



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **SUMMER SWIMMING 2 WEEK INTENSIVES SCHEDULE MONDAY THROUGH FRIDAY Nu'uanu YMCA**

**June - July  
2019**





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# Summer Intensive Swim Lessons

For summer, swimming lessons run on a 2 week intensive, Monday through Friday schedule for four sessions and one 1 week intensive session for the last week of July . Please see our class schedules in this brochure for exact start and end dates. For our weekend classes please see our weekend schedules. For more information please contact **Neal Yamamura at 541-5248 or at [nyamamura@ymcahonolulu.org](mailto:nyamamura@ymcahonolulu.org)**. To register, please go to [ymcahonolulu.org](http://ymcahonolulu.org). Many of our lessons fill up quickly, so advanced registration is recommended. You may register for the whole summer at once. Please be sure to sign up for lessons before each session starts. Once a session has begun, it's still possible to register by speaking to the Aquatics Director, but space may be limited. Special cases due to age restrictions or Financial Aid will need to register at the Welcome Center.

## **\*Registration for Summer