



FOREST CITY

RESIDENTIAL MANAGEMENT

Community Center Programs

Program	Community Center & Time	Contact	Description	Costs
Aloha Dog Training	Pearl City Peninsula Mondays at 5:00 p.m.	Heather Eustaquio Phone: 396-9500	Promoting well behaved, obedient pets through socialization and behavior problem solving.	\$75 for 8 weeks.
ASYMCA Playmorning	Camp Stover Mondays at 9:30 a.m. Ford Island Wednesdays at 9:30 a.m. Hokulani Tuesday & Thursdays at 9:30 a.m. Moanalua Terrace Mondays at 9:30 a.m. McGrew Point Tuesdays at 9:30 a.m. Pearl City Peninsula Tuesdays & Thursdays at 9:30 a.m.	Lise Peacock Phone: 833-1185	Playmorning is a mobile playgroup for moms, dads, and childcare providers to encourage learning and play with children. Parent/care Provider and child participation required. New craft projects every week.	\$1 supply fee per child per visit. Punchcards may be purchased at \$10 for 11 visits.
ASYMCA Kindermusik	Moanalua Terrace Thursdays at 9:30 a.m.	Lise Peacock Phone: 833-1185	Fostering childrens' development with the wonder of music.	\$4 fee per visit. Punchcards may be purchased at \$15 for 4 visits.
Cardio Kickboxing	Halsey Terrace Mondays & Wednesdays at 5:00 p.m.	Cheri Spann Email: cardiokickin@gmail.com	Kickboxing for fitness with time tested, sports specific techniques.	\$3 fee per class or \$20.00 per month.
Hip-Hop Dance & Exercise	Pearl City Peninsula Wednesdays at 6:00 p.m.	Mandi K. Scott Phone: 678-8884 Email: namakahula@yahoo.com	Hip-Hop and dance lessons to promote health.	\$30 fee per month.
Hula	Pearl City Peninsula Tuesdays at 6:00 p.m.	Mandi K. Scott Phone: 678-8884 Email: namakahula@yahoo.com	Beginning Hula lessons.	\$30 fee per month.
International Ballroom Dancing	Halsey Terrace Tuesdays at 6:00 p.m. (Sept. 30th – Oct 21st)	Community Relations Office 5173 Nimitz Rd. • Honolulu, HI Register in person beginning September 15th. Call 839-8600 for more information.	A course implemented by the Department of Education (DOE). Enrollment is open to all Forest City adults 18 years of age or older regardless of race, color, sex, national origin, religion, or physical/mental handicap. Have fun learning dance!	\$16 fee for 4 sessions (8 hours).
Karaoke Magic	Halsey Terrace Thursdays at 6:00 p.m. (Sept. 11th – Oct. 8th)	Community Relations Office 5173 Nimitz Rd. • Honolulu, HI Register in person beginning September 15th. Call 839-8600 for more information.	A course implemented by the Department of Education (DOE). Enrollment is open to all Forest City adults 18 years of age or older regardless of race, color, sex, national origin, religion, or physical/mental handicap. Have fun singing Karaoke!	\$20 plus a \$10 supply fee for four sessions (10 hours).
Okinawa Kenpo Karate	Doris Miller Park Mondays, Wednesdays, Fridays at 6:00 p.m.	Eddie Crisostomo Phone: 216-2928 Email: crisostoe001@yahoo.com	Karate is an ancient Okinawan art of self-defense in which the bare hands, arms and feet are used as weapons. Karate is an art that stresses self-defense and physical conditioning while teaching one how to seek inner and outer peace.	\$45 fee per month.
Unscripted Improv Stand-up	Radford Terrace Tuesdays at 5:30 p.m.	Dawn M. Nash Phone: 839-8052	Group of military, military dependents, and civilians who share a joy in stand-up comedy, performed improv style.	No cost
USA Wrestling	Doris Miller Park Tuesdays & Thursdays at 5:00 p.m.	Bryan Sanders Phone: 688-3962 email: bdshawaii@hotmail.com	Wrestling lessons through the Armed Forces Junior Grappling Wrestling Club.	No cost to current USA Wrestling cardholders. USA Wrestling membership can be applied for on site for \$35.00. The membership is valid for one year.
Sushi Making	Halsey Terrace Mondays at 6:00 p.m. (Sept. 22nd – Oct. 20th) McGrew Point Mondays at 6:00 p.m. (Oct. 27th – Nov. 17th)	Community Relations Office 5173 Nimitz Rd. • Honolulu, HI Register in person beginning September 15th. Call 839-8600 for more information.	A course implemented by the Department of Education (DOE). Enrollment is open to all Forest City adults 18 years of age or older regardless of race, color, sex, national origin, religion, or physical/mental handicap. Learn the art of sushi making!	\$20 fee plus a \$10 supply fee for four sessions (10 hours).
Swim School	Halsey Terrace Thursdays at 9 a.m., 3:30 p.m., and 4:30 p.m. Hokulani Tuesdays at 9 a.m., 3:30 p.m., and 4:30 p.m. Moanalua Terrace Wednesdays at 9 a.m., 3:30 p.m., and 4:30 p.m. McGrew Point Mondays at 9 a.m., 3:30 p.m., and 4:30 p.m.	Kelli Sybrowsky Phone: (817) 313-3732	Learn to swim by receiving lessons from Forest City's American Redcross certified pool attendants. Classes are divided by Parent-Child-Preschool classes and levels 1 – 5. Each class is limited to 5 students per instructor.	\$24 for 8 lessons.
Taekwondo	Pearl City Peninsula Tuesdays & Thursdays at 7:30 p.m.	Charles W. Gooden Phone: 561-9632 Email: goodenca@aol.com	Taekwondo self defense lessons for all ages.	\$45 per student, or \$60 for 2 family members, or \$75 for 3 or more family members.
Water Aerobics	McGrew Point Tuesdays & Thursdays at 8 a.m. Radford Terrace Monday, Wednesday, & Friday at 7 a.m.	Kelli Sybrowsky Phone: (817) 313-3732	Swimming pools provide the perfect atmosphere for challenging aerobic exercises with low impact movements, making for lower risk of injury. Ages 16 and older.	\$24 for 16 lessons.
Yoga	Camp Stover Wednesdays at 4:30 p.m.	Shinobu Robinson Phone: 664-1878	Learn the discipline of Yoga to promote healthy living.	