



# NU'UANU YMCA



Preschool Swim Lessons • Youth Swim Lessons  
Swim Team • Private Swim Lessons

1441 Pali Highway  
Honolulu, HI 96813  
Aquatics Dept: 541-5251

# Aquatics Updates

## Brochure Guide

- Please read our “Policy Information” page as new policies were put into effect.
- Please choose the “Session” you desire to attend from our “2010 session calendar” pages.
- Proceed to our “Lesson Times” page and choose which class you would like to attend.
- For our “2 week Intensives” please see our “Summer Session” page.
- Please read our programs “Level Descriptions” and choose the level that is appropriate for your child or children. Please note that our swim lesson program has two age brackets, 3 to 5 year olds and 6 to 12 year olds.
- If you have any questions please contact Omar Zaldana in the Aquatics Department at 541-5251.

## Guide to Online Registration

- Go to [www.ymcahonolulu.org](http://www.ymcahonolulu.org)
- Click on *Online Registration* box.
- Click on the *Select a Program* tab.
- Click on the *Aquatics* section.
- Search for desired program, from the list that is present on the right hand side of the box.
- When found, click on the course (NOTE: More courses may be located on the next page, click on the arrow at the bottom of the page to view the next page)
- Select *Nuuanu* in Branch menu and Click *Search*
- Search of desired Class/Class Time
- Click *Add* under My Shopping Cart
- Enter your User ID and Pin Number (If you have been/are in any of our programs, you will already have a user ID and Pin number).
- Contact the Welcome Center front desk at 536-3556 to obtain your User ID and Pin. If you are new to the YMCA, please create a new account.
- Select the designated Client that you wish to register for the course, from the drop down menu
- If finished, click on *Go To Checkout*. If you want to continue registering for different classes, click on *Continue Shopping*.
- To check the courses you currently are registering for, click on *Save and Go to My Shopping Cart*.
- After complete, click on *Save and Go to Checkout*
- Make a payment by entering the desired credit card information asked for and then click on *Complete Transaction*.
- When finished, click on *Logout*, located at the top of the page

## Program Updates

- **Class Pre-Requisites:** Please be sure that you register for the appropriate level as the system will no longer block enrollment into an inappropriate level. If a participant is registered for the wrong class, and he/she has to be withdrawn, we will be unable to give a refund or credit.

# Policy Information

**\*\*\*Member Rates\*\*\*** Apply to those that have a **Family/Single-Parent Family membership for 90 days minimum, active and in good standing.** Prior to signing up your child(ren) for a youth program, in order to get the Member Rate, please contact the Welcome Center at 536-3556 to make sure that your child(ren) are added onto your Family/Single-Parent Family membership.

## **Appropriate Placement in Lessons**

**All participants registered in the wrong level will be withdrawn from the program and we will not be able to provide a credit or refund. If you have any questions regarding your child's swim level, a swim test is available. To schedule a swim test, please contact the Aquatics Department at 541-5251.**

## **Financial Assistance**

Financial Assistance is available for all programs, due to the generosity of the Nu'uaniu YMCA Strong Communities campaign, Scholarships are limited and given based on participant's need. If you or someone you know needs financial assistance to participate in YMCA programs, please request a scholarship application form. Scholarships are awarded while funds are available. Applying for financial assistance does not guarantee a space in the program.

## **Payments**

Payments have to be made in full in order to register for a class. Payment can be made by cash, check or credit card. *Please make checks payable to the Nu'uaniu YMCA.* Online payments have to be made by credit card. There is a \$20 service fee for all returned payments.

## **Credits**

Credits are good for the period of one year from the date of registration for program. Credits may be applied from a program to be used towards any other program, except membership. Credits may be used at any YMCA of Honolulu branch. Credits may not be used to purchase any resale items. Credits can not be converted to a refund. Unused credits after one year's time will be voided.

## **Refunds**

A refund will be given with a written request submitted seven days prior to the start of the program or session, less the service fee. Refunds for credit card payments are issued by crediting the card used to pay for the program. Cash refunds are not given, a check will be issued. Refunds may take up to two weeks for processing. There is a 30% service fee on the program/membership fee for all refunds issued, whether done online or at Welcome Center. The service fee will be assessed to each program/session registered for. Refunds will not be issued for a program that has been attended for any length of time. Refunds will not be issued due to illness.

## **General Credit & Refund Guidelines**

Refunds and Credits will not be issued for any participant/member who is suspended or expelled from the program/ YMCA for behavior or safety violations. A pro-rated credit will be issued up to and including the first day of program. No credit will be given after the first day of program. A refund or credit will be issued only when the YMCA cancels a program. The service fee will not be assessed. In the event of inclement weather or natural disaster posing a safety hazard for staff and participants, there may be the need for the YMCA to close its facilities. In such instances, refund or credit will not be issued. Credits and refunds must be approved by the program director for the corresponding department. The YMCA reserves the right to make program changes without prior notice when unforeseen circumstances occur.

