

## West Hawai‘i Senior Classes Spring Quarter Schedule

### March 30- June 7, 2026 (10 Weeks)

#### MONDAY -- March 30- June 1, 2026

<u>CLASS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>
Tai Chi	10:00A-11:00A	Yano Hall – Upper Hall	P. Hema	\$20
Line Dancing-Beginner	10:00A-11:00A	Lily Yoshimatsu Senior Center (Waimea)	L. McKenna	\$20
Line Dancing-Improver	11:00A-12:00P	Lily Yoshimatsu Senior Center (Waimea)	L. McKenna	\$20
Zumba Gold (Class starts 4/13)	11:30A-12:30P	Old Airport Events Pavilion	R. Watai	\$20
<b>**NEW**</b> Yang Form 24-Tai Chi	12:00P-1:00P	Lily Yoshimatsu Senior Center (Waimea)	M. Ray	\$20
S.A.I.L. Balance and Movement	12:00P-1:00P	Kohala Intergenerational Center	C. Orellana	\$20

#### TUESDAY -- March 31-June 2, 2026

<u>CLASS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>
*Intro to Pickleball	7:00A-9:00A	Pickleball Courts <small>Kailua Park Outdoor Courts</small>	L. Yuen W. Nakamoto	\$20
*Pickleball – Open play <small>MUST KNOW HOW TO PLAY</small>	7:00A-9:00A	Pickleball Courts <small>Kailua Park Outdoor Courts</small>	D. Perry	\$20
Tai Chi	9:00A-10:00A	West Hawaii Civic Center - Gazebo	R. Li	\$20
*Line Dancing – Improver	9:00A-10:30A	Waikoloa Community Church	P. Chang	\$20
*Pickleball – Open Play <small>MUST KNOW HOW TO PLAY</small>	9:00A-11:00A	Pickleball Courts <small>Kailua Park Outdoor Courts</small>	R. Wilhelm	\$20
*Ukulele – Beginner	9:30A-10:30A	Hale Halawai	B. Tabayoyon	\$20
Hatha Yoga Stretch	10:00A-11:00A	Imin Center	M. Donley	\$20
*Ukulele – Intermediate	10:30A-11:30A	Hale Halawai	B. Tabayoyon	\$20

**County of Hawai`i, Department of Parks and Recreation, Elderly Activities Division, Elderly Recreation Services  
West Hawaii Civic Center 74-5044 Ane Keohokalole Hwy Bldg B, Kailua-Kona, HI 96740 Phone: (808) 323-4340**

**WEDNESDAY --April 1-June 3, 2026**

<u>CLASS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>
Qi Gong	9:00A-10:00A	West Hawaii Civic Center – Gazebo	R. Li	\$20
*Beginner Swimming 1	9:15A-10:15A	Kona Community Aquatic Center	T. Tolzmann	\$20
Tai Chi	10:00A-11:00A	West Hawaii Civic Center – Gazebo	R. Li	\$20
Tai Chi	10:00A-11:00A	Yano Hall – Upper Hall	P. Hema	\$20
*Beginner Swimming 2	10:15A-11:15A	Kona Community Aquatic Center	T. Tolzmann	\$20

**THURSDAY –April 2- June 4, 2026**

<u>CLASS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>
*Intro to Pickleball	7:00A-9:00A	Pickleball Courts Kailua Park Outdoor Courts	L. Yuen W. Nakamoto	\$20
*Pickleball – Open play MUST KNOW HOW TO PLAY	7:00A-9:00A	Pickleball Courts Kailua Park Outdoor Courts	D. Perry	\$20
Line Dancing- Novice (No Experience Required)	9:00A-10:00A	Waikoloa Community Church	P. Chang	\$20
*Pickleball – Open play MUST KNOW HOW TO PLAY	9:00A-11:00AM	Pickleball Courts Kailua Park Outdoor Courts	R. Wilhelm	\$20
*Intermediate Stroke Improvement	9:15A-10:15A	Kona Community Aquatics Center	T. Tolzmann	\$20
*Line Dancing – Improver	10:00A-11:30A	Old Airport Events Pavilion	L. McKenna	\$20
Chair Yoga	10:00A-11:00A	Imin Center	M. Donley	\$20
* Watercolor Pencil Drawing	10:00A-11:00A	Imin Center (Nutrition Room)	C. Sugiyama	\$20
*Line Dancing Beginner Plus	10:15A-11:15A	Waikoloa Community Church	P. Chang	\$20

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**THURSDAY – continued- April 2-June 4**

*Sewing for Fun ***CLOSED***	11:00A-2:00P	Imin Center – Office #2 (near EAD/Nutrition Office)	T. Tracy	\$20
Tai Chi	11:30A-12:30P	Old Airport Events Pavilion	P. Hema	\$20
Hand Building Ceramics (No Experience Required)	1:00P-3:00P	Lily Yoshimatsu Senior Center (Waimea)	K. Alexander	\$20

**FRIDAY –April 3- June 5, 2026**

<u>CLASS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>
Tai Chi	9:00A-10:00A	Imin Center	P. Hema	\$20
*Line Dancing – Beginner	9:00A-10:00A	Yano Hall – Upper Hall	J. Porter	\$20
*Intro/Beginner Hula	10:00A-11:00A	Hale Halawai	P. Roberson & S. Keanaaina	\$20
*Line Dancing – Improver	10:15A-11:15A	Yano Hall – Upper Hall	J. Porter	\$20
**NEW** Yang Form 24- Tai Chi	12:00P-1:00P	Lily Yoshimatsu Senior Center (Waimea)	M. Ray	\$20

