

Schedule

Mondays

9:00am- Tai Chi
10:30am- Zumba Gold w/ Stephanie
6:00pm- Karate (General)

Tuesdays

10:00am- Hula w/Rosemarie
1:00pm- Tai Chi
6:00pm- Kempo

Wednesdays

9:00am- Tai Chi
3:00-6:30pm- Farmers Market
7:00pm- Line Dancing

Thursdays

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

Fridays

9:00am- Zumba Toning 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: \$2.00/class

Beginner Ukulele

No experience necessary. Learn basic chords, proper strumming and fun songs! Bring your own instrument.
Wednesdays 10:30am-11:30am
Cost: \$2.00/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

Mehetia Productions

Tahitian dance for all ages.

Instructor: Charelle Silva Phone: 232-9805

Website: www.mehetiaproductions.com

Thursdays 6:00 pm-7:00 pm \$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 \$35 punch card for 10 sessions (card does not expire)

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 6:00pm-7:00pm

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