## **Change/Update of Information**

All changes or updates of information to your child's registration form must be done in writing and signed by the legal parent or guardian.

## **Parental Supervision**

All children (age 12 & under) must be accompanied to their program activity by a parent/guardian or their designee. A parent/guardian must remain in the pool area for the duration of any class or program his/her child attends.

# 2010 Session Calendar

## Twice a week lessons: Mon/Wed and Tue/Thu

All twice a week classes run on a monthly basis, and start on the first class day of each month. To inform parents on how their child is doing, the instructors provide progress reports on the 6th class of the program. For times and prices, please see our Lesson schedule page.

Below are our lessons start dates, end dates, and also the dates we do not have swim lessons

### Choose from the following Sessions

#### **January 2010 Start End**

Mon/Wed 1/4 to 1/27  
Tue/Thu 1/5 to 1/28

\*No Class: 1/15 MLK Day\*

#### **February Start End**

Mon/Wed 2/1 to 2/24  
Tue/Thu 2/2 to 2/25

\*No Class: 2/15 Presidents Day\*

#### **March Start End**

Mon/Wed 3/1 to 3/31  
Tue/Thu 3/2 to 3/30

#### **April Start End**

Mon/Wed 4/5 to 4/28  
Tue/Thu 4/6 to 4/29

#### **May Start End**

Mon/Wed 5/3 to 5/26  
Tue/Thu 5/4 to 5/27

\*No Class: 5/31 Memorial Day\*

#### **June/July Start End**

*Summer 2 week intensives M-F*

Session 1 6/1 to 6/10  
Session 2 6/14 to 6/25  
Session 3 6/28 to 7/9  
Session 4 7/12 to 7/23  
Session 5 7/26 to 7/30

*(Session 5 is a 1 week session)*

\*No Class: 6/11 Kamehameha Day\*

#### **August Start End**

Mon/Wed 8/2 to 8/30  
Tue/Thu 8/3 to 8/31

#### **September Start End**

Mon/Wed 9/1 to 9/29  
Tue/Thu 9/7 to 9/30

\*No Class: 9/6 Labor Day\*

#### **October Start End**

Mon/Wed 10/4 to 10/27  
Tue/Thu 10/5 to 10/28

#### **November Start End**

Mon/Wed 11/1 to 11/29  
Tue/Thu 11/2 to 11/30

\*No Class: 11/11 Veterans Day\*

Nov. 22 thru 28 Thanksgiving Break\*

#### **December Start End**

Mon/Wed 12/1 to 12/15  
Tue/Thu 12/2 to 12/16

\*No Class:

Dec. 20 thru Jan. 2 Christmas Break\*

#### **January 2011 start end**

Mon/Wed 1/3 to 1/31  
Tue/Thu 1/4 to 1/27

\*No Class: 1/17 MLK Day\*

# 2010 Session Calendar

## Once a week lessons: Friday, Saturday, Sunday

All once a week classes run on a Bi-monthly basis, and start on the first class day of Scheduled month. To inform parents on how their child is doing, the instructors provide progress reports on the 6th class of the program. For times and prices, please see our Lesson schedule page.

Below are our lessons start dates, end dates, and also the dates we do not have swim lessons

### Choose from the following Sessions:

<b>February/March</b>	<b>Start</b>	<b>End</b>
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Friday	2/5 to 3/19
Saturday	2/6 to 2/27
Sunday	2/7 to 3/28

\*No Class: 3/26 Kuhio Day\*

<b>April/May</b>	<b>Start</b>	<b>End</b>
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Friday	4/9 to 5/28
Saturday	4/3 to 5/29
Sunday	4/11 to 5/30

\*No Class: 4/2 Good Friday \*  
4/4 Easter\*  
5/1 Swim Meet\*

<b>June/July</b>	<b>Start</b>	<b>End</b>
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Friday	(2 week intensives)
Saturday	6/5 to 7/24
Sunday	6/6 to 7/25

\*No Class: 6/12 Lifeguard Training\*  
7/4 Independence Day\*  
7/31 Swim Meet\*

<b>August/September</b>	<b>Start</b>	<b>End</b>
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Friday	8/6 to 9/24
Saturday	8/7 to 9/25
Sunday	8/1 to 9/26

\*No Class: 8/20 Admissions Day\*  
9/6 Labor Day\*

<b>October/November</b>	<b>Start</b>	<b>End</b>
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Friday	10/1 to 11/19
Saturday	10/2 to 11/13
Sunday	10/3 to 11/21

