

### YWCA Balance Plan: \$38/month

*(YWCA membership and checking account required)  
Reduced rates available for seniors and students*

YWCA members enrolled in the Balance Plan have access to all Balance Plan classes (see schedule to left), locker rooms and shower amenities, heated pool, and a full fitness center.

*No long-term contract, cancellation can be done at any time with a 30 day notice.*

### Monthly Pass: \$50/month

*(YWCA membership required)*

Ideal for those who prefer to not have the Balance Plan fee deducted from a checking account each month, wish to pay for a single month at a time, or are a visiting YWCA member.

### Amenities

Cardio and Weight Room  
Shower & Locker Room  
Heated Pool  
Daily Group Exercise Classes  
Gymnasium  
Personal Training

### Lockers

*(Balance Plan, Monthly Pass or class participants only)*

A limited number of daily lockers are available for free use, but if you would like to have a personal locker, below are your options:

Small..... \$10/month or \$100/year  
Medium..... \$12/month or \$120/year  
Large..... \$14/month or \$140/year  
X-Large..... \$16/month or \$160/year

### Personal Training: \$45/hour

A personal trainer will motivate, assist with weight loss management, sport specific exercises and help you develop healthier and more active habits with one on one training sessions.

**For more information contact**  
Alexis Moon at 808 695 2606

## in the water

### Lap swim

Start your day, rejuvenate at lunch, or catch a quick swim after work, our heated pool is about 30' x 60'. Swimming laps is great for building cardio and endurance. Serious about improving your stroke? Kickboards and floaties are available for use.

### Aqua Fit

Cardiovascular conditioning can be in the water too! Without the pounding on joints, our hour-long aqua fit classes still provide great exercise and toning, leading to improved range of motion, strength, coordination and flexibility. Steph, Debbie, Athline and Chris provide a great workout—and in such a serene setting, it's all about fun and connecting with members without the sweat! While our levels increase in intensity, beginners and new comers are always welcome to participate at your own pace.

#### Level I

The gentlest workout, this class includes cardio and toning; may use noodles and barbells.

#### Level II

Built up endurance? Challenge yourself with our Level II class. Includes 30 minutes of cardio, strength training and toning segments. May use noodles and barbells.

#### Level III

The most challenging aqua fit class with 45 minutes of cardio, noodles and barbells are used to increase resistance and intensity.

### Aqua Therapy and Water Walk

For members with arthritis or other joint concerns, we recommend these classes. Exercising every joint safely in our heated pool, members find improved flexibility, strengthened muscles and greater range of motion. Members use water belts to 'walk' the length of the pool in intervals in the Water Walk class.

**No classes on  
November 26th  
(Thanksgiving)**

## cardio

### Open Basketball

Join in on rounds of game play during lunch—games start at 12:30. On float days, please check with the hospitality desk.

### Wake-up call

A quick half-hour workout to start the day—Sam leads you through 15 minutes of low-impact cardio along with 15 minutes of light-weight strength training.

### Cardio Kickboxing (Low & High Impact)

A member favorite! Miyo leads classes through a combination of aerobic exercise, boxing, and martial arts for a total body workout. A fun way to build strength, aerobic fitness, flexibility, coordination and balance.

### Hi/Lo Impact Sports Conditioning

Start your day with a classic—aerobics. Offered in a variety of high and low impact combinations, you will leave refreshed and ready to start your day!

### Low Impact Conditioning for Seniors

An energy-filled workout without a lot of pounding on your joints, Ellen takes you through a variety of arm and leg movements on the floor.

### Shape Fit Express

Pressed for time? 30 minutes and you're on your way—use our air-powered weight equipment to tone and build strength while raising your heart rate. Great for all fitness levels.

## mind and body

### Yoga

Use breathing techniques to release stress and improve flexibility—not only in class, but in everyday life!

### Vinyasa Flow

Linking core elements of breath and movement, Franklin moves you into inner stillness with focused awareness on every movement of your Asana practice. Great for beginners and new-comers to Yoga.

### Wellness Hula

Learn one of Hawai'i's greatest cultural dances with us. Using basic modern hula steps to exercise, classes are fun and a great way to connect with other members.

### Pilates

A member favorite! Pilates builds core stability and strength with smooth, maintained and flowing movements. Led by our certified personal trainer Steph, she watches carefully for centered posture and breath control. You will feel invigorated and re-centered after this!

