg.	Volunteer
	9:00 a.m. - 11:00 a.m.	CERAMICS	Ceramics Room	Nancy Wada
	1:00 p.m. - 2:00 p.m.	TAI CHI	N. Niderost Bldg.	Ken Leonard
WEDNESDAY.....	7:00 a.m. - 8:00 a.m.	PHYSICAL FITNESS	E. Jones Bldg.	Florence Ames
	8:30 a.m. - 9:30 a.m.	UKULELE, BEG.	N. Niderost Bldg.	Esther Tehada
	9:00 a.m. - 11:00 a.m.	BALLROOM DANCE INT/ADV need partner	E. Jones Bldg.	Volunteers
	8:30 a.m. - 9:30 a.m.	IKEBANA	N. Niderost Bldg	Rose Shoda
	9:45 a.m. - 10:45 a.m.	JAPANESE LANGUAGE, BEG.	Conference Room	Kazuyo Takagi
	10:45 a.m. - 11:45 a.m.	JAPANESE LANGUAGE, INT.	Conference Room	Kazuyo Takagi
	9:45 a.m. - 11:00 a.m.	LEI MAKING	N. Niderost Bldg.	Volunteer
	10:00 a.m. - 12:00 p.m.	FABRIC PAINTING	K. Akau Bldg.	Volunteer
	11:30 a.m. - 1:00 p.m.	OKINAWAN DANCE	N. Niderost Bldg.	Mitsuko Nakasone
	1:00 p.m. - 2:00 p.m.	HULA, no experience	N. Niderost Bldg.	James Dela Cruz
	2:00 p.m. - 3:00 p.m.	HULA, Intermediate	N. Niderost Bldg.	James Dela Cruz
	3:00 p.m. - 4:00 p.m.	HULA, Advanced	N. Niderost Bldg.	James Dela Cruz

(SEE THURSDAY AND FRIDAY CLASSES ON BACK)

