

KAWANANAKO A GYM

2009 2nd Quarter Program Guide OCTOBER*NOVEMBER*DECEMBER

Jaime Guerro, Rec. Director II & Frank Feary, Rec. Technician II (961-8732)
Monday thru Thursday 12:30-9:00 p.m.,
Friday 7:45 a.m.-6:00 p.m. & Saturday 9:00 a.m.-5:00 p.m.

SPORTS ACTIVITY

GIRLS BASKETBALL

Age Group: Grades 10-12 years old
Registration: August 2009
Program: Oct. 1-Dec. 31, 2009
Instructor: B. Pana
Monday & Wednesday~5:00-7:00 p.m.

BOYS BASKETBALL

Age Group: 10 years old & under
Registration: August 2009
Program: Oct. 1-Dec. 31, 2009
Instructor: B. Pana
Tuesday & Thursday~3:00-4:00 p.m.

BASKETBALL CONDITIONING

Age Group: 6-12 years old
Registration: Open
Program: Oct. 1-Dec. 31, 2009
Instructor: J. Guerro
Monday & Wednesday~4:00-5:00 p.m.

YOUTH BASKETBALL LEAGUE

Age Group: 8 years old & under
9-10 years old
11-12 years old
Registration: August 2009
Program: Sept. 7-Dec. 16 2009
Instructor: Staff
Monday & Wednesday~5:00-7:00 p.m.

TRACK & FIELD CONDITIONING

Age Group: Grade 1-8
Registration: November 9, 2009
Program: Nov. 24, 2009-Jan. 19, 2010
Instructor: J. Guerro
Monday-Thursday ~ 3:15-4:00 p.m.

ONGOING PROGRAMS

RECREATION ROOM PLAY

October-December 2009
Monday-Saturday~Gym hours

PHYSICAL FITNESS

WEIGHT TRAINING

Age Group: 15 years old & up
Registration: Open
Program: Oct. 6-Dec. 31, 2009
Instructor: J. Guerro/ F. Feary
Monday-Saturday~Gym hours
*Bring your own towel.



WALK & JOG

Age Group: Open
Registration: Open
Program: Oct. 5-Dec. 30, 2009
Instructor: J. Guerro
Tuesday & Thursday ~ 4:00-5:00 p.m.
*Wear running or walking shoes.

BOXING CONDITIONING

Age Group: Open
Registration: Open
Program: Oct. 5-Dec. 30, 2009
Instructor: J. Guerro
Tuesday & Thursday~5:00-6:00 p.m.

BILLARDS CLASS

Age Group: 12-17 years old
Registration: Open
Program: Oct. 3-Nov. 28, 2009
Instructor: F. Feary
Saturday~10:00-11:00 a.m.

SPECIAL EVENTS

VULCANS BASEBALL CLINIC

Age Group: 12 years old & under
Registration: Nov. 1-Dec. 5, 2009
Program: T.B.A.
Instructor: J. Estrella/J. Guerro
Saturday~9:00 a.m.-12:00 p.m.

ARTS & CRAFTS

HALLOWEEN CRAFT

Age Group: Grade K-6
Registration: Oct. 1-14, 2009
Program: Oct. 14,21,28, 2009
Instructor: J. Guerro/F. Feary
Wednesday~2:00-3:00 p.m.
Fee: Cost of supplies

THANKSGIVING CARDS

Age Group: Grade K-6
Registration: Nov. 3-14, 2009
Program: Nov. 11,18,25, 2009
Instructor: J. Guerro/F. Feary
Wednesday~2:00-3:00 p.m.
Fee: Cost of supplies

CHRISTMAS CARDS

Age Group: Grade K-6
Registration: Dec. 1-8, 2009
Program: Dec. 9,16,23, 2009
Instructor: J. Guerro/F. Feary
Wednesday~2:00-3:00 p.m.
Fee: Cost of supplies

CHILDRENS CRAFTS

Age Group: Grade K-6
Registration: Open
Program: Oct. 3-Dec. 12, 2009
Instructor: F. Feary
Saturday~1:00-2:00 p.m.
Fee: Cost of supplies

PUZZLE MAKING

Age Group: Grade K-6
Registration: Open
Program: Oct. 3-Dec. 31, 2009
Instructor: J. Guerro

COMMUNITY INTEREST ACTIVITIES

HALLOWEEN HAVOC

October 31, 2009
Saturday~6:00-9:00 p.m.
K. Evans

STEP AEROBICS

Oct. 6-Dec. 31, 2009
Tuesday & Thursday~5:00-6:00 p.m.
M. Makua

COMMUNITY ASSOCIATION MEETING

3rd Wednesday of the month~6:30-9:00 p.m.
Contact: P. Kahawaiola'a~959-5080

KUPUNA HULA

Tuesday & Thursday ~ 5:00-7:00 p.m.
Contact: A. Nicholas~981-0458

TAHITIAN DANCE 12 YEARS OLD & UNDER

Monday & Wednesday ~ 4:00-7:00 p.m.
Contact: T. Delacruz ~ 769-3860

TAHITIAN DANCE BEGINNERS

Tuesday & Thursday~7:00-9:00 p.m.
Contact: S. Suboza~315-6030

TAHITIAN DANCE ADVANCE

Monday & Wednesday~7:00-9:00 p.m.
Contact: T. Dela Cruz~769-3860

ADULT SEWING

Sunday~2:00-6:00 p.m.
Contact: F. Chu~961-2727

SPECIAL OLYMPICS

Saturday~8:00-10:00 a.m.
Contact: D. Pascual~969-3366

FRIDAY NIGHT LIVE

Friday~6:00-10:00 p.m.
K. Evans

LINE DANCING

Friday~10 a.m.-12:00 p.m.
Contact: S. Sumida~959-1165

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.