

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Sign up for ALL sessions in 2010!!

PROGRAM UPDATES for February 2010

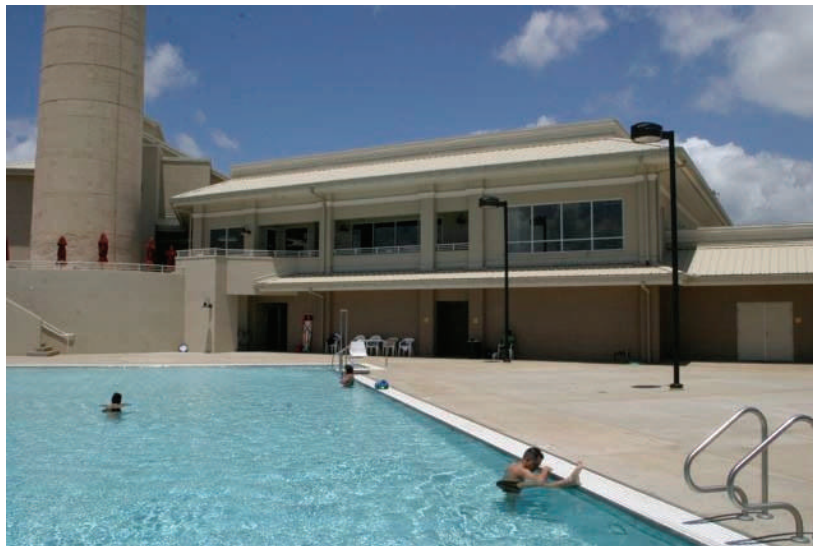
Please visit www.ymcahonolulu.org and click on "Aquatics"

Pre-Registration: (January participants only) January 19

General Registration: January 25

Member Rates \$76.80

Non Member Rates \$96.00



Leeward YMCA
94-440 Mokuola St. Waipahu, HI 96707
(808) 671-6495
www.ymcahonolulu.org

2010 Swim Lessons Schedule

The remainder of 2010 will have 2 month sessions. They begin the 1st of the month and end the last of the month (or at the end of 8 classes). Please note dates there are NO lessons:

Session	Dates	NO CLASS
February/March	Feb 1 - Mar 29	Monday, Feb 15
April/May	Apr 1 - May 26	
June/July	June 1 - Jul 26	Monday, July 5
August September	Aug 2 - Sep 27	Monday, Sep 6
October/November	Oct 2 - Nov 24	Sat, Oct 30 & Monday, Nov 11
December/January	Dec 1 - Jan 25	Sat, Dec 25 & Sat, Jan 1

YMCA Credit & Refund Policy Information

Payments

- Payments (cash, check, credit card) must be made in full in order to register for a class.
- **Please make checks payable to the “YMCA”**
- Online payments have to be made by credit card.
- There is a \$15 NSF fee for all returned payments.

Financial Aid

- Financial aid is available
- Please see welcome center for an application
- Turn in completed forms with attached needed documents prior to registration dates

Credits

- Credits are good for one year, and may be applied to any program or membership service at any YMCA of Honolulu branch
- Credits are issued immediately
- Credits may not be used to purchase any resale items

Refunds

- Refunds are issued in the form of payment which was used to pay for the program (cash payments will be returned by check)
- Refunds may take up to two weeks for processing
- There is a \$25.00 service fee for all refunds issued

General Credit & Refund Guidelines

- ◇ Refunds and Credits will not be issued for any participant who is suspended or expelled from the program for behavior or safety violations.
- ◇ Credits and refunds will not be issued after the second day/meeting of any program
- ◇ Credits will be issued for medical emergencies/illnesses accompanying a doctor's statement for absences of more than 2 consecutive classes.
- ◇ If the YMCA cancels program day/days, except for inclement weather and/or natural disaster, a partial refund or credit will be issued without a processing fee.
- ◇ Refunds and credits are not issued for programs canceled due to inclement weather or natural disasters
- ◇ Credits and refunds must be approved by the Aquatics Director.

Levels Descriptions

Parent/Tot Swim Program

Ages 6 months to 35 months old with parent

The primary objective is to get both the parent and child comfortable in the water. The child will become aware of movement through the water while the parent will learn how to teach his/her child to be safer in and around water. The child will be exposed to basic movements in the water such as kicking, arm strokes and breath control

Preschool Swim Program

Ages 3 to 5 years old without parent

Classes take the child from beginner levels (Pike, Eel) to advanced levels (Ray, Starfish). All students are tested during their first class and placed in the appropriate level.