\*No Class: 11/11 Veterans Day\*  
11/20 Swim Meet\*  
Nov. 22 thru 28 Thanksgiving Break\*

<b>December/January</b>	<b>Start</b>	<b>End</b>
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Friday	12/3 to 1/28
Saturday	12/4 to 1/29
Sunday	12/5 to 1/30

\*No Class:  
Dec. 20 thru Jan. 2 Christmas Break\*

# Lesson Times

Choose from one of the following:

## Parent Tot (Ages 6 - 35 months)



### Mon/Wed

10:00 - 10:30am  
3:15pm - 3:45pm

### Saturday

9:55am - 10:25am  
11:30am - 12:00pm

### Our Prices

Member Rate: \$9.60 per class

Non/Member Rate: \$12.00 per class

## Pike, Eel, Ray, Starfish (Ages 3-5 years)

Sunday*	Mon/Wed	Tue/Thu	Friday	Saturday
11:30am - 12:00pm 1:00pm - 1:30pm <i>*No Ray or Starfish</i>	10:30am - 11:00am 3:15pm - 3:45pm 3:50pm - 4:20pm	3:00pm - 3:30pm	3:00pm - 3:30pm	9:55am - 10:25am 11:30am - 12:00pm 1:55pm - 2:25pm 3:30pm - 4:00pm

## Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark (Ages 6-12 years)

Sunday*	Mon/Wed	Tue/Thu	Friday	Saturday
12:10am - 12:55pm 1:40pm - 2:25pm <i>*No Minnow thru Shark on Sunday's</i>	4:25pm - 5:10pm	3:35pm - 4:20pm 4:25pm - 5:10pm	3:35pm - 4:20pm 4:25pm - 5:10pm	9:00am - 9:45am 10:35am - 11:20pm 1:00pm - 1:45pm 2:35pm - 3:20pm

**2 Week Intensive Swim Lessons**

Member Rate: \$9.60 per class

Non-Member Rate: \$12.00 per class

**Dates:**

<b>Session #1:</b>	<b>June 1</b>	<b>thru</b>	<b>June 10</b>
<b>Session #2:</b>	<b>June 14</b>	<b>thru</b>	<b>June 25</b>
<b>Session #3:</b>	<b>June 28</b>	<b>thru</b>	<b>July 9</b>
<b>Session #4:</b>	<b>July 12</b>	<b>thru</b>	<b>July 23</b>
<b>Session #5:</b>	<b>July 26</b>	<b>thru</b>	<b>July 30 (1 week)</b>

**We will offer levels:**

**Pike, Eel, Ray, Starfish**

**Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark**

**At these times:**



**Morning**

<b>Start</b>	<b>9:45</b>	<b>10:30</b>	<b>11:15am</b>
<b>End Time</b>	<b>3-5yr 10:15 6-12yr 10:30</b>	<b>3-5yr 11:00 6-12yr 11:15</b>	<b>3-5yr 11:45 6-12yr 12:00</b>



**Afternoon**

<b>Start</b>	<b>2:30</b>	<b>3:15</b>	<b>4:00</b>	<b>4:45</b>
<b>End Time</b>	<b>3-5yr 3:00 6-12yr 3:15</b>	<b>3-5yr 3:45 6-12yr 4:00</b>	<b>3-5yr 4:30 6-12yr 4:45</b>	<b>3-5yr 5:15 6-12yr 5:30</b>

# Level Descriptions

Choose from the following levels:

## Parent and Tot Ages 6 to 35 months



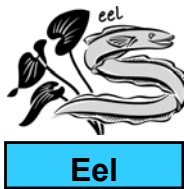
- This is a 30 minute class for infants and toddlers. It gives parents an opportunity to introduce their child to water through songs, water play, games, and basic skills using toys and floatation devices. Parents will learn about water safety, water adjustment and prepare a child to work directly with an instructor. Note: Ages 6 months to 3 years must wear swim diapers (plastic pants) in the pool.

## Pike, Eel, Ray, Starfish (Ages 3-5 years)

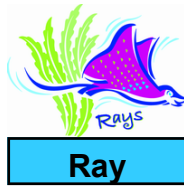
These classes are designed to teach participants ages 3 to 5 years of age self confidence while developing their water skills. Our swim instructors encourage water safety, personal growth, stroke development, and fun. Parents must accompany their child and be present at each swim lesson. Some classes may be combined depending upon the registration for particular classes. Please read level descriptions (right).



- This level helps children develop safe pool behavior, water adjustment, and independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke, kicking skills, pool safety, comfort while holding the face in the water, and swimming with a floatation devices. Most importantly, in this class your child will learn to tread water. To pass your child must be able to swim 5 feet and tread water for 10 seconds without a floatation device.



