

W A I A K E A R E C R E A T I O N
C E N T E R /
T R A P & S K E E T R A N G E

2009 2nd Quarter Program Guide
OCTOBER*NOVEMBER*DECEMBER

John Kushi, Recreation Director II (961-8733)

Monday, Wednesday, Friday 7:45 a.m.-4:30 p.m. and Tuesdays & Thursdays 12:00-8:00 p.m.

Gwenn Ojiri, Recreation Technician II (961-8733)

Saturdays & Sundays 9:00 a.m.-4:00 p.m. and Wednesdays 12:00-4:00 p.m.

SPORTS ACTIVITY

BEGINNERS JUDO PROGRAM

Age Group: 5 years old-Adult

Registration: Oct. 1-6, 2009

Program: Oct. 7-Dec. 23, 2009

Instructor: J. Kushi

Wednesday~3:00-4:00 p.m.

Material: Need to provide own Judo Gi.



TINY TOTS LOCO MOTOR SKILLS

Age Group: 3-4 years old

Registration: Nov. 2-13, 2009

Program: Nov. 18-Dec. 23, 2009

Instructor: J. Kushi

Wednesday~8:00-8:30 a.m.

Fee: FREE

Must be accompanied by parent

BEGINNERS ARCHERY

Age Group: 8 years old-Adult

Registration: Oct. 1-16, 2009

Program: Oct. 19-Dec. 14, 2009

Instructor: J. Kushi

Monday~9:30-10:30 a.m.

Fee: FREE



PHYSICAL FITNESS

MORNING FITNESS CLASS (Adults)

Age Group: Adults

Registration: Ongoing

Program: Oct. 5-Dec. 30, 2009

Instructor: R. Takeya

Monday & Wednesday~9:00-10:00 a.m.

Fee: \$5.00

EVENING FITNESS CLASS (Session 1)

Age Group: Adults & Teens

Registration: Ongoing

Program: Oct. 1-Dec. 29, 2009

Instructor: R. Takeya

Tuesdays & Thursdays ~ 4:45-5:45 p.m.

Fee: \$5.00

EVENING FITNESS CLASS (Session 2)

Age Group: Adults & Teens

Registration: Ongoing

Program: Oct. 1-Dec. 29, 2009

Instructor: R. Takeya

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

Fee: \$5.00

DANISH FITNESS CLASS

Age Group: Adults

Registration: Ongoing

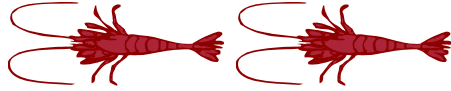
Program: Oct. 2-Dec. 28, 2009

Instructor: Yoko Hayano

Mondays & Friday~ 10:30-11:30 a.m.

Fee: \$5.00

ARTS & CRAFTS



OPAE ULA (RED SHRIMP) BOTTLE MAKING

Age Group: Teens & Adults
Registration: Oct. 15-30, 2009
Program: Nov. 5-19, 2009
Instructor: J. Kushi
Thursday~6:00-7:30 p.m.
Fee: \$10.00

Limited to 1st 10 participants

CHRISTMAS WREATH MAKING

Age Group: Teens & Adults
Registration: Nov. 2-13, 2009
Program: Nov. 24, 2009
Instructor: J. Kushi
Tuesday~5:00-8:00 p.m.
Fee: \$5.00

Limited to the 1st 10 participants



COUNTY TRAP & SKEET RANGE

The 2009 County Trap and Skeet Range
Schedule of Events will be posted
in January 2009, at the Trap and Skeet
Range.

For more information, contact the
Waiakea Recreation Center.

Outdoor Archery Range at Malama Park
is available through special reservations.
Contact the Waiakea Recreation Center
961-8733, for more information.

BIG ISLAND TRAP CLUB

Oct. 11, Nov. 8 & Dec. 13, 2009
Garrett Zane ~ 935-6111

O.S.O.K.

October 25, 2009
Dexter Egdamin ~ 936-4362

BIG ISLAND BIRD HUNTERS

October 10, 2009
Steven Hurt ~ 966-6190

KILAUEA SPORTING SKEET CLUB

October 18, 2009
Elton Endo ~ 969-2004



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.