Guitar, Classical

Introductory classroom instruction in guitar playing technique, music theory, sight-singing and music-reading. Requires completion of the course Guitar Fundamentals (TN) from the instructional series first meeting.

$45 UHM student, faculty and staff | $50 community / guest
Rm: Hemenway Hall 201
Jun 6 - Jul 14  Wed  5:00 - 6:00 pm

Guitar, Slack-Key

The objective of this class is to introduce and promote the art of Slack Key guitar. You will learn techniques, music theory and the manipulation of chord roots to produce interesting and original sound. The techniques presented are simple, practical, effective and will be introduced to the history, context, techniques and protocols of traditional Hawaiian Slack Key guitar. 

$50 UHM student, faculty and staff | $55 community / guest
Rm: Hemenway Hall 201
May 29 - Jun 12  Mon  5:00 - 6:00 pm

Microbiotic Cooking

Learn to cook delicious, healthy meals for yourself and your family using locally sourced ingredients and cooking techniques. Fast food and processed foods are over, replace them with nutrient-dense, naturally sweet, nutritious, delicious, which are sustainable, healthy, and rooted in childhood wellness.

$40 UHM student, faculty and staff | $45 community / guest
Rm: Hemenway Hall 215
Jun 14 - Jul 25  Mon  6:00 - 8:00 pm

Blitzo

Blitzo is designed to improve strength and endurance. Beginners will learn various strength exercises and proper form. The emphasis is placed on the proper use of equipment, injury prevention, and safety. The class is open to participants of all ages and fitness levels.

$40 UHM student, faculty and staff | $45 community / guest
Rm: Hemenway Hall 201
May 29 - Jun 12  Mon  5:00 - 6:00 pm

Hiking

Explore the diverse trails of Oahu and the Hawaiian Islands. Participants will experience the rewards of outdoor recreation in a safe and enjoyable environment.

$45 UHM student, faculty and staff | $50 community / guest
Rm: Hemenway Hall 201
May 29 - Jun 12  Mon  7:00 - 8:30 pm

ENDOMETRIAL RECEPTION - P bore

The study of endometrial cycles, the relationship of hormones to the endometrium, and the physiology and pathology of the endometrial cycle. No previous knowledge of endometrial physiology is required.

$120 UHM student, faculty and staff | $150 community / guest
Rm: Hemenway Hall 207
Jun 26 - Jul 13  Mon  7:00 - 8:30 pm

ENDOMETRIAL RECEPTION - LBLA

The study of endometrial cycles, the relationship of hormones to the endometrium, and the physiology and pathology of the endometrial cycle. No previous knowledge of endometrial physiology is required.

$120 UHM student, faculty and staff | $150 community / guest
Rm: Hemenway Hall 207
Jun 26 - Jul 13  Mon  7:00 - 8:30 pm