

# WAIAKEA RECREATION CENTER

Monday, Wednesday, Friday 7:45 a.m.-4:30 p.m. & Tuesday, Thursday 12:00-8:00 p.m.  
RONALD TAKEYA, Recreation Director II (961-8733)

## TRAP & SKEET RANGE

Saturday & Sunday 9:00 a.m.-4:00 p.m. & Wednesday 12:00-4:00 p.m.  
GWENN OJIRI, Recreation Technician II (961-8733)

## 2008 1st Quarter Guide JULY~AUGUST~SEPTEMBER

### SPORTS ACTIVITY

*Instructor for all Sports Activities is R. Takeya.*

#### **BEGINNERS JUDO PROGRAM**

Age Group: 4 years old & above  
Registration: July 2-30, 2008  
Program: July 2-September 24, 2008  
Wednesdays ~ 3:00-4:00 p.m.  
Material: Need to provide own Judo Gi.

#### **JUDO WITH A HEART PROGRAM**

Age Group: 4 years old & above  
Registration: July 21-September 30, 2008  
Program: July 29-September 30, 2008  
Tuesdays ~ 3:00-4:00 p.m.  
Material: Need to provide own Judo Gi.

*\*This inclusive class, ganged for all abilities, is designed for a lower impact, non-competitive approach to Judo.\**

#### **ELEMENTARY, INTERMEDIATE, & ADVANCE JUDO PROGRAM**

Age Group: Children, teens, & adults  
Registration: July 7-29, 2008  
Program: July 7-September 29, 2008  
Mondays & Fridays ~ 3:00-4:00 p.m.  
Material: Need to provide own Judo Gi  
*\*Must have completed Beginners Judo program.\**

### SPORTS ACTIVITY

#### **JUDO KATA TRAINING**

Age Group: 10 years old & above  
Registration: July 3-31, 2008  
Program: July 3-September 25, 2008  
Thursdays ~ 3:00-4:00 p.m.  
Material: Need to provide own Judo Gi.

#### **PHYSICAL FITNESS**

*Instructor for classes is R. Takeya*

#### **TINYCISE FITNESS CLASS**

Age Group: 3-4 years old  
Registration: July 14-31, 2008  
Program: August 6, 13, 20, 27, & September 3, 2008 (5 sessions)  
Wednesdays ~ 8:30-9:30 a.m.  
Fee: \$5.00

#### **MORNING ADULT FITNESS**

Age Group: Adults  
Registration: June 23-July 31, 2008  
Program: July 2-September 29, 2008  
Schedule: Mondays ~ 9:00-10:00 a.m.  
Wednesdays ~ 10:00-11:00 a.m.  
Fee: \$5.00

#### **EVENING FITNESS CLASS I**

Age Group: Teens & Adults  
Registration: July 1-31, 2008  
Program: July 1-September 30, 2008  
Tuesdays & Thursdays~4:45-5:45 p.m.  
Fee: \$5.00

*\*Limited to 20 participants\**

## **PHYSICAL FITNESS**

*Instructor for classes is R. Takeya*

### **EVENING FITNESS CLASS II**

Age Group: Teens & Adults

Registration: July 1-31, 2008

Program: July 1-September 30, 2008

Tuesdays & Thursdays~6:00-7:00 p.m.

Fee: \$5.00

*\*Limited to 20 participants\**

## **COUNTY TRAP & SKEET RANGE**

The Trap & Skeet Range is open to the general public on Saturday and Sunday from 9:00 a.m.-4:00 p.m. All shooting will cease firing at exactly 3:45 p.m.; out of Range by 4:00 p.m. On Wednesday, the Range will be open from 12:00 noon to 3:30 p.m.; out of Range by 4:00 p.m.

### **BIG ISLAND BIRD HUNTERS**

Date: August 9, 2008

Steven Hunt ~ 966-6190

### **KILAUEA SPORTING SKEET CLUB**

Dates: August 17 & September 21, 2008

Elton Endo ~ 969-2004

### **BIG ISLAND GUN DOG**

Date: August 23, 2008

Richard Hoeflinger ~ 982-5094

### **BIG ISLAND TRAP CLUB**

Dates: July 13, August 10, & September 14, 2008

Mark Hironaga ~ 937-5629

**Outdoor Archery Range-Malama Park  
open for special reservation, contact the  
Waiakea Recreation Center at 961-8733.**

Program Guides can be accessed by going on-line: <http://www.co.hawaii.hi.us/parks/recreation.htm>

#### **POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY**

The Department of Parks and Recreation provides recreational opportunities without regard to race, color, national origin, age, sex, religion or disability. Please call Alisa Mitchener, Recreation Specialist, 961-8740, ext. 24, VTTY 961-8736 to discuss your need for reasonable accommodation or for more information on site accessibility.

County of Hawaii is a Equal Opportunity Provider and Employer