



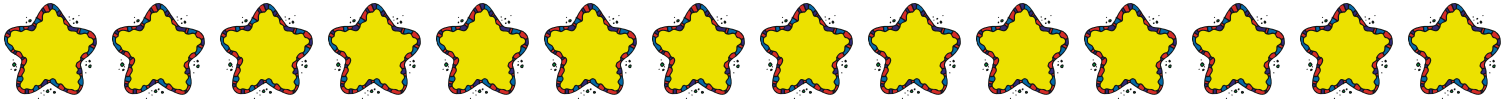
# Honokaa Gym

## 2010 3rd Quarter Program Guide

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

Jayne Carvalho, Rec. Director II (775-7505)

Monday thru Thursday 12:00-8:00 p.m. & Friday 7:45 a.m.-4:30 p.m.



## SPORTS ACTIVITY

### **BOYS BASKETBALL**

Age Group: 9-10 years old

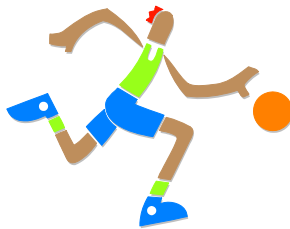
11-12 years old

13-14 years old

Registration: Closed

Program: November 2009-March 2010

Monday-Friday~2:30-6:00 p.m.



### **GIRLS BASKETBALL**

Age Group: 9-10 years old

11-12 years old

13-14 years old

Registration: Open

Program: February-May 2010

### **9-14 GIRLS BASKETBALL CLINIC**

Age Group: 9-14 years old

Registration: Open

Program: March 1-12, 2010

Monday-Friday~ 3:00-4:30 p.m.

### **T-BALL & COACH PITCH BASEBALL CLINIC**

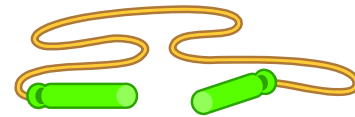
Age Group: 6-9 years old

Registration: Open

Program: January 2010

Schedule/Time: T.B.A.

## PHYSICAL FITNESS



### **JUMP ROPE/AGILITY WORKOUT**

Age Group: Adults

Registration: Open

Program: January-March 2010

Monday & Wednesday~12:30-1:30 p.m.

### **JUMP ROPE/AGILITY WORKOUT**

Age Group: 12 years old & above

Registration: Open

Program: January-March 2010

Monday~2:30-3:00 p.m. &

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

### **PLYOMETRICS**

Age Group: Adults

Registration: Open

Program: January-March 2010

Tuesday & Thursday~12:30-1:30 p.m.

### **PLYOMETRICS**

Age Group: 12 years old & above

Registration: Open

Program: January-March 2010

Tuesday & Thursday~2:30-3:00 p.m.



# ARTS & CRAFTS

## **NEW YEARS DAY CRAFT**

Age Group: 5 years old & above  
Registration: Open  
Program: January 6, 2010  
Wednesday~2:00-4:00 p.m.

## **VALENTINES DAY CRAFT**

Age Group: 5 years old & above  
Registration: Open  
Program: February 10, 2010  
Wednesday~2:00-4:00 p.m.

## **GIRLS DAY CRAFT**

Age Group: 5 years old & above  
Registration: Open  
Program: March 3, 2010  
Wednesday~2:00-4:00 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



# SPECIAL EVENTS

## **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

# Ongoing Programs

## **FREE PLAY BASKETBALL**

Tuesday~6:30-9:00 p.m.



## **FREE PLAY VOLLEYBALL**

Thursday~6:30-9:00 p.m.

# Community Interest Activities

## **KARATE**

Monday~4:00-6:00 p.m.  
Fred Agdeppa~775-7505

## **AEROBICS**

Monday & Wednesday~6:00-7:30 p.m.  
Lynn Kakugawa~775-7505

## **ZUMBA**

Friday~6:00-7:00 p.m.  
Sheila Kinzer~775-7505

## **SENIOR SOFTBALL**

Nathan Suganuma~775-7505

## **MENS BASKETBALL LEAGUE**

January-March 2010  
Tuesday & Thursday~6:00-9:00 p.m.

## **ZUMBA**

Monday & Wednesday~9:00-10:00 a.m.  
Marisa Alcantra~775-7505

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.