

# Recreation Center Programs

## Stretching Classes with Anna Peahu:

*Yoga Stretch in the Chair*  
Tues-Fri, 8:00-8:50am  
Fee: \$3.00

*Feel Good Stretch*  
Tues & Thurs, 5:00-5:50pm  
Fee: \$5.00



Fitness instructor Anna Peahu incorporates her comprehensive knowledge with adaptive fitness for individual success. Increase range of motion, balance, mobility and circulation. Bring a big towel/yoga mat to work on the ground; chairs are available for seated stretching.

## Aquajogging

Mon, Wed, Fri  
9:00-10:00am

A free, informal exercise group at the pool. Water exercise improves circulation, lowers blood pressure, and increases range of motion without the stress of gravity.



## Yoga Plain & Simple

Saturdays, 8:00-9:00am  
Fee: \$5/class or \$20/month  
Instructor Harry Winfield

Increase flexibility, balance, alignment and strength. Bring a yoga mat, large towel, and bottled water.



## Youth Basketball & Volleyball

Seasonal Leagues – inquire at the recreation office.



## Vacation/Intersession Program (VIP)

Year-round childcare for children in grades K through 6. Follows the KES multi-track schedule; weekly rates are also available. Sports, music, drama, arts & crafts, games and swimming.

## Book Club

4<sup>th</sup> Thursday of the month  
6:30pm, conference room

A reading group that meets monthly to discuss an assigned book. Explore ideas in literature and their impact on history and tradition.



## Swim Lessons

Classes run in 4-week sessions from March through October. Red Cross Learn-to-Swim Program. Register at rec office.

## Karate

Tuesdays & Thursdays  
Beginners 6:30-7:30pm  
Advanced 7:00-8:30pm

Fee: \$35 for kids, \$40 for adults

Combines physical and mental benefits such as self-discipline, respect, concentration and courtesy.



## Zumba Classes

Mondays & Most Wednesdays  
6:30-7:30pm

Fee: \$5.00 per class

Zumba classes combine Latin and international music with easy-to-follow moves.



## Cub Scouting

Boys in grades 1 through 5 enjoy safe, wholesome activities which focus on developing character, improving fitness, teaching practical skills and community service. Contact [pack126.kapolei.hawaii@gmail.com](mailto:pack126.kapolei.hawaii@gmail.com)



*The Villages of Kapolei is a private association for members only. Program information is also available on our website at [www.villagesofkapolei.com](http://www.villagesofkapolei.com).*



Like

*Like us on Facebook at Villages of Kapolei Association.*