



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swim Programs

**Nu'uano YMCA**

**January to March**

**2012**





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# Swim Lessons

Our standard is to provide exceptional swim lessons to the people in our community. We offer a progressive learning program that can help all families achieve their aquatic goals.

To register please go to [ymcahonolulu.org](http://ymcahonolulu.org) or visit the Welcome Center. Many of our lessons fill up quickly, so advanced registration is recommended. Please be sure to sign up for lessons before each session starts. Once a session has begun, it still possible to register by speaking to the Aquatics Director. Please see our class schedules in this brochure for exact start and end dates. For more information please contact Omar Zaldana at 541 5251 or [ozaldana@ymcahonolulu.org](mailto:ozaldana@ymcahonolulu.org).

## Financial Assistance\*

Financial Assistance is available for all programs, due to the generosity of the Nu'uaniu YMCA Annual 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.

## Registration

We will be accepting registrations for February thru May on January 15<sup>th</sup> at 8:00am. Register on line or at [ymcahonolulu.org](http://ymcahonolulu.org) or at the Nu'uaniu YMCA Welcome center. If you are registering online please make sure to have set up an account prior to registration.

## New Participants Orientation

If you are a new participant please email the Aquatics Director at [ozaldana@ymcahonolulu.org](mailto:ozaldana@ymcahonolulu.org) to receive an orientation packet.

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## NU'UANU YMCA

1441 Pali Hwy, Honolulu HI 96813

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# Parent & Tot

This program is a water orientation class designed for parent and child participation. Class consists of fundamental swim skills such as blowing bubbles, kicking, paddling and floating through songs and games. The children will also learn how to interact with their instructor and become accustomed to a swim lesson environment. Adults must accompany their child into the pool and participate in class. Both parents may participate if desired.

### Ages

- 6 months - 3 years old

### When

- Saturdays
  - 9:55am & 11:30am

Month   Day	Session Dates (Start-End)	No Class	Fees (Mem   Non Mem)
February - March Saturday	2/4 - 3/31		\$90.00   \$112.50



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# Preschool Swim Lessons

The preschool swim program has four levels that are designed to help children progress and build elementary swimming and safety skills. Children are placed in small class groups with YMCA trained instructors. Class emphasizes the development of coordination, endurance, and self-confidence of our preschoolers.

## Pikes (Level 1)

**3 – 5 yrs.**

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, comfort while holding the face in the water, and swimming with a flotation 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.

## Eel (Level 2)

**3 – 5 yrs.**

This level is for children comfortable in the water and that have completed PIKE. They are taught to kick, float, and perform the progressive prone stroke on front and back with some use of a flotation device. To pass your child must swim 15 feet on front, side, and back using the freestyle and backstroke technique, without a flotation device.

## Ray (Level 3)

**3 – 5 yrs.**

After passing Eel, at this level children review previous skills, improve stroke technique, 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 must swim 50 feet on their front and back without assistance using front and back crawl.

## Starfish (Level 4)

**3 – 5 yrs.**

Children review skills learned at the Ray level and refine their freestyle, backstroke, and breaststroke.

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# Preschool Times and Dates

- Monday & Wednesday  
3:15 – 3:45  
3:50 – 4:20
- Tuesday & Thursday  
3:30 – 3:30  
11:00 – 11:30 am  
11:30 – 12:00 am
- Friday  
3:00 – 3:30
- Sunday  
11:30 – 12:00am  
1:00 – 1:30
- Saturday  
3:30 – 4:00  
1:55 – 2:25  
11:30 – 12:00am  
9:55 – 10:25am

Weekend Schedule	Session Dates (Start-End)	No Class	Fees (Mem   Non Mem)
February - March			
Friday	2/3 – 3/30	None	\$90.00   \$112.50
Saturday	2/4 – 3/31	None	\$90.00   \$112.50
Sunday	2/5 – 3/26	None	\$80.00   \$100.00

Monthly Schedule	Session Dates (Start-End)	No Class	Fees (Mem   Non Mem)
January			
Monday & Wednesday	1/4 – 1/30	1/16	\$76.80   \$96
Tuesday & Thursday	1/3 – 1/31	None	\$86.40   \$108
February			
Monday & Wednesday	2/1 – 2/29	2/20 pres. day	\$80.00   \$100.00
Tuesday & Thursday	2/2 – 2/28	None	\$80.00   \$100.00
March			
Monday & Wednesday	3/5 – 3/28	3/26	\$70.00   \$87.50
Tuesday & Thursday	3/1 – 3/29	None	\$90.00   \$112.50



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# Youth Swim Lessons

The progressive swim program has six levels designed to help children grow personally and develop strokes and safety skills. Emphasis is on endurance, personal safety, skill development, and lifesaving techniques.

## **Polliwogs (Level 1)**

**6 – 12 yrs.**

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 (Level 2)**

**6 – 12 yrs.**

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 (Level 3)**

**6 – 12 yrs.**

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 (Level 4)**

**6 – 12 yrs.**

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 (Level 5)\***

**6 – 12 yrs.**

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.

\*not offered on Saturday at 1pm.

## **Shark (Level 6)\***

**6 – 12 yrs.**

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. \*not offered on Saturday at 1pm.

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# Youth Times and Dates

- Monday & Wednesday  
4:25 – 5:10
- Tuesday & Thursday  
3:35 – 4:20  
4:25 – 5:10
- Friday  
3:35 – 4:20  
4:25 – 5:10
- Saturday  
2:35 – 3:20  
1:00 – 1:45  
10:35 – 11:20am  
9:00 – 9:45am
- Sunday  
12:10 – 12:55  
1:40 – 2:25

Weekend Schedule	Session Dates (Start-End)	No Class	Fees (Mem   Non Mem)
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Friday	2/3 – 3/30	None	\$90.00   \$112.50
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# YMCA Policies

## Member Rates

Prior to signing up your child(ren) for a youth program, in order to receive 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. Member rates are \$9.60 per lesson and non members are \$12 per lesson.

## Financial Assistance

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## 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 and 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.

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## **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.

## **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.

## **Locker Rooms**

For families with children over the age of 3 and of opposite sex, we ask that they are not taken into opposite sex locker rooms, instead please use the family locker room. Our family locker room has changing stalls and showers. Mahalo

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