

*Spring 2009 Directory of Services  
Fitness, Recreation & Ocean Activities*

*Hualālai Sports Club  
100 Ka'ūpūlehu Drive  
Ka'ūpūlehu-Kona, Hawai'i 96740  
808-325-8440 Fax 808-325-8566*



*Hualālai  
at Historic Ka'ūpūlehu*

## RESERVATIONS

If you must reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for groups is 72 hours in advance of arrival.

## SPORTS CLUB ETIQUETTE

- Children under the age of fourteen (14) are not permitted in the Fitness gyms.
- Smoking and alcohol are prohibited in the spa and fitness areas.
- Programs and activities will begin and end at the scheduled time. Please be prompt when attending classes to avoid disappointment.
- The Hualālai Sports Club is a cell phone free zone.

TENNIS

The tennis facility offers eight Rebound Ace surface courts with two of the courts lit for evening play. Call ext. 8460 for details about Game Finding, Thursday Night Doubles and Sunday Night Round Robin.

Please call 808-325-8460 (*in-house dial 46*) to make reservations and schedule lessons

**Court Fees**.....\$20 per person, per day

**Private Lessons**

- Private 1 hour.....\$100
- Private ½ hour.....\$55
- Semi-private.....add \$15

**Instructional Clinics**.....\$30 per person

**Junior Clinics**

- Manini (ages 4-7).....\$20 per child
- Honu (ages 8-12).....\$20 per child
- \*Future Champs (ages 10 & up).....\$30 per child
- \*Tennis playing skills necessary.

**Hire the Pro to play in your game**

- .....same as lesson rates
- Play the Pro.....\$35 per set
- Beat the Pro.....Complimentary

**Ball Machine**

- 1 hour .....\$40
- ½ hour .....\$25

**Racquets**.....Complimentary

ALAKA`I NALU

The Alaka`i Nalu, our “Leaders of the Waves”, are Hualālai’s ocean ambassadors. These professional watermen and women will not only share their skills in sports with you, but also their love and knowledge of the Hawaiian culture and the ocean life around us.



## OCEAN ACTIVITIES CENTER

### Hours of Operation

Daily. 7:00 a.m. - 4:00 p.m.  
808-325-8062 (in-house dial 8062)

### Outrigger Canoe Paddling

#### Create your own Six Man Adventure!

Minimum 2 hours.....\$500 per hour  
Please contact your Ocean Activities Coordinator for more information.

#### Six Man Adventure (2 person minimum)

1 hour.....\$130 per person

#### Two Man Canoe

1 hour.....\$130 per person

#### Keiki Canoe (ages 5-12)

30 minutes.....\$20 per person  
Please sign up through Kids for all Seasons at ext. 8880.



## FITNESS ADVENTURE

### Climbing Wall

Climb on our 24-foot high outdoor climbing wall. Ages 5 and up.

Please call 808-325-8440 (*in-house dial 8440*) to schedule your climb or hike.

### Private Climb

50 minutes.....\$80  
25 minutes.....\$45

### Two Person Climb

50 minutes.....\$100  
25 minutes.....\$60

### Family Climb (3 guest minimum, 6 guest maximum)

110 minutes.....\$200  
80 minutes.....\$150  
50 minutes.....\$125

### Hikes

Explore the slopes of the volcano, Hualālai on a guided 2 to 4 mile trek through spectacular upslope terrain.

Hualālai Hikes (2 guest minimum).....\$105 per person

Private Hikes (3 guest maximum).....prices vary



**Swim Lessons**

50 minutes.....\$100  
25 minutes.....\$55

**Semi-Private Swim Lessons**

50 minutes.....\$125

**Pilates Reformer Training**

80 minutes.....\$145  
50 minutes.....\$100

**Semi-Private Reformer Training**

80 minutes.....\$180  
50 minutes.....\$125

Shirts and closed toe footwear are required in strength and cardio gyms and on all strength and cardio equipment.



**Shoreline Fishing**

2 hours.....\$150 per person

**Stand Up Paddle**

1 hour.....\$130 per person

**Surf Lesson**

1.5 hours.....\$130 per person

**Junior Alaka`i Nalu (ages 10-17)**

3 day program.....\$550 per person  
(every day except Friday)

**Ironman Swim**

1 hour.....\$130 per person



## THE HUALĀLAI SPORTS CLUB

### Hours of Operation

Daily 6:00 a.m.-8:00 p.m.  
808-325-8440 (in-house dial 53)

**Fitness Walks**.....**Complimentary**  
(Walks leave the entrance of the gym at 7:00 a.m. sharp. Please arrive 5 minutes early).

**Fitness Class**.....**\$15 per person**  
See weekly brochure for class schedule.

**Fitness Class Pass**  
Unlimited use for 5 days..... \$95 per person  
Unlimited use for 10 days.....\$160 per person

**Private Fitness Class (4 guest maximum)**  
80 minutes.....\$200 per person  
50 minutes.....\$150 per person

**Personal Training**  
80 minutes.....\$145  
50 minutes.....\$100  
25 minutes.....\$55

**Semi-Private Personal Training**  
80 minutes.....\$180  
50 minutes.....\$125

**Ribcraft Trips** (maximum of 20 persons)  
Whale Watch, 1.5 hours.....\$100 per person  
Teen Activity Cruise, 2 hours.....\$125 per person  
Private Adventures, 2 hour minimum.....\$800 per hour  
*“You decide where you want to go and how far....the possibilities are limited to your imagination.”*

**Scooter Snorkel**  
1 hour.....\$100 per person

**Kayak Rental**  
1 hour.....\$50 per hour

