

Refund Policy: All fees are non-refundable after the start of the program, or collection deadline (for special activities) as designated at registration, or as noted below. Refund requests will be made in writing and accompanied by a receipt, canceled check, or appropriate registration form indicating payment.

- 1. Recreation Classes:** Refunds will be allowed for the requests submitted before and including the first meeting of the class. No refund will be made after the meeting of the class.
- 2. Canceled Classes:** Refunds will be made for classes canceled by the department. If a class is canceled after a number of sessions have already been held, refunds will be made pro-rata basis of completed sessions.

Make check out to: **City & County of Honolulu.** Checks or exact change preferred.

Online Computer Center



For locations and operating hours of the Neighborhood Online Computer Center, visit www.honolulu.com

Adult and Senior Citizens Classes

After selecting activity, match the playground number with the locations on the opposite page, call the playground for the time, day, cost, and length of the activity. Senior classes are for people 55 years and older.



The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.

ARTS AND CRAFTS

Arts and Crafts	40, 42
Calligraphy, Chinese	120*
Ceramics	11, 39, 40, 45, 69, 81, 96, 102, 110, 112, 120*
Ceramics, Beginner	2
Ceramics Club	83
Ceramics, Family	2
Ceramics, Handbuilding	10
Ceramics, Molds	115
Ceramics, Wheelthrowing	10
Ceramics, Workshop	2
Corsage/Craft Making	79*
Craft, Chinese	120*
Crochet Club	98
Drawing, Beginner	121*
Drawing & Painting	110
Flower Arrangement	120*
Japanese Flower Arrangement	9
Jewelry Making	9
Jewelry, Macrame	112
Jewelry Making, Beading	3, 112
Knitting	79, 81, 90, 110, 112
Lapidary Art	45
Needlepoint	5
Painting, Chinese	120*
Painting, Oil	69, 120*
Pottery	80
Pottery, Handbuilding	121*
Pottery, Wheelthrowing	121*
Ribbon Lei Making	5
Rubber Stamping	11
Scrapbooking	9
Scrapbooking, Digital & Traditional	11
Seasonal Crafts	123*
Seed Craft	120*
Seed Craft, Coconut Shell & Native Hawaiian	82
Sketching	120*
Sewing	110, 112
Sumi-e	120*
Ukulele Making	103
Water Color Painting	121*

HAWAIIANA

Feather Lei Making	13
Hawaiian Language	14
Hawaiian Quilting	9, 54, 76*, 120*
Hula	4, 11, 60, 67, 71, 74, 78, 79, 79*, 94, 96, 98, 103, 106, 115, 120*
Hula, Beginner	45, 50, 121*
Hula, Intermediate	43, 121*
Hula, Kupuna/Intermediate	13
Lei Making	90, 92, 98, 101, 110, 114, 115
Slack-key Guitar	100
Ukulele	60, 71, 79*, 82, 98, 120*, 121*
Ukulele, Beginner	2
Ukulele, Beginner/Intermediate	2, 47, 47*, 49
Ukulele, Intermediate/Advanced	17
Ukulele Self Directed	1
Ukulele/Social Singing	2, 84*

MUSIC AND DANCE

Dance, Ballet	110
Dance, Ballroom	79, 81, 103, 120*
Dance, Belly	3, 9
Dance, Bon Beginner/Intermediate	11
Dance, Country/Western Line	30, 47, 47*, 49
Dance, Filipino Folk	49
Dance, Hip Hop Hustle	97
Dance, Japanese Bon	33, 44
Dance, Line/Folk	1, 11, 14, 33, 61*, 71, 73, 78, 79, 79*, 98, 121*
Dance, Line/Western, Waltz/Coast Swing	11
Dance, Minyo	71, 83, 83*
Dance, Okinawan	40, 45, 49
Dance, Paranku/Drum	33
Dance, Polynesian	106
Dance, Tahitian	79, 97, 103
Guitar, Beginner/Intermediate	17, 45

Harmonica, Beginner/Continuing	33
Karaoke	14, 79*, 83, 83*
Paranku	71
Taiko	47
Taiko, Okinawan Eisa	11, 51, 103
Taisho Koto	81, 120*

