

W A I M E A
C O M M U N I T Y C E N T E R /
T H E L M A P A R K E R G Y M

2009 2nd Quarter Program Guide
OCTOBER*NOVEMBER*DECEMBER

Lindsey Iyo, Recreation Director II (887-3014 & 887-3013)
Monday thru Thursday 10:30-6:30 p.m., Friday 7:45 a.m.-4:30 p.m

SPORTS ACTIVITY

(Instructor for all Sports Activities is L. Iyo)

BIDDY BASKETBALL

Age Group: 5-8 year olds
Program: Sept. 14-Oct. 29, 2009
Monday & Wednesday~4:00-6:00 p.m.
Fee: T.B.A.

ELEMENTARY/INTERMEDIATE VOLLEYBALL

Age Group: Grade 3-6
Program: Sept. 21-Nov. 5, 2009
Tuesday & Thursday~4:00-6:00 p.m.
Fee: T.B.A.

BOYS AGE GROUP BASKETBALL CLINIC

Age Group: 8-14 years old
Registration: Nov. 23-Dec. 7, 2009
@ Thelma Parker Gym 4:00-6:00 p.m.
Program: Dec. 7-10, 2009
Monday-Thursday~4:00-6:00 p.m.

BOYS AGE GROUP BASKETBALL LEAGUE

Age Group: 8-14 years old
Registration: Nov. 23-Dec 10, 2009
Program: Jan. 11-March 13, 2010
Mon.-Thurs.~4:00-6:00 p.m.

PHYSICAL FITNESS

WALKING HEALTHY

Age Group: Open
Registration/Program: Ongoing
Instructor: L. Iyo
Friday ~ 10:00-11:00 a.m.
Materials: Athletic Shoes

STRETCH CLASS

Age Group: Open
Registration/Program: Ongoing
Instructor: L. Iyo
Friday ~ 11:00-11:30 a.m.
Materials: Athletic Shoes

ZUMBA

Age Group: 15 years old & above
Registration/Program: Ongoing
@ Thelma Parker Gym
Instructor: B. Brennan
Thursday~6:00-7:30 p.m.
Materials: Athletic Shoes

SPECIAL EVENTS

RELAY FOR LIFE

October 17-18, 2009

ARTS & CRAFTS

(Instructor for all Arts & Crafts is L. Iyo)

T-SHIRT SCREEN PRINTING

Age Group: 7-12 years old

Registration: Oct. 2, 2009

Program: Oct. 9 & 16, 2009

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

Material: Plain white T-shirt

MOSAIC COASTERS

Age Group: 5-12 years old

Registration: November 13, 2009

Program: November 20, 2009

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



CHRISTMAS WREATH

Age Group: 5-12 years old

Registration: Dec. 11, 2009

Program: Dec. 18, 2009

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

ONGOING PROGRAMS

FREE PLAY BASKETBALL

Age Group: 15 years old & above

Monday~6:30-8:00 p.m.

FREE PLAY VOLLEYBALL

Age Group: 15 years old & above

Wednesday~6:30-8:00 p.m.

HULA

Age Group: 18 years old & above

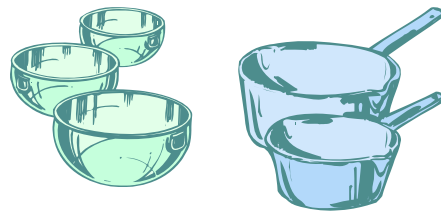
Tuesday~6:30-8:00 p.m.

ONGOING PROGRAMS

HEALTHY COOKING

Age Group: 12-18 years old

Tuesday~6:30-8:00 p.m.



COMMUNITY INTEREST ACTIVITIES

TABLE TENNIS

Mondays & Wednesdays ~ 4:30-7:00 p.m.

Waimea Community Center

John Ramoa

AIKIDO

Mondays & Wednesdays ~ 4:30-7:00 p.m.

Waimea Community Center

Stephen Hall

KARATE

Fridays ~ 4:30-7:00 p.m.

Waimea Community Center

Richard Nakano

SENIOR LINE DANCE

Wednesdays ~ 10:30 a.m.-12:00 p.m.

Waimea Community Center

Elaine Jones

LINE DANCING

Mondays~7:00-8:00 p.m.

Waimea Community Center

Charlene Carvalho

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.