

VOK Recreation Center Programs

Keiki Steps

Mon-Thur, 8:30-11:30am
Ages birth to 5, with a parent/adult.
This free parent participation preschool prepares children for school through a variety of developmentally and culturally appropriate activities. Register by calling 620-9043 or email info@inpeace.org.



Tropic Lightning Taekwondo

Tues & Thur, 5:00-6:30pm, \$90/mo.
Martial arts with an emphasis on confidence, respect, discipline and character development. Free 2-week introductory trial.



Tai Chi

Thurs, 3:30-4:45pm
Fee: \$5.00/member, \$6.00/sponsored guest
A Qugong & Taijiquan for Wellness
Designed to enhance breathing, relaxation, balance and focus. Instructor Stuart Holloway



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.



Seniors Club

Thursdays, 10:00am, Free
Join us for educational seminars, social activities, arts & crafts, and more. For ages 55 and up. May sponsor up to 3 guests.



Swim Lessons

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

Swim Team

Mon, Wed, Fri, 4:00-5:30pm
Dues: \$50 per month
Stroke refinement, conditioning, discipline and exercise. For kids ages 6-18; pre-test.



Kickboxing Fitness

Mondays & Wednesdays, 4:00pm
Fee: \$40 per month, Ages: 8 and up
Focus on discipline, self-respect and good health while enjoying agility and cardio workouts. Instructor Derrick Bright



Cub Scouts

Children in grades 1-5 enjoy activities which focus on developing character, improving fitness, teaching practical skills and community service. Contact them through their Facebook page @cubscoutpack126kapolei



Girl Scouts

Tuesdays, 5:30pm
Girls in grades K-12 engage in skill-based badges, make friends, explore leadership opportunities, work collaboratively and serve their community. Contact gshwestside@gmail.com



Karate

Tues & Thurs, \$40/month
Beginners, 6:30-7:30pm
Advanced, 7:00-8:30pm
Combines physical and mental benefits such as self-discipline, respect, concentration and courtesy.



Zumba & Pound Fitness

Mons & Most Weds, 7:00-8:30pm
Fee: \$5.00 per class
Zumba combines Latin and international music with easy-to-follow moves. Pound features lightly weighted sticks to drum your way to fitness. Instructor Anela Jackson



Feel Good Stretch:

Tues & Thurs, 5:00-5:50pm, Fee: \$5.00
Adaptive fitness for individual success. Increase range of motion, balance, mobility and circulation. Instructor Anna Peahu



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.



The Villages of Kapolei is a private homeowners' association for members only.

www.villagesofkapolei.com
[@villagesofkapoleiassociation](https://www.instagram.com/villagesofkapoleiassociation)