FITNESS

Aerobics	10, 80, 97, 98, 103, 120*
Aero-boxercise	14
Aerobics, Low Impact	32, 45, 49
Aerobics Mix, Medium/High Impact	32
Aerobics, Senior Pace	1, 122*
Aerobics, Sports Conditioning	11
Aerobics, Step & Nutrition	94
Aerobics, Total Fitness	11
Calisthenics/LTK	120*
Capoeira, Brazilian	10, 110
Cardio Hip Hop	98
Core Cross Training with Balance Ball	103
Dance Warrior	9
Exercise	75
Exercise, Low Impact	49
Exercise, Ohana	94
Exercise, Seniors	80*, 81*, 96
Exercise, Therapeutic	38, 98
Fitness, Adult	80
Fitness, Kupuna	7
Fitness, Physical	79, 120*
Fitness, Simple	54
Fitness, Stretch and Tone Senior Exercise	45, 51
Fitness, Total Body Conditioning	45
Fitness, Walking for Health	45
Fitness, Wii Fun & Fit	54
Fitness Fundamentals	83*
Jazzercise	71, 73
Life Fit	103
Life Fit Resistance Training	103
Luk Tuen Kuen Chinese Exercise	49
Luk Tung Exercise	37
Massage Therapy	112
Muscle Conditioning	122*
Neuromuscular Integrative Action (NIA)	32
No Fear of Falling	115
Pilates	110
Pilates & Fit Ball	103
Pilates Mat Class	98
Qi Gong	32
Sahm Bo Dahn	11, 44, 50, 51
Stretching & Circuit	114
Stretch & Strength Training	103
Tae Kwon Do	80
Tai Chi	1, 14, 49, 76*, 79*, 98, 103
Tai Chi, Beginner	2, 7
Tai Chi, Chi Gung	10
Tai Chi, Chuan	71
Tai Chi, For Arthritis	11
Tai Chi, Strength & Balance	98
Tai Chi, Yang	47, 47*, 121*
Turbo Kick	97, 106
Universal Equipment	79
Walking Club for Seniors	98*
Walking Club, E Holo Maie	114
Walking with Mom & Tot	96
Weight Training (Universal Gym)	40
Weightlifting, Olympic	11
Yoga	11, 61, 69, 82, 100, 110
Yoga, Beginner	9
Yoga, Fusion	103
Yoga/Stretch Exercise	10
Yoga for Seniors	9
Zumba	98, 100

SPORTS

Aikido	10, 80
Boxing	14, 38, 40, 79, 115
Escrima Filipino Martial Arts	33, 51
Jujitsu	80

Karate	68
Kenpo	64, 74
Kung Fu	10
Ping Pong	120*
Self Defense, Women's	51
Table Tennis	83
Tennis	60, 73, 98, 103, 115
Tennis, Beginner/Intermediate	45, 47
Tennis Drills, Level I and II	45
Tennis League	45
Volleyball	76
Volleyball, Mixed Community	51

AQUATICS

Learn to Swim, Beginner	6, 12, 31, 41, 46, 48, 52, 70, 99, 104, 113
Learn to Swim, Intermediate	6
Master's Swim Team	15
Swim, Lap	6, 12, 15, 31, 35, 41, 46, 52, 70, 76*, 99, 104, 113
Swim, Synchronized	46
Therapeutic Exercise	99
Water Exercise	12, 15, 31, 35, 41, 46, 48, 52, 99, 104
Water Therapy Walking	52
Water Walk & Tone	113
Water Works	114

GENERAL RECREATION/SOCIAL

Bridge, Beginner	121*
Bridge, Play of Hand	121*
Chess	98
Computers, Introduction	79*
Cooking	45, 96
ESL, Basic	120*
ESL, Basic Chinese	120*
ESL, Basic Japanese	120*
Family Night (Volleyball & Ceramics)	94, 96
First Aid, American Red Cross	93
Go (Japanese game, similar to chess)	98
Green Thumb	120*
Hiking	83
Holoholo Club	73*, 75, 83*, 94
Lifeguard Training, American Red Cross	93, 104
Mah Jong	47, 76*, 83*, 98, 120*
Mixed Plate Club, Seniors	75*
OOPS Club	120*
Photography	110
Picture This	73
Senior Citizen Club	98, 102, 110, 115
Seniors, Golden Age	120*
Seniors, Kalakaua	120*
Seniors, Makua Alii	120*
Seniors, Paradise	120*
Seniors, Paradise Karaoke	120*
Seniors, Social	96, 97
Senior Fun	75*
Simple Salads	75
Windward Special People	98

* Classes for senior citizens 55 years and older.

earn over **\$2,500** this summer!!!

If you complete at least one year of college (24 credits) by June 2010 and intend to continue towards a degree in the Fall 2010, apply online at

www.honolulu.com

BE A CITY SUMMER RECREATION AIDE!

Starting pay \$9.00 per hour; returning DPR Summer Recreation Aides \$10.50 per hour. Apply online at www.honolulu.com. For further information, call 768-3044.



CITY AND COUNTY OF HONOLULU

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