# aquatics

## holiday session

**October 12 - December 20, 2009**

**Registration:** Sept 14 - Oct 4, 2009

*Registrations after October 4 will be assessed a \$10 fee.*

## learn together

As busy moms, we juggle many priorities that all compete for our time. Ensuring our keiki are healthy and well is important for their development. As YWCA members youth can learn to swim in a fun, safe, positive, and nurturing environment. Classes are smaller for more personalized instruction by our quality instructors and designed for progressive learning, with each lesson building on the previous one.

We invite you to become a YWCA member today! Visit [www.ywcaoahu.org](http://www.ywcaoahu.org) or the hospitality desk at Laniākea or Kokokahi YWCA for more details.

### Swim Lessons for Children and Adults

Semi Private and Private lessons

#### For more information contact

Alexis Moon  
808 538 7061

#### Laniākea YWCA

1040 Richards Street  
Honolulu, HI 96813  
808 538 7061

MONDAY - FRIDAY 5:00 am - 7:00 pm  
SATURDAY & SUNDAY 7:00 am - 2:00 pm

#### Kokokahi YWCA

45-035 Kane'ohe Bay Drive  
Kane'ohe, HI 96744  
808 247 2124

MONDAY - SUNDAY 8:00 am - 5:00 pm

## Laniākea

### junior swim classes

*(Ages 3-5 or with instructor's consent)*

All junior classes are geared to teach your child how to swim while being in a fun and safe environment. At this age, children should fully enjoy their experience swimming to nurture their enthusiasm for the water.

#### Junior Novice "Opihi" Non-Swimmer

10 **Saturday** classes..... \$100  
8:15 am - 8:45 am

10 **Sunday** classes..... \$100

8:45 am - 9:15 am

#### Junior Level I Prerequisite: Novice

10 **Saturday** classes..... \$100  
8:45 am - 9:15 am

#### Junior Level II/III Prerequisite: Junior Level I

10 **Saturday** classes..... \$100  
9:30 am - 10:00 am

### youth swim classes

*(Ages 6-12)*

Our youth program is able to teach any level from non-swimmer to swim club. All classes hold true to the ideal that a safe, nurturing, fun and positive environment is most conducive to anyone's learning experience.

#### Youth Novice Non-Swimmer

10 **Saturday** classes..... \$105  
9:00 am-9:45 am  
11:00 am-11:45 am

10 **Sunday** classes..... \$105

12:30 pm-1:15 pm

#### Youth Level I Prerequisite: Novice

10 **Saturday** classes..... \$105  
8:45 am-9:30 am

#### Youth Level I/II Prerequisite: Novice

10 **Sunday** classes..... \$105  
10:30 am - 11:15 am

#### Youth Level II Prerequisite: Level II

10 **Saturday** classes..... \$105  
10:30 am - 11:00 am

#### Youth Level III Prerequisite: Level II

10 **Saturday** classes..... \$105  
10:00 am - 10:45 am

10 **Sunday** classes..... \$105

10:15 am - 11:00 am

#### Youth Level IV/V Prerequisite: Youth Level III

10 **Saturday** classes..... \$105  
7:30 am-8:15 am  
11:15 am-12:00 pm

10 **Sunday** classes..... \$105

8:45 am-9:30 am

12:15 pm-1:00 pm

#### Youth Speed Swim Prerequisite: Level V

10 **Saturday** classes..... \$115  
12:00-1:00 pm

10 **Sunday** classes..... \$115

1:00 pm-2:00 pm

### adult swim classes

It is never too late to learn how to swim. Our program is designed to teach to your skill level and work with you to accommodate your needs. We pride ourselves on having an environment where anybody, no matter what mind set or skill level, has the guidance and support they need to learn to swim.

#### Adult Novice Non-Swimmer

10 **Monday** classes..... \$115  
6:00 pm-7:00 pm

10 **Wednesday** classes..... \$115

6:00 pm-7:00 pm

#### Adult Level I / II Prerequisite: Adult Novice

10 **Wednesday** classes..... \$115  
6:00 pm-7:00 pm

#### Adult Level III / IV Prerequisite: Adult Level I/II

10 **Monday** classes..... \$115  
6:00 pm-7:00 pm

No classes on  
November 26th  
(Thanksgiving)

eliminating racism  
empowering women

**ywca**

o'ahu

# Kokokahi

## weekday sessions We offer twice weekly classes with two sessions.

**Monday/Wednesday** classes  
**Session A:** Oct 12 - Nov 11, 2009  
**Session B:** Nov 16 - Dec 16, 2009

**Tuesday/Thursday** classes  
**Session A:** Oct 13 - Nov 12, 2009  
**Session B:** Nov 17 - Dec 17, 2009

## keiki aquatics

(6 mo - 3 yrs)

Our instructor will help you adjust your child to the water, teach you the skills to work with your child, while in a heated pool. Make that first experience swimming with your child one you will not forget!