- This level is for children comfortable in the water. They are taught to kick, float, and perform the progressive prone stroke on front and back almost entirely without floatation device. To pass your child must swim 15 feet on front, side, and back using freestyle and backstroke technique.



- At this level children review previous skills, improve stroke skills, increase knowledge of personal safety, and build endurance by swimming on their front and back. They are introduced to breaststroke, swimming under water and diving. To pass children swim 50 feet on their front and back without assistance using front and back crawl.



- Children review skills learned at the Ray level and refine their freestyle, backstroke, and breaststroke. Students swim the length of the pool to pass this level.

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 ★ All participants registered in the wrong level will be withdrawn from the program and we **will not** be able  
 ★ to provided a credit or refund. If you have any questions regarding your child's swim level, please sched-  
 ★ ule a swim test by contacting Omar Zaladaña in the  
 ★ Aquatics Department at 541-5251.  
 ★  
 ★  
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# Level Descriptions

## Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark (Ages 6-12 years)

These classes are designed to teach participants ages 6 to 12 years of age self confidence while developing their water skills. Our swim instructors encourage water safety, personal growth, stroke development, and fun. Some classes may be combined depending upon the registration for particular classes. Please read level descriptions below.

### Choose from the following levels:



**Polliwog**

- Children are acquainted with the pool, use of floatation devices, floating, gliding, rhythmic breathing, freestyle, backstroke and deep water. Students must be able to swim 25 yards freestyle and backstroke without a floatation device the length of the pool and be well adjusted to the water to pass this level.



**Guppy**

- Students continue to work on the freestyle, backstroke, sidestroke and other basic skills. They will be introduced to breaststroke, elementary backstroke, diving, and building endurance. To pass this level swimmers must have a refined freestyle, backstroke, and a fundamental breaststroke completing 50 yards of each.



**Minnow**

- Students continue to refine their freestyle, backstroke, breaststroke, sidestroke, and diving. Butterfly stroke will be introduced. Students must swim 50 yards of each stroke, meeting skill criteria of each stroke to pass this level.



**Fish**

- Students work to refine all strokes that they have previously learned as well as work on their endurance. Students will be introduced to use of the backstroke flags, breast stroke start (pull-out), and flip turns. Students must swim 100 yards of each stroke, meeting skill criteria of each stroke to pass this level.



**Flying Fish**

- Students work on to refine all strokes, turns and increase their endurance. They are introduced to the individual medley and racing starts. Students must swim 200 yards of each stroke, meeting skill criteria of each stroke to pass this level.



**Shark**

- Students continue to improve their strokes, starts, turns while an emphasis will be placed on accelerating the stroke. In order to progress to the next level the student must be exceptional in all 4 of the competitive strokes and have gained a satisfactory level of endurance in each.

**Porpoise** will be integrated with the new Swim Team structure and will run on a month-to-month basis. If you have any questions regarding this change, please speak to your coach, or call the Aquatics Department at 541-5251

\*\*\*\*\*  
 ★ All participants registered in the wrong level will ★  
 ★ be withdrawn from the program and we **will not** ★  
 ★ be able to provided a credit or refund. If you have ★  
 ★ any questions regarding your child's swim level, ★  
 ★ please schedule a swim test by contacting Omar ★  
 ★ Zaldaña in the Aquatics Department at ★  
 ★ 541-5251. ★  
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# Nu'uaniu YMCA Swim Team



• The Nu'uaniu YMCA Swim Team will strive to build endurance, discipline and self-confidence, in a fun, family atmosphere. Emphasis will be placed on the four competitive strokes, turns, starts, and techniques. Our goal is to expose young swimmers to the world of competitive swimming and prepare them

to join various swim clubs throughout our community.

**Novice** - For swimmers with the desire to move up to the competitive swim team. We ask swimmers have strong working knowledge of Freestyle and Backstroke.

**Intermediate** - Swimmers that have working knowledge of the 4 competitive strokes and have the skills necessary to be involved in competition.

**Advanced** - for skilled swimmers that have achieved 3 competitive "C" times  
Tryouts are required and can be scheduled with the Aquatics Department at 541-5251.

Cost - \$6 an hour    Schedule - Please check with the Welcome Center by calling 536-3556

\* If your child was previously on the Porpoise Club, please speak to the coach in regards to which level your swimmer will now correspond to. We are moving in a direction that we feel will be best for the swimmers in our program. If you have any question regarding this direction, please call the Aquatics Department at 541-5251.

## Private Swim Lessons

If you would like individual attention or have specific goals to reach, try a private lesson. These are an excellent choice for all ages!

### 5 lessons

Individual = \$125

Buddy (2 students) = \$200

*Each class runs for 30 minutes*

If you are interested in private lessons please contact the Aquatics Department at 541-5251

