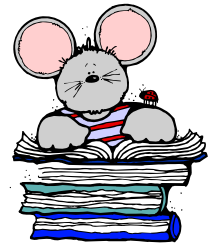




# Waiakea Recreation Center

2010 1st Quarter Program Guide

\*July\*August\*September\*



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 & above

Registration: July 1-20, 2010

Program: Aug. 11-Dec. 15, 2010

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

Fee: Cost of Judo uniform

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

Age Group: 3-6 years old

Registration: July 1-20, 2010

Program: August 18-Sept. 29, 2010

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

\*Parent must accompany child

### **ADVANCED ARCHERY**

Age Group: 8 years old & above

Registration: July 1-20, 2010

Program: August 9-Dec. 13, 2010

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

### **ADVANCED FISHING**

Age Group: 10 years old & above

Registration: July 1-14, 2010

Program: July 15-29, 2010

Thursday~6:00-7:30 p.m.

Fee: \$10.00

## PHYSICAL FITNESS

### **MORNING FITNESS**

Age Group: Adults

Registration: Ongoing

Program: July 7-Dec. 22, 2010

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

Fee: \$5.00/quarter

### **EVENING FITNESS #1**

Age Group: Teens & Adults

Registration: Ongoing

Program: July 1-Dec. 23, 2010

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

Fee: \$15.00/quarter

### **EVENING FITNESS #2**

Age Group: Teens & Adults

Registration: Ongoing

Program: July 1-Dec. 23, 2010

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

Fee: \$15.00/quarter

### **DANISH FITNESS**

Age Group: Adults

Registration: Ongoing

Program: July 19-Dec. 20, 2010

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

Fee: \$5.00/quarter

## ARTS & CRAFTS

### **COOKING DEMO**

Age Group: Teens & Adults

Registration: Sept. 1-22, 2010

Program: Sept. 30, Oct. 14 & 28, 2010

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

Fee: \$15.00

## COMMUNITY INTEREST

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

Leilani Pakele~935-7291

### **HILO SEISHIKAN 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

### **KONGO ZEN SHORINJI KARATE**

Yoshio Obasa~966-9132

### **PERRY'S BOXING**

Perry Harada~756-6539

## COUNTY TRAP & SKEET RANGE



### **BIG ISLAND TRAP CLUB**

July 11, Aug. 8 & Sept. 12, 2010

Garrett Zane~935-6111

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

July 25 & Sept. 26, 2010

Dexter Egdamin~936-4362

### **BIG ISLAND BIRD HUNTERS**

August 7, 2010

Steve Hurt~966-6190

### **KILAUEA SPORTING SKEET CLUB**

August 15 & Sept. 19, 2010

Elton Endo~969-2004

### **BIG ISLAND GUN DOGS**

August 28, 2010

Richard Hoeflinger~982-5094

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.