### Parent Tot Water Fun

10 **Saturday** classes..... \$90  
12:30 pm-1:00 pm

10 **Sunday** classes..... \$90  
12:30 pm-1:00 pm

10 **Tues/Thurs** classes..... \$90  
**Session A**  
2:30 pm-3:00 pm

9 **Tues/Thurs** classes.....\$81  
**Session B**  
2:30 pm-3:00 pm

## junior swim classes

(Ages 3-5 or with instructor's consent)

All junior classes are geared to teach your child how to swim while being in a fun and safe environment. At this age, children should fully enjoy their experience swimming to nurture their enthusiasm for the water.

**Junior Novice "Opahi" Non-swimmer**  
10 **Saturday** classes..... \$100  
9:30 am-10:00 am  
10:00 am-10:30 am

10 **Sunday** classes..... \$100  
9:30 am-10:00 am  
10:30 am-11:00 am

10 **Tues/Thurs** classes..... \$100  
**Session A**  
3:00 pm-3:30 pm

9 **Tues/Thurs** classes.....\$90  
**Session B**  
3:00 pm-3:30 pm

10 **Mon/Wed** classes..... \$100  
**Session A or B**  
4:00 pm-4:30 pm

**Junior Level I/II/III Prerequisite: Novice**  
10 **Saturday** classes..... \$100  
10:30 am-11:00 am

10 **Sunday** classes..... \$100  
1:00 am-11:30 am

**Junior Level I Prerequisite: Novice**  
10 **Tues/Thurs** classes..... \$100  
**Session A**  
3:00 pm-3:30 pm

9 **Tues/Thurs** classes.....\$90  
**Session B**  
3:00 pm-3:30 pm

**Junior Level II/III Prerequisite: Level I**  
10 **Saturday** classes..... \$100  
10:30 am-11:00 am

10 **Sunday** classes..... \$100  
1:00 am-11:30 am

10 **Tues/Thurs** classes..... \$100  
**Session A**  
3:30 pm-4:00 pm

9 **Tues/Thurs** classes.....\$90  
**Session B**  
3:30 pm-4:00 pm

## youth swim classes

(Ages 6-12 yrs.)

Our Youth program is able to teach any level from non-swimmer to Swim Club. All classes hold true to the ideal that a safe, nurturing, fun and positive environment is most conducive to anyone's learning experience.

**Youth Novice "Opahi" Non-swimmer**  
10 **Saturday** classes..... \$105  
11:00 am-11:45 am

10 **Sunday** classes..... \$105  
9:30 am-10:15 am

10 **Tues/Thurs** classes..... \$105  
**Session A**  
4:00 pm-4:45 pm

9 **Tues/Thurs** classes.....\$94.50  
**Session B**  
4:00 pm-4:45 pm

10 **Mon/Wed** classes..... \$105  
**Session A or B**  
4:30 pm-5:15 pm

**Youth Level I Prerequisite: Novice**  
10 **Tues/Thurs** classes..... \$105  
**Session A**  
4:00 pm-4:45 pm

9 **Tues/Thurs** classes.....\$94.50  
**Session B**  
4:00 pm-4:45 pm

**Youth Level I/II Prerequisite: Novice**  
10 **Saturday** classes..... \$105  
11:45 am-12:30 pm

10 **Sunday** classes..... \$105  
11:15 am-12:00 pm

**Youth Level II/III Prerequisite: Level I**  
10 **Tues/Thurs** classes..... \$105  
**Session A**  
4:45 pm-5:30 pm

9 **Tues/Thurs** classes.....\$94.50  
**Session B**  
4:45 pm-5:30 pm

**Youth III/IV/V Prerequisite: Level II**  
10 **Sunday** classes..... \$105  
9:30 am-10:15 am

**Youth IV/V Prerequisite: Level III**  
10 **Tues/Thurs** classes..... \$105  
**Session A**  
4:45 pm-5:30 pm

9 **Tues/Thurs** classes.....\$94.50  
**Session B**  
4:45 pm-5:30 pm

## adult swim classes

It is never too late to learn how to swim. Our program is designed to teach to your skill level and work with you to accommodate your learning needs. We pride ourselves on having an environment where anybody, no matter your mind set or skill level, has the guidance they need to be able to swim.

### Adult Novice Non-Swimmer

10 **Tues/Thurs** classes..... \$115  
**Session A**  
6:30 pm-7:15 pm

9 **Tues/Thurs** classes.....\$103.50  
**Session B**  
6:30 pm-7:15 pm

## water aerobics

(No swimming skills required)

Placed right at the front of the Kokokahi facility, our pool is not only heated but in a secure and comfortable location. A variety of different water exercises including low to medium impact aerobics, aqua jogging and muscle toning exercises. Improve flexibility, range of motion, strength, and overall fitness level while in a relaxing environment. All classes taught by our highly trained instructors will set you on the right path to achieving your goals.

### Water Aerobics Non-Swimmer

10 **Tues/Thurs** classes..... \$70  
**Session A**  
5:30 pm-6:30 pm

9 **Tues/Thurs** classes.....\$63  
**Session B**  
5:30 pm-6:30 pm

# enrichment

## holiday session

**October 12 - December 20, 2009**

**Registration:** Sept 14 - Oct 4, 2009

*Registrations after October 4 will be assessed a \$10 fee.*

## learn together

As busy moms, we juggle many priorities that all compete for our time. Ensuring our keiki are healthy and well is important for their development. As YWCA members youth can learn to swim in a fun, safe, positive, and nurturing environment. Classes are smaller for more personalized instruction by our quality instructors and designed for progressive learning, with each lesson building on the previous one.

**We invite you to become a YWCA member today! Visit [www.ywcaoahu.org](http://www.ywcaoahu.org) or the hospitality desk at Laniākea or Kokokahi YWCA for more details.**

### Laniakea YWCA

1040 Richards Street  
Honolulu, HI 96813  
808 538 7061

Monday - Friday 5:00 am - 7:00 pm  
Saturday & Sunday 7:00 am - 2:00 pm

### Kokokahi YWCA

45-035 Kane'ohe Bay Drive  
Kane'ohe, HI 96744  
808 247 2124

Monday - Sunday 8:00 am - 5:00 pm

## Laniākea

### aikido classes

*(Adults and children 8 years and older welcome)*  
Aikido is a Japanese martial art that is performed by blending with the motion of the attacker and redirecting the force of the attack. Aikido students learn to "lead" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks. Ki breathing and meditation are included. Aikido students develop self-discipline, respect for others, and a positive attitude. They learn to calm their minds, direct their energy positively, and become more confident.

With Rodney Sensei, Mike Takeno, Barbara Schauble & Shaun Kamida

#### **Aikido All Levels**

Gi required  
10 **Monday** classes.....\$100  
5:30 pm-7:00 pm

10 **Saturday** classes.....\$100  
5:30 pm-7:00 pm

#### **Aikido Weapons Training & Application**

*Must be registered in another Aikido class*  
Gi required  
10 **Saturday** classes..... no charge  
11:00 am - 12:00 pm

### hula classes

With Marmie Hopfe

#### **Beginner Keiki Hula**

10 **Saturday** classes.....\$100  
8:00 am-9:00 am

#### **Intermediate/Advanced Keiki Hula**

10 **Saturday** classes.....\$100  
8:00 am-9:00 am

#### **Teen Hula**

10 **Saturday** classes.....\$100  
11:00 am-12:00 pm

### ukulele classes

With Brother Noland

#### **Beginner Keiki Ukulele**

*(Ages 5 - 10)*  
Students required to provide their own Ukulele  
10 **Monday** classes.....\$100  
4:30 pm - 5:00 pm

#### **Intermediate Keiki Ukulele**

*(Ages 10 - 16)*  
10 **Monday** classes.....\$100  
5:00 pm-6:00 pm

## Kokokahi

### aikido classes

*(Children and adults welcome)*  
Aikido is a form of martial arts and is ideal for all ages. The art is based on circular movements and uses the other person's power to one's advantage. Aikido can be a good tool for self defense and is also good exercise for the spirit, mind and body.

Provided by program partner Shihan, Robert Kubo  
Call Robert Kubo for more information at 235 1486

#### **Kailua Aikido Club**

**Monday and Wednesday** classes  
7:00pm - 8:30 pm  
Kokokahi YWCA gym

Adult.....\$20/month  
Youth/Teen (12-17).....\$15/month  
Children (6-11).....\$10/month

**No classes on  
November 26th  
(Thanksgiving)**

**eliminating racism  
empowering women**  
**ywca**

o'ahu

# ywca of o'ahu membership application

LANIAKEA  KOKOKAHI  FERNHURST

Renewal  Y  N

Name (First) (Middle) (Last)

Mailing Address City, State, Zip Code

Phone (W) Phone (H/C) E-mail Fax

Company Title

Date of Birth Gender

In Case of Emergency Contact Emergency Contact Phone

Parent's Name (if applicable)

Where did you hear about the YWCA? Reasons for Joining

**Ethnic Background** (check all that apply)

- African American or Black
- American Indian or Alaska Native
- Asian Indian
- Chinese
- Filipino
- Guamanian or Chamorro
- Japanese
- Korean
- Native Hawaiian
- Other Asian
- Other Pacific Islander
- Samoan
- Spanish/Hispanic/Latino
- Vietnamese
- White or Caucasian
- Other: \_\_\_\_\_

**Military/Federal Employee**

- Coast Guard  Federal Employee  Military Family Member  Military (DoD)

**Household Income Level**

- Below \$20,000  \$20,001-\$30,000  \$30,001-\$40,000  \$40,001-\$50,000  \$50,001-\$65,000  \$65,001 and above

**Note:** Our funding depends on our ability to provide support to members who are representative of our community. Help us retain needed funding by providing the information above. We do not release the information outside of the YWCA of O'ahu except in summarized form (never by individual) as required to support program funding.

**Payment** (Registration will not be accepted without payment)

- Check  Visa  MasterCard  Cash (Please do not send cash if registering by mail)

(Please make checks payable to the YWCA of O'ahu)

Credit Card #	_____	Membership Fee <b>\$50</b>	_____
Expiration	_____	Class Fees	_____
Name of Cardholder	_____	Additional Donation	_____
Signature	_____	Total	_____

## Participant Health Information & Liability Waiver

All participants are required to keep contact information current.

Significant medical history/conditions we should be aware of (heart condition, epilepsy, etc.)

---

---

Allergies (to medicine, insect bites, etc.) \_\_\_\_\_

In case of emergency, my choice of hospital is (Name) \_\_\_\_\_ (City) \_\_\_\_\_

### Please contact the following individuals in case of emergency

1. (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Phone) \_\_\_\_\_ (Relationship) \_\_\_\_\_

2. (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Phone) \_\_\_\_\_ (Relationship) \_\_\_\_\_

In consideration of the YWCA of O'ahu accepting my (or the Participant's) application for voluntary participation in YWCA programs, activities, and/or related events, I, the undersigned Participant (or Legal Guardian of a minor Participant), hereby waive all claims and/or causes of action, including negligence, against the YWCA of O'ahu and its officers, directors, employees, agents and representatives, arising out of my participation in the YWCA programs, activities, and/or related events. I, intending to be legally bound for myself, my successors, heirs, legal representatives, executors, administrators, and assigns, do hereby release, hold harmless, and discharge the YWCA of O'ahu and its officers, directors, employees, agents and representatives, from any and all liability, including negligence, in connection with my participation in YWCA programs, activities, and/or related events.

I understand and acknowledge that participation in YWCA programs, activities, and related events could result in loss of, or damage to, my or another person's property, serious injury to my or another person's body, including mental or emotional injury or trauma, and/or death. Knowing, understanding and fully appreciating all of these consequences, I hereby voluntarily and willingly assume all risks and damages associated with my participation.

I have read this waiver and understand the terms in it, and its legal significance. This waiver and release is freely and voluntarily given with the understanding that right to legal resources against the YWCA of O'ahu is knowingly given up in return for allowing my participation in the YWCA programs, activities and/or related events. My signature on this document is intended not only to bind myself, but my successors, heirs, legal representatives, executors, administrators, and assigns, as well.

Additionally, I certify that I have had a medical examination within the current year, that my general health permits my participation in YWCA programs, activities, and/or related events, and that I have received medical clearance to participate in strenuous activities.

I consent to receive medical treatment, which may be advisable in the event of illness, or injuries suffered by me during YWCA programs, activities, and/or related events.

If participant is under 18 years old: Should parent(s) or authorized person(s) not be available, I authorize the YWCA of O'ahu to arrange for emergency transport and medical attention to the nearest hospital. I HAVE READ THIS WAIVER AND AGREE TO ITS TERMS.

I grant permission to the YWCA of O'ahu to use photographs, slides, or videotapes in which I may appear, for YWCA education, promotion or publicity purposes and waive all claims for compensation for such use.

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT (OR LEGAL GUARDIAN IF PARTICIPANT IS UNDER 18)

\_\_\_\_\_  
DATE

Registration also available at [www.ywcaoahu.org](http://www.ywcaoahu.org)

**YWCA Membership Services**  
1040 Richards Street  
Honolulu, Hawai'i 96813  
(808) 538-7061

eliminating racism  
empowering women  
**ywca**  
o'ahu