

**County of Hawaii**  
**PARKS & RECREATION - CULTURE & EDUCATION DIVISION**  
(808) 961-8706

**2024 WINTER SESSION**

**CLASSES OFFERED**

**EAST HAWAII**

*\*Class details are subject to change. Please contact our office with any questions or for more information*

ID	CLASS	INSTRUCTOR	DAYS	DATES	TIME	PLACE	SSNS	COST
W1	MORNING YOGA	LINDA DAMAS	MON / WED	8/5/24 - 9/9/24	8:30 AM - 9:45 AM	CULTURE & ED.	10	\$30.00
W2	MORNING YOGA	LINDA DAMAS	MON / WED	9/11/24 - 10/14/24	8:30 AM - 9:45 AM	CULTURE & ED.	10	\$30.00
W3	MORNING YOGA	LINDA DAMAS	MON / WED	10/16/24 - 11/20/24	8:30 AM - 9:45 AM	CULTURE & ED.	10	\$30.00
W4	MORNING YOGA	LINDA DAMAS	MON / WED	11/25/24 - 12/18/24	8:30 AM - 9:45 AM	CULTURE & ED.	8	\$24.00
W5	QI GONG	WORKSHOP	TUES / THUR	8/6/24 - 9/5/24	8:30 AM - 9:45 AM	HILO ARMORY	10	TBD
W6	QI GONG	WORKSHOP	TUES / THUR	9/10/24 - 10/10/24	8:30 AM - 9:45 AM	HILO ARMORY	10	TBD
W7	QI GONG	WORKSHOP	TUES / THUR	10/15/24 - 11/19/24	8:30 AM - 9:45 AM	HILO ARMORY	10	TBD
W8	QI GONG	WORKSHOP	TUES / THUR	11/21/24 - 12/19/24	8:30 AM - 9:45 AM	HILO ARMORY	8	TBD
W9	BEGINNING QI GONG	COURTNEY ZAJICEK	WEDNESDAY	8/7/24 - 10/9/24	8:30 AM - 9:45 AM	HILO ARMORY	10	\$30.00
W10	BEGINNING QI GONG	COURTNEY ZAJICEK	WEDNESDAY	10/16/24 - 12/18/24	8:30 AM - 9:45 AM	HILO ARMORY	10	\$30.00
W11	CONTINUING YOGA	CATHERINE SOUTHERN	TU / TH / FR	8/6/24 - 9/3/24	7:00 AM - 8:00 AM	CULTURE & ED.	12	\$36.00
W12	CONTINUING YOGA	CATHERINE SOUTHERN	TU / TH / FR	9/5/24 - 10/1/24	7:00 AM - 8:00 AM	CULTURE & ED.	12	\$36.00
W13	CONTINUING YOGA	CATHERINE SOUTHERN	TU / TH / FR	10/3/24 - 10/25/24	7:00 AM - 8:00 AM	CULTURE & ED.	11	\$33.00

**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.

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ID	CLASS	INSTRUCTOR	DAYS	DATES	TIME	PLACE	SSNS	COST
W14	CONTINUING YOGA	CATHERINE SOUTHERN	TU / TH / FR	10/29/24 - 11/22/24	7:00 AM - 8:00 AM	CULTURE & ED.	11	\$33.00
W15	CONTINUING YOGA	CATHERINE SOUTHERN	TU / TH / FR	11/26/24 - 12/20/24	7:00 AM - 8:00 AM	CULTURE & ED.	11	\$33.00
W16	CONTINUING YOGA	CATHERINE SOUTHERN	WEDNESDAY	8/7/24 - 10/9/24	5:00 PM - 6:30 PM	CULTURE & ED.	10	\$30.00
W17	CONTINUING YOGA	CATHERINE SOUTHERN	WEDNESDAY	10/16/24 - 12/18/24	5:00 PM - 6:30 PM	CULTURE & ED.	10	\$30.00
W18	CONTINUING YOGA	CATHERINE SOUTHERN	SATURDAY	8/10/24 - 10/12/24	9:30 AM - 10:30 AM	CULTURE & ED.	10	\$30.00
W19	CONTINUING YOGA	CATHERINE SOUTHERN	SATURDAY	10/19/24 - 12/21/24	9:30 AM - 10:30 AM	CULTURE & ED.	10	\$30.00
W20	CONTINUING YOGA	CATHERINE SOUTHERN	SUNDAY	8/11/24 - 10/13/24	5:30 PM - 6:30 PM	CULTURE & ED.	10	\$30.00
W21	CONTINUING YOGA	CATHERINE SOUTHERN	SUNDAY	10/20/24 - 12/22/24	5:30 PM - 6:30 PM	CULTURE & ED.	9	\$27.00
W22	BEGINNERS KNITTING	CATHERINE SOUTHERN	WEDNESDAY	8/7/24 - 10/9/24	4:00 PM - 5:00 PM	CULTURE & ED.	10	\$30.00
W23	BEGINNERS KNITTING	CATHERINE SOUTHERN	WEDNESDAY	10/16/24 - 12/18/24	4:00 PM - 5:00 PM	CULTURE & ED.	10	\$30.00
W24	BEGINNERS KNITTING	CATHERINE SOUTHERN	SATURDAY	8/10/24 - 10/12/24	11:00 AM - 12:00 PM	CULTURE & ED.	10	\$30.00
W25	BEGINNERS KNITTING	CATHERINE SOUTHERN	SATURDAY	10/19/24 - 12/21/24	11:00 AM - 12:00 PM	CULTURE & ED.	10	\$30.00

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