Pike (Beginner) - Teaches water adjustment and basic skills

This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke, kicking skills, pool safety, and comfort while holding their face in the water while blowing bubbles and swimming with flotation devices.

Eel (Beginner) - Progressed through Pike

This level is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke. Students will be able to swim with flotation, with face in the water without assistance

Ray (Intermediate Beginner) - Progressed through Eel.

At this level children review previous skills, improve stroke skills, learn more personal safety, build endurance by swimming on their front and back, and learn to tread water. They are introduced to the breaststroke and the sidestroke as well as swim under water and dive. They are able to swim 20 feet with flat body position, face in the water, and with no flotation. Can kick on one's back 25 yards with flotation.

Starfish (Intermediate) - Progressed through Ray.

Children review skills learned in previous levels and refine strokes including free-style, backstroke, sidestroke, breaststroke and elementary backstroke. Able to swim 25 yards on their front, side and back without flotation.

Youth Swim Program

Ages 6 to 12 years old

Polliwog (Beginner)

Designed for children unable to swim 25 yards with a flotation device, with or without head in the water. Children are acquainted with the pool, use of flotation devices, floating, gliding, and paddle stroking.

Guppy (Intermediate Beginner) - *Progressed through Polliwog*

Students continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to the front and back crawl, sidestroke, breaststroke, and elementary backstroke, endurance, and becoming comfortable in deep water.

Minnow (Advanced Beginner) - *Progressed through Guppy*

Students begin to refine their strokes. They learn the front crawl with side breathing, backstroke, elementary backstroke, breaststroke, and sidestroke. Basic diving is taught at this level. Students continue to develop all skills to pass this level.

Fish (Intermediate) - *Progressed through Minnow*

Students work to refine all strokes that they have previously learned with turns. They are introduced to the dolphin kick. Able to swim Front/Back crawl for 25 yards each.

Flying Fish (Advanced Intermediate) - *Progressed through Fish*

Students work on refining all strokes and increase their endurance (50 yards.). They are introduced to the butterfly stroke, individual medley, flip turns, and racing starts.

Shark (Advanced) - *Progressed through Flying Fish*

Students continue to improve their strokes and starts and turns. They are taught inverted breaststroke and over arm sidestroke and increase their distance swimming from 100 to 200 yards. Includes racing starts, flip turns, and lifesaving medley. Able to swim freestyle, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke.

Swim Team

Ages 6-18 years old

A novice program designed to introduce young swimmers to the competitive side of swimming. Participants will be challenged to increase their speed and endurance. Participants must be able to swim butterfly for 25 yards and backstroke, breaststroke and freestyle for 50 yards each without stopping.

Synchronized Swimming

Ages 6 and older

Synchronized swimming is an excellent alternative or complement to YMCA Swim Lessons and is suitable for people of all ages. Beginner swimming skills are required to enter the class. The program objectives are to develop watermanship (body control, agility, breath control, endurance and so on), to enable participants to swim with others to a rhythmic accompaniment, and to provide an arena for creative expression and performance.

Adult Swim Program

Ages 13 and older

Beginner

For the novice or non-swimmer. A general introduction to swimming that will cover three of the 4 competitive strokes (Freestyle, Backstroke, Breaststroke).

Intermediate/ Advanced

For swimmers that want to refine their technique and increase endurance in the water. A general understanding and completion of Freestyle, Backstroke, Breaststroke are required for optimal participation.

2010 Course Schedule

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Saturday
Pike/Eel	3:00 - 3:30 4:15 - 4:45	3:15 - 3:45	4:15 - 4:45	4:45 - 5:15	9:00 - 9:30 10:25 - 10:55 12:05 - 12:35
Ray/Starfish		4:45 - 5:15		3:15 - 3:45	9:00 - 9:30 10:25 - 10:55 12:05 - 12:35
Polliwog/Guppy	3:30 - 4:15	3:45 - 4:30	2:30 - 3:15 4:45 - 5:30	3:45 - 4:30 5:15 - 6:00	9:35 - 10:20 11:15 - 12:00 12:40 - 1:25 1:30 - 2:15
Minnow/Fish	5:00 - 5:45		3:15 - 4:00		9:35 - 10:20 11:15 - 12:00 12:40 - 1:25
Flying Fish		5:15 - 6:00			1:30 - 2:15
Shark					1:30 - 2:15
Adult Beginner	5:45 - 6:30				1:30 - 2:15
Adult Inter		6:00 - 6:45			
Synchro					
Swim Team		6:30 - 7:30		6:30 - 7:30	8:00 - 9:00
Parent/Tot					11:00 - 11:30



**YMCA of Honolulu
Youth Programs Registration Form**

PLEASE TYPE OR PRINT CLEARLY IN INK. COMPLETE THIS FORM, AND SUBMIT IT TO YOUR LOCAL YMCA BRANCH.

PROGRAM CHOICE		SESSION/DATES		BARCODE(S)	
_____		_____		_____	
_____		_____		_____	
_____		_____		_____	
LEGAL NAME: FAMILY/LAST			FIRST/GIVEN		MIDDLE INITIAL
GENDER	BIRTHDATE	SCHOOL	GRADE	YMCA BRANCH	
<input type="checkbox"/> FEMALE	month / day / year				
<input type="checkbox"/> MALE	_____ / _____ / _____				
CURRENT MAILING ADDRESS – NUMBER STREET			CITY	STATE	ZIP CODE
					HOME PHONE:
					CELL PHONE:
EMAIL ADDRESS <i>(Used for Online Registration and E-Bulletins)</i>			NAME(S) OF OTHER SIBLINGS IN PROGRAM		
PARTICIPANT RESIDES WITH					
<input type="checkbox"/> MOTHER	<input type="checkbox"/> FATHER	<input type="checkbox"/> BOTH PARENTS	<input type="checkbox"/> OTHER: _____		
FATHER'S NAME (LAST, FIRST)		OCCUPATION		BUS. PHONE	ALT. PHONE
MOTHER'S NAME (LAST, FIRST)		OCCUPATION		BUS. PHONE	ALT. PHONE
EMERGENCY CONTACT/AUTHORIZED PICK UP		RELATIONSHIP		PHONE	ALT. PHONE
EMERGENCY CONTACT/AUTHORIZED PICK UP		RELATIONSHIP		PHONE	ALT. PHONE
EMERGENCY CONTACT/AUTHORIZED PICK UP		RELATIONSHIP		PHONE	ALT. PHONE
PHYSICIAN		CHOICE OF HOSPITAL		PHONE	ALT. PHONE
PLEASE LIST ANY PHYSICAL OR OTHER LIMITATIONS THAT MIGHT HINDER YOUR CHILD/TEEN'S PARTICIPATION					
PLEASE LIST ANY SPECIAL REQUIREMENTS OR CONDITIONS (list medication, dosage, times to be taken, vegetarian meals, and or allergies)					
How did you hear about our program(s)?					
<input type="checkbox"/> Ad/Brochure/Postcard/Flyer	<input type="checkbox"/> Web	<input type="checkbox"/> Radio/TV	<input type="checkbox"/> OTHER: _____		
RELEASE WAIVERS					
I also authorize the YMCA of Honolulu to use the name and any video/photographs/audio taken of my participant and/or myself at anytime or in any manner in connection with its advertising, publicity and public relations programs. The YMCA may only use the video/photographs/audio. I will make no further claims.					
PARENT GUARDIAN NAME (PRINT)		PARENT/GUARDIAN SIGNATURE			DATE
MEDICAL CARE AUTHORIZATION					
If in the judgment of the YMCA staff, my child/teen requires medical care, I authorize and instruct the YMCA to inform me or the authorized person listed above. The YMCA may take my child/teen in for medical treatment to the physician, hospital or clinic, I or the authorized person designated. If the authorized person, the physician, or I can't be promptly reached, I authorize the YMCA to take my child/teen to the nearest hospital or clinic for such medical treatment.					
My child/teen is covered by:					
NAME OF MEDICAL INSURER			CARD/POLICY NUMBER		
PARENT/GUARDIAN'S SIGNATURE			DATE		
FOR YMCA OFFICE USE ONLY					
CHECK ALL THAT APPLY					
<input type="checkbox"/> CLASS Input					