

Refund Policy:

All fees are non-refundable after the start of the program, or collection deadline (for special activities) as designated at registration, or as noted below. Refund requests will be made in writing and accompanied by a receipt, canceled check, or appropriate registration form indicating payment.

1. **Recreation Classes:** Refunds will be allowed for the requests submitted before and including the first meeting of the class. No refund will be made after the meeting of the class.
2. **Canceled Classes:** Refunds will be made for classes canceled by the department. If a class is canceled after a number of sessions have already been held, refunds will be made pro-rata basis of completed sessions.

Make check out to: **City & County of Honolulu**. Checks or exact change preferred.



Adult and Senior Citizens Classes

After selecting activity, match the playground number with the locations on the opposite page, call the playground for the time, day, cost, and length of the activity. Senior classes are for people 55 years and older.

ARTS AND CRAFTS

Arts and Crafts	36, 40, 42
Arts and Crafts Club	62
Beading	111
Ceramics	2, 10, 11, 39, 40, 68, 96, 104, 109, 111, 114, 120*
Ceramics, Family (Handbuilding)	2, 121*
Ceramics/Raku	120*
Ceramics, Wheelthrowing	121*
Ceramics, Workshop	2
Chinese Craft, Painting, Calligraphy	120*
Crochet	98
Drawing	121*
Flower Arrangements	120*
Flower Arrangements, Japanese, Ikebana	37
Jewelry-Making	3, 108, 111
Knitting	80, 102, 111
Lapidary Art	45
Needlepoint	5
Painting, Oil	68, 120*
Pottery, Handbuilding/ Wheelthrowing	79, 121*
Quilting	63
Ribbon Lei Making	5
Rubber Stamping	11
Scrapbooking	102
Seed and Coconut Craft	120*
Sewing, Basic	61, 109
Sumi-e	120*
Water Color Painting	121*
Wire Wrapping	109, 111
Wreath Making	101

HAWAIIANA

Coconut, Native Seed & Seashell Jewelry	81
Feather Lei Making	13
Hawaiian Language	94, 114
Hawaiian Quilting	9, 54, 75*, 120*
Hula	11, 14, 66, 77, 98, 106, 109, 114, 121*
Hula, Beginner/Intermediate	43, 45, 120*, 121*
Hula, Kupuna, Intermediate	13
Guitar, Slack Key	62, 98, 100
Tahitian Dancing	78
Ukulele	71, 81, 120*, 121*
Ukulele, Beginnner/Intermediate	2, 49, 98, 109
Ukulele, Beginner/Advanced	2, 16, 109
Ukulele, Play & Sing	2
Ukulele Making	102

MUSIC AND DANCE

Dance, Ballroom	80, 82, 102, 120*
Dance, Belly	3, 9
Dance, Bon	11
Dance, Filipino Folk	49
Dance, Japanese	44
Dance, Japanese Bon	33
Dance, Line, Beginner	11, 14, 33, 72, 77, 82, 98, 121*
Dance, Line, Country/Western	30, 32, 47, 47*, 49
Dance, Okinawan	40, 45, 49
Dance, Paranku/Drum	33

Dance, Polynesian	106
Dance, Tahitian	97, 102
Guitar, Beginner/Intermediate	16, 45
Harmonica, Beginner/Continuing	33
Karaoke	14
Karaoke, Paradise	120*
Paranku	33
Taiko	11, 37, 47, 102
Taiko, Okinawan Eisa	51, 72
Taisho Koto	120*

FITNESS

Aerobics	10, 79, 82, 120*
Aerobics, Exercise	98, 102
Aerobics, Low Impact	45, 110
Aerobics, Mix	32, 51
Aerobics (Senior Pace)	121*, 122*
Boxercise Class	14
Calisthenics/LTK	120*
Capoeira	111
Core Cross Training w/Balance Ball	102
Dance Warrior	9
Exercise	44, 74
Exercise, Low Impact	49
Exercise, Therapeutic	38, 98
Fitness, Simple Fitness	79, 82, 120*
Fitness, Sit & Get Fit Senior Exercise	45
Fitness, Total Body Conditioning	45
Fitness, Walking for Health	45
Fitness, Wii – Fun & Fit	54
Jazzercise	72
Kupuna Fitness	7
Life Fit	102
Life Fit Body Sculpt	102
Luk Tuen Kuen Chinese Exercise	37, 49
Muscle Conditioning	122*
Neuromuscular Integrative Action (NIA)	32, 98
Physical Fitness	120*
Pilates & Fit Ball	102
Pilates Mat Class	51, 98, 109
Piyo	98, 100
Qi Gong	32
Rhythm & Life Exercise	37
Sahm Bo Dahn	11, 50, 51
Shizeno	72
Senior/Adult Exercise	79*, 96
Sports Conditioning/Aerobics	11
Stretch and Strength Training	98, 102
Tai Chi	2, 7, 9, 11, 14, 50, 51, 72, 98, 102, 109, 114
Tai Chi for Arthritis	11
Tai Chi, Chi Gung	10
Tai Chi, Review	8
Tai Chi Yang	47, 121*
Total Body Conditioning	102
Total Fitness/Aerobics	11
Universal Equipment	78
Volleyball Clinic	97
Walking Club	68, 98*, 113
Weightlifting, Olympic	11
Weight Training (Universal Gym)	37, 40
Yoga	9, 11, 61, 68, 81, 98, 100, 109, 114, 120*
Yoga, Seniors	10
Yoga, Stretch Exercise	10, 100
Yoga Fusion, Beginner	102
Yoga, Power Breathing	12
Zumba	32, 51, 98, 100, 111, 114

SPORTS

Aikido	10, 37, 79
Boxing	15, 38, 40, 114
Escrima Filipino Martial Arts	33, 37, 51, 81
Judo	37
Juujitsu	79
Karate	37, 68, 79, 67
Karate, Kenpo	64, 66, 73, 76
Kung Fu	10
Martial Arts	79
Self Defense, Women	51
Tennis	2, 3, 5, 9, 11, 45, 47, 98, 102, 114
Tennis, Beginner/Intermediate	45, 47
Tennis Drills, Levels I and II	45
Tennis League	45

AQUATICS

Aqua Jogging	71
Learn to Swim	31, 41, 46, 48, 52, 69, 71, 78, 99, 103
Learn to Swim, Beginner	6, 12, 69
Learn to Swim, Intermediate	6, 12
Lifeguard Training	103
Master's Swim	15
Paddleboard, Stand-Up, Introduction	93
Surfing, Beginning	93
Swim, Lap	6, 12, 15, 31, 35, 41, 46, 48, 52, 69, 71, 75*, 99, 103, 112
Swim, Synchronized	46
Swim & Stay Fit	71
Swimnastics	78
Therapeutic Exercise	99
Water Exercise	6, 12, 15, 31, 35, 41, 46, 48, 52, 75*, 99, 103
Water Therapy	52
Water Walk	48, 112

GENERAL RECREATION/SOCIAL

Alexander Technique	98
American Sign Language, Beginner	114
Board Games and Ping Pong	94
Bridge, Beginner	121*
Bridge, Play of Hand	121*
Chess	98
Cooking, Fun Recreational	45
ESL, Basic Chinese	120*
ESL, Basic Japanese	120*
Family Night, Ceramics & Volleyball	96
Free & Easy Social	96
Fun With Cantonese	120*
Green Thumb	120*
Golden Age Seniors	120*
Holoholo Club	74
Kalakaua Seniors	120*
Mah Jong	37, 47, 82, 98, 120*
Nutrition for Life	94
OOPS Club	120*
Paradise Seniors	120*
Mixed Plate Club	74
Ping Pong	94, 96, 120*
Senior Holoholo	94
Senior Social	97
Simple Desserts	74
Volunteer, Adult	108, 111
Volleyball, Social Play	96

* Classes for senior citizens 55 years and older



The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.

Online Computer Center



For locations and operating hours of the Neighborhood Online Computer Center, visit www.honoluluparks.com