**Classes will be closed on the following HOLIDAYS:**

Friday, April 3, 2026 (Good Friday)  
 Monday, May 25, 2026 (Memorial Day)

## West Hawaii Class Information

**AGE:** Must be 55 years of age or older to participate.

**ENROLLMENT:** Registration will be closed when class limit is met. Class size is dependent on room size and student/teacher ratio. **An Elderly Activities Division Kupuna Card is recommended to participate in activities. If you do not have a Kupuna Card please drop-in at the West Hawaii Civic Center, Parks & Recreation, Elderly Activities Division (Building B, Ground floor) Monday – Friday between 1:30pm – 3:30pm.**

**REGISTRATION:** General registration will start **the first day of class**. First come, first serve. PLEASE, NO REGISTRATION BY TELEPHONE. **Pre-registration for students currently enrolled in the course will be on the last day of class in the quarter.**

**CLASS COSTS:** Participants will be required to pay a registration fee per class. The fee will be \$20.00 for the entire session whether it's 8, 9, or 10 classes and will be collected at the **first and second class**. The money will be used to support all programs and ERS activities. **No refunds after the second class.** If you pay with cash, please bring exact change. If paying by check please make checks payable to:

**County Director of Finance.** Credit cards are not accepted.

Note: Please refrain from wearing strong perfumes and colognes due to sensitivity to others.

\***Ukulele (Beginner & Intermediate) classes** – A ukulele, music stand, and pen/pencil is required.

\* **Watercolor pencil-** Please bring one set of pencils, two soft brushes (one small/one large), watercolor or multimedia paper, and a sketch book for drafts.

\***All Line Dancing classes** – Wear comfortable clothes and shoes.

\***Line Dancing – Improver (Beginner Plus) classes**– This is not an entry level class. Previous line dancing experience is required.

\***Hatha Yoga Stretch-** Please bring 3 beach towels, 1 yoga block (plastic or wood), and 1 yoga strap.

\***Intro/Beginner Hula-** Aloha, You will learn basic hula steps, hand motions, and hula dance. Wear comfortable clothes and bring your own water. A sarong/Pareo/pa'u skirt is welcome but not required. **No new students after second class.**

\***Beginner 1 Swimming** – There are no prerequisites for this class. Will learn and refine the following skills: Adjust to the water, hold breath, blow bubbles through mouth and nose, float on front and back, front glide, kick on front and back, skull on back, front crawl using arms and kicking, rhythmic breathing while doing front crawl, elementary backstroke using arms and whip kick, roll from front to back. As you enter the south gates, (gates closest to Kekuaokalani Gymnasium) there are two round tables. Class will meet there. **No new students after the second class.** Class limit 10. First come, first serve.

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**\*Beginner 2 Swimming** – Prerequisite for this class is to be able to swim 25 yards (the length of the pool) without stopping while doing front crawl using rhythmic breathing. Will refine and expand on the following skills: water dynamics, rhythmic breathing, elementary backstroke. Will learn and practice the timing and technique for back crawl, sidestroke and breaststroke. Will be in the deep end of the pool and will have to tread water. Entrance into the pool is at the north or south gates. As you enter the south gates, (gates closest to Kekuaokalani Gymnasium) there are two round tables. Class will meet there. No new students after the second class. Class limit 10. First come, first serve.

**\*Intermediate Stroke Improvement** – Goggles highly recommended. This is not an entry level class. The prerequisite for this class is to be able to swim 50 yards while doing front crawl using rhythmic breathing with minimal stopping and successfully demonstrate basic skills of elementary backstroke, breaststroke, sidestroke and back crawl. Will refine all strokes and work on endurance. Will learn open turns, flip turns, dives and introduction to dolphin kick and butterfly. Entrance into the pool is at the north or south gates. As you enter the south gates (gates closest to Kekuaokalani Gymnasium) there are two round tables. Class will meet there. No new students after the second class. Class limit 10. First come, first serve.

**\*Sewing for Fun (CLOSED)** Sewing for Fun group for weekly creative fun. Participants are invited to bring their own sewing projects or learn to make something new. It's your choice! All sewing levels are welcome. Please bring basic sewing supplies including both fabric and paper scissors, pins/clips, seam ripper, marking tools, seam gauge, measuring tape and your sewing machine.

**\*Intro to Pickleball** - A pickleball paddle is required. No new students after the second class. Wear comfortable clothes, shoes and bring water to class.

**\*Open Play Pickleball** - Participants must know how to play. Pickleball paddle is required. Wear comfortable clothes, shoes and bring water to courts. Not an instructional type of class. Space is limited, please come only during your designated time. **\*\*\*REGISTRATION IS OPEN FIRST TWO WEEKS OF QUARTER, NO REGISTRATIONS THEREAFTER.**

**\*Hand Building Ceramics**- No experience required. Bring an apron or old shirt. Clay will be available for purchase at class.

**\*\*CLOSED\*\***- classes are at max capacity. Will re-open enrollment when space is available.

*The County of Hawai`i is an equal opportunity provider and employer. To request the use of an auxiliary aid or other type of reasonable modification to access Department of Parks & Recreation programs, or to learn more about site accessibility, contact Randell Kokubun at 808-961-8681.*