

East Hawai'i

Culture and Education Classes

Summer Quarter Schedule

March 1, 2026 - May 29, 2026

Classes held Mondays from March 2, 2026 – May 27, 2026

- **MORNING YOGA**, 8:30 a.m. - 9:45 a.m., Culture & Education classroom – Hilo Armory, Instructor: L. Damas, \$30

Classes held Tuesdays from March 3, 2026 – May 29, 2026

- **CONTINUING YOGA**, 7 a.m. - 8 a.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30
- **QI GONG**, 8:30 a.m. – 9:45 a.m., Hilo Armory Gym, \$ TBD

Classes held Wednesdays from March 4, 2026 – May 27, 2026

- **MORNING YOGA**, 8:30 a.m. - 9:45 a.m., Culture & Education classroom – Hilo Armory, Instructor: L. Damas, \$30
- **BEGINNING QI GONG**, 8:30 a.m. - 9:45 a.m., Hilo Armory Gym, Instructor: C. Zajicek, \$30
- **BEGINNERS KNITTING**, 4 p.m. – 5 p.m., Culture & Education classroom, Instructor: C. Southern, \$30
- **CONTINUING YOGA**, 5 p.m. – 6:30 p.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30

Classes held Thursdays from March 5, 2026 – May 28, 2026

- **CONTINUING YOGA**, 7 a.m. - 8 a.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30
- **QI GONG**, 8:30 a.m. – 9:45 a.m., Hilo Armory Gym, \$ TBD

Classes held Fridays from March 6, 2026 – May 29, 2026

- **CONTINUING YOGA**, 7 a.m. - 8 a.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30

Classes held Saturdays from March 7, 2026 – May 23, 2026

- **CONTINUING YOGA**, 9:30 a.m. – 10:30 a.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30
- **BEGINNERS KNITTING**, 11 a.m. – 12 p.m., Culture & Education classroom, Instructor: C. Southern, \$30

Classes held Sundays from March 1, 2026 – May 24, 2026

- **CONTINUING YOGA**, 5:30 p.m. – 6:30 p.m., Culture & Education classroom – Hilo Armory, Instructor: C. Southern, \$30

Classes will be closed on the following HOLIDAYS:

- March 16 – March 20 (Haili Volleyball Tournament; Hilo Armory Gym classes will be closed)
- March 26 (Prince Jonah Kūhiō Kalanianaʻole Day)
- April 3 (Good Friday)
- April 5 (Easter)
- May 25 (Memorial Day)

East Hawaii Class Information

CLASS COSTS: Participants will be required to pay a registration fee per class. Drop in costs are \$3 per class. Class costs range between \$20.00 - \$33.00 for the entire session, whether it's 7, 8, 9, 10, or 11 classes and will be collected at the first and second class. If you pay with cash, please bring exact amounts. **Please, no coins.** If paying by check please make checks payable to: County Director of Finance. Credit cards are not accepted.

POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY The Dept. of Parks and Recreation provides recreational opportunities without regards to race, color, national origin, age, sex, religion or disability. Please call Randell Kokubun, Recreation Specialist II at 961-8681 / BTTY 961-8736 to discuss your need for reasonable accommodation, or for more information on site accessibility. The County of Hawaii is an Equal Opportunity Provider and Employer.