

VOK Recreation Center Programs

Keiki Steps

Mon-Thurs, 8:30-11:30am Rec 1
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.



Yoga Plain & Simple

Saturdays, 8:00-9:00am Rec 1
Fee: \$5 per class or \$20 per month
Increase flexibility, balance, alignment and strength. Bring a yoga mat, large towel & bottled water. Instructor Harry Winfield



Seniors Club

Thursdays, 10:00am Rec 1
Join us for educational seminars, social activities, arts & crafts, and more. Free for members ages 55 and up. Members 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
Fee: \$50 per month
Stroke refinement, conditioning, discipline and exercise. For kids ages 6-18; pre-test.



Aquajogging

Mon, Wed & Fri 9:00-10:00am
A free, informal exercise group at the pool. Water exercise improves circulation, lowers blood pressure & increases range of motion without the stress of gravity.



Kickboxing Fitness

Mondays & Wednesdays, 4:00pm Rec 1
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](https://www.facebook.com/cubscoutpack126kapolei)



Girl Scouts

2nd & 4th Tuesday 5:30pm Rec 1
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, Rec 1 Fee: \$40 per 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 Rec 1
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 Rec 1
Fee: \$5.00 per class
Adaptive fitness for individual success. Increase range of motion, balance, mobility and circulation. Instructor Anna Peahu



Tropic Lightning Taekwondo

Tues & Thurs, 5:00-7:00pm Rec 2
Fee: \$90 per month. Free two week trial.
Martial arts with an emphasis on confidence, respect, discipline and character development.



Kapali i ka Poli 'Ohu o nā Pali Ka 'ala KPOPK Cultural Hui

Mondays & Wednesdays 5:00-8:00pm Rec 2
Learn about the Hawaiian culture through language, song, dance and Polynesian cultural exchange experiences.



Oribix Fitness (starting January 6)

Mondays, 8:00-9:00pm Rec 2
Fee: \$5.00 per class
A Tahitian style fitness class that will get you moving. Don't forget to bring your water bottle and a pareo if you have one.



Hip Hop (starting January 7)

Tuesdays 7:30-8:30pm Rec 2
Fee: \$45 per month
A fun hip hop class for kids ages 6-17.



The Villages of Kapolei is a private homeowners' association for members only.
www.villagesofkapolei.com
[@villagesofkapoleiassociation](https://www.facebook.com/villagesofkapoleiassociation)

