

Schedule

Mondays

9:00am- Tai Chi
10:30am- Zumba Gold w/ Stephanie
6:00pm- Karate (General)
6:30pm- Wing Chun (Inter/Adv)
7:00pm- Wing Chun (Beg)
8:00pm- Chi Kung

Tuesdays

10:00am- Hula w/Rosemarie
1:00pm- Tai Chi
6:15pm- Zumba w/Sabine

Wednesdays

9:00am- Tai Chi
3:00-6:30pm- Farmers Market
6:30pm- Wing Chun (Inter/Adv)
7:00pm- Wing Chun (Beg)
7:00pm- Line Dancing

Thursdays

9:00am- Zumba Gold w/ Stephanie
6:00pm – Tahitian w/Ona
7:30pm- Kempo

Fridays

9:00am- Zumba Toning w/ Stephanie
10:00am- Zumba w/ Stephanie
5:00pm- First Friday Bingo

Saturdays

9:00am- Karate (General)
10:00am- Karate (Advanced)

Pearl City Foundation



Momilani Community Center
715 Ho'omoana Street
Pearl City, HI 96782

Contact Info

Executive Director: Breene Harimoto
Program Director: Naomi Tully-Ungacta
Email: pearlcityfoundation@gmail.com
Phone: (808) 456-2073
Mailing address:
P.O. Box 114
Pearl City, HI 96782
Visit our website- www.pearlcityfoundation.org

facebook

Like us on Facebook:

www.facebook.com/pearlcityfoundation

PEARL CITY FOUNDATION PROGRAMS

Morning weekday classes are not held during Spring, Summer, Fall, Winter Intersession Programs

Intersession Enrichment Programs

Day camp with enrichment activities during school breaks! Open to children K - 6th gr.
Available: Fall, Winter, Spring & Summer breaks.
Monday – Friday 6:00am - 6:00pm

Hula: Na Leo Nahenahe 'Ona Kupuna

Become part of a community-minded halau group
Kumu Hula: Rosemarie Dungca
Tuesdays:
Beg/ Inter 10:00 - 12:00pm
Cost: \$3/class

Tai Chi

Improve circulation, balance and posture; increased strength, flexibility; and reduce stress in this class.
Instructor: Yukio Kinoshita
Mondays and Wednesdays 9:00am - 10:00am
Cost: \$1.50/class

Line Dancing

Learn new and traditional line dances in a fun-filled class! Intermediate level
Wednesdays 7:00 - 9:00pm
Cost: \$3/class

Shotokan Karate

All ages welcome! Please join us for fun, self defense, fitness, and fellowship.
Sensei: Wes Nakamoto
Website: hiskarate.com
Mondays: General 6:00 - 7:00pm
Saturdays: General 9:00 - 10:00am
Advanced 10:00 - 11:00am
Monthly cost: \$10 per person or \$20 per family

Community Swim

Open to the public!

Saturdays 4:00pm - 7:00pm

FREE: Schedule subject to change

Center Rental

Have a fun-filled gathering in our spacious pavilion and field! Call for Naomi for costs and availability

PARTNER PROGRAMS

Leahi Swim School

Leahi Swim School is committed to teaching our students to swim in a nurturing, fun environment. Our program uses a gentle, unique, personal teaching method. All students learn at their own pace while having fun appreciating the sport of swimming. 456-4506

Wing Chun

System designed to develop fast and efficient techniques and tactics for personal protection. Must be 12 years or older.

Instructor: John DiVirgilio 387-1103

Mondays and Wednesdays

6:30pm (Inter/Adv) 7:00pm (Beg)

Adults: \$60 Students: \$50 Group/Family: \$40ea

Chi Kung ("Playing with Silk")

A Tai Chi like practice based on the internal Chinese martial art systems (*Bagua* and *Xingyi*) but will focus primarily on healthy and fun ways to enhance body health and reduce stress.

Instructor: John DiVirgilio 387-1103

Mondays 8:00pm-9:00pm

Adults \$30 Group/Family \$20ea

Mehetia Productions

Tahitian dance for all ages.

Instructor: Charelle Silva Phone: 232-9805

Website: www.mehetiaproductions.com

Wednesdays 5:45pm-6:45pm \$36/month

Zumba Gold

Dance and exercise to latin rhythm with a fitness program specifically designed for beginners and active older adults!

Instructor: Stephanie Troske 375-4670

Gold: Mondays 10:30am, Thursdays 9:00am

Zumba Toning: Fridays 9:00am

\$5 drop in or \$30 punch card for 10 sessions

(card does not expire)

Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Tuesday 6:156pm w/Sabine

Kempo

Carefully structured programs go far beyond punching, blocking and kicking. At the same time as we help you to acquire effective self-defense skills, we provide a comprehensive program of personal development. It is our goal to raise the quality of life of all of our students in every way.

Instructor: Cody Allen 349-1740

Tuesday 7:30pm-8:30pm

Thursdays 7:00pm-8:00pm

EVENTS

Craft Fairs

Dates to be announced.

Farmers Market

Fresh produce and delicious food!

Come down to participate in some of our free activities. Every first Friday- free bingo for all ages with prizes!

Wednesdays 3pm-6:30pm

First Fridays Bingo 3pm-6:30pm

(Bingo starts at 5pm)

Halloween Bash

A safe Halloween alternative! Keiki village, free trick or treating, free games with prize booth, and all ages costume contest with prizes for all.

October 31st 6:00pm- 8:00pm

Free Admission

Coming Soon!

PCF Bark Park- a fun & safe off-leash play park for our furry friends