



# Waiakea Recreation Center & Skeet Range



2010 3rd Quarter Program Guide

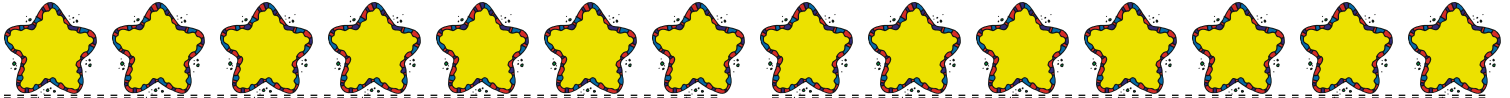
**JANUARY\*\*\*FEBRUARY\*\*\*MARCH**

**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**

Age Group: 5 years old-Adult

Registration: Ongoing

Program: Jan. 6-June 2, 2010

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

Materials: Cost of Judo Gi

### **TINY TOTS LOCO MOTOR SKILLS**

Age Group: 3-4 years old

Registration: Jan. 14-19, 2010

Program: Jan. 20-Feb. 24, 2010

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

**\*\*\*Parent must accompany child\*\*\***

### **BEGINNERS FISHING**

Age Group: Teens & Adults

Registration: Feb. 16-March 1, 2010

Program: March 4-25, 2010

Thursday~6:00-7:00 p.m.

Fee: \$10.00

**\*\*\*Need to provide own rod & reel\*\*\***

### **BEGINNERS ARCHERY**

Age Group: 10-14 years old

Registration: Jan. 4-11, 2010

Program: Jan. 15, 29, Feb. 5 & 12, 2010

Friday~1:00-2:30 p.m.

### **ADVANCED ARCHERY**

Age Group: Teens & Adults

Registration: Ongoing

Program: Jan. 11-May 24, 2010

Monday~9:00-10:30 a.m.

## PHYSICAL FITNESS

(All fitness class fees are \$5.00)

### **MORNING FITNESS**

Age Group: Adults

Registration: Ongoing

Program: Jan. 4-March 31, 2010

Instructor: R. Takeya

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

## PHYSICAL FITNESS

(All fitness class fees are \$5.00)

### **DANISH FITNESS**

Age Group: Adults

Registration: Ongoing

Program: Jan. 4-March 29, 2010

Instructor: R. Takeya

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

### **EVENING FITNESS #1**

Age Group: Teens & Adults

Registration: Ongoing

Program: Jan. 5-Feb. 25, 2010

Instructor: R. Takeya

Tuesday & Thursday~4:45-5:45 p.m.

### **EVENING FITNESS #2**

Age Group: Teens & Adults

Registration: Ongoing

Program: Jan. 5-Feb. 25, 2010

Instructor: R. Takeya

Tuesday & Thursday~6:00-7:00 p.m.

## ARTS & CRAFTS

### **COOKING DEMO**

Age Group: Teens & Adults

Registration: Jan. 4-12, 2010

Program: Jan. 14, 28, Feb. 11 & 25, 2010

Thursday~6:00-8:00 p.m.

Fee: \$15.00

**\*\*\*Limit to first 10 people\*\*\***



### **BASIC COOKING**

Age Group: 10-14 years old

Registration: Feb. 22-March 1, 2010

Program: March 5 & 12, 2010

Friday~1:00-2:00 p.m.

## SPECIAL EVENTS

### **P&R TRACK & FIELD MEET**

Age Group: 6-14 years old  
Registration: January 4-22, 2010  
Program: February 6, 2010  
Saturday~8:30 a.m.-4:00 p.m.

Konawaena High School/Keaau High School

### **P&R TRACK & FIELD MEET**

Age Group: 6-14 years old  
Registration: January 22-February 5, 2010  
Program: February 20, 2010  
Saturday~8:30 a.m.-4:00 p.m.

Konawaena High School/Keaau High School

### **HERSHEYS TRACK & FIELD MEET**

Age Group: 6-14 years old  
Registration: T.B.A.  
Program: March 6, 2010  
Saturday~8:30 a.m.-4:00 p.m.

Konawaena High School

## Community Interest Activities

### **BIG ISLAND TRAP CLUB P.I.T.A STATE SHOOT**

February 10-15, 2010  
Garrett Zane~935-6111

### **HILO KI-AIKIDO CLUB**

Leilani Pakele~935-7291

### **HILO SHEISHIKAN AIKIDO**

Roy Yonemori~959-8632

### **WAIAKEA JUDO CLUB**

Ronald Takeya~936-9503

### **SHUDOKAN JUDO CLUB**

Gregg Yonemori~936-3028

### **TAE KWON DO**

Asterio Canda~965-9803

### **HILO KOBUKAN KENDO CLUB**

Charles Shimizu~935-1831

### **KONGOZEN SHORINJI KARATE**

Yoshi Obasa~966-9132

### **PERRY'S BOXING CLUB**

Perry Harada~756-6539

## COUNTY TRAP & SKEET RANGE

**The 2010 County Trap and Skeet Range Schedule of Events will be posted in January 2010, 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**

Jan. 3, Feb. 7 & March 14, 2010  
Garrett Zane ~ 935-6111

### **O.S.O.K.**

March 28, 2010  
Dexter Egdamin ~ 936-4362

### **BIG ISLAND BIRD HUNTERS**

March 27, 2010  
Steven Hurt ~ 966-6190

### **KILAUEA SPORTING SKEET CLUB**

Feb. 21, 2010  
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.