
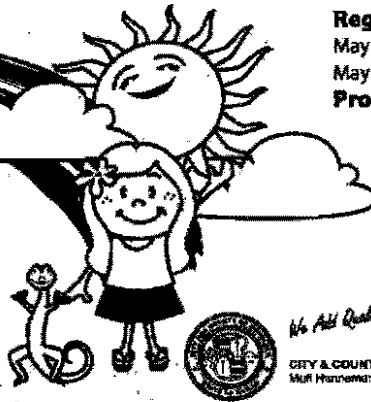


Department of Parks & Recreation

# SUMMER PROGRAM

Program subject to change without notice.

 The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and future services accessible to everyone, including persons with disabilities. If you have need for accessible modifications, please call your local park. TTY users call 755-0227.



*We Add Quality to Life*

CITY & COUNTY OF HONOLULU  
Mufi Hannemann, Mayor

DEPT. of PARKS & RECREATION  
Lester K. C. Chung, Director

### Registration: DI and DII

May 8, 2010, 9:00 a.m. to 12 noon and  
May 10 and 11, 2010, 2:00 p.m. to 5:00 p.m.

### Program Period:

DI and DII starts on June 14

### Holidays:

June 11, 2010 - Kamehameha Day

July 5, 2010 - Independence Day

### Online Registration:

April 18, 2010, 11:30 p.m.

Go to [www.honolulu.parks.com](http://www.honolulu.parks.com)  
for details.

**REGISTRATION: May 3, 4, & 5, 2010. 8:30am to 11:00am**

## PAUHI RECREATION CENTER

171 North Pauhi Street

Phone: 527-6753

Staff: Keith Nishimura

### ADULTS/SENIORS

#### MONDAY

- +GROUP SINGING – Songs of the 40's & 50's. Instructor: Mitsue Stone. 8:00-9:00am(d)
- \*BEGINNING UKULELE - Compact melody making for fun and socializing. 8:00-10:00am(u)  
Fee: \$20.00 Instructor: Jerry Ojiri
- +LOW IMPACT EXERCISE - Basic exercise to build up your heart rate. 9:00-10:00am(d)  
Instructor: Helen Omuro.
- +LUK TUNG KUEN #1 - Chinese exercise for health. Instructor: Ilene Wong. 10:00-11:00am(u)
- +STRETCH AEROBICS – Exercise for flexibility and toning. Instructor: Heidi Pa. 10:00-11:00am(d)
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10:00-2:00pm(u)

#### TUESDAY

- \*\*LINE DANCE - "TNT" line dance class. (Tuesdays and Thursdays) 9:00-10:00am(d)  
Instructor: Mitsue Stone.
- \*\*OKINAWAN DANCE - Fundamentals of this rhythmic expression. 9:00-11:00am(u)
- +MUVE AEROBICS - Exercise for burning fat and toning muscle. 10:00-11:00am(d)  
Instructor: Maggie Kunkel.
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10:00-2:00pm(u)

#### WEDNESDAY

- +GROUP SINGING – Songs of the 40's & 50's. Instructor: Mitsue Stone. 8:00-9:00am(d)
- +LOW IMPACT EXERCISE - Basic exercise to build up your heart rate. 9:00-10:00am(d)
- \*\*FILIPINA FOLK DANCE – Learn Filipino cultural dance. Instructor: Pat Valentin 9:00-10:00am(u)
- +LINE DANCE – Country line dance for a fun time. Instructor: Lucy Caberto. 10:00-11:00am(d)
- +TAI CHI - Asian exercise for health. Instructor: Ben Jacinto. 10:00-11:00am(u)
- +BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10:00-2:00pm(u)
- +BALLROOM DANCING - Couples dancing with style. Instructor: Gus Esposito 1:00-5:00pm(d)

**THURSDAY**

- +BODY TONING - Exercise with light weights. Instructor: Lowell Kaanehe. 9:00-10:00am(d)  
\*\*LINE DANCE - "TNT" (Tuesdays and Thursdays) line dance class. 9:00-10:00am(u)  
Instructor: Tisha Kalua.  
+LINE DANCE - Country line dance for a fun time. Instructor: Lucy Caberto 10:00-11:00am(d)  
+BOARD AND TABLE GAMES - Chess, checkers, American Japanese cards. 10:00-2:00pm(u)  
\*\*LINE DANCE CLUB - Practice for special events. 12:00-2:00pm(u)

**FRIDAY**

- +BINGO - Group fun of matching numbers. 9:00-10:00am(d)  
\*OKINAWAN DANCE - Fundamentals of this rhythmic expression. 9:00-11:00am(u)  
+LUK TUNG KUEN #2 - Chinese Exercise for flexibility and health. 10:00-11:00am(d)  
Instructor: Ilene Wong.  
+BOARD AND TABLE GAMES - Chess, checkers, American & Japanese cards. 10:00-2:00pm(u)

- KEY: \* Co-sponsored class with the Department of Education. State of Hawaii.  
\*\* Non-paid volunteer instructors.  
+ Co-sponsored class with Unity House, Inc.  
u Class held upstairs in multi-purpose room  
d Class held downstairs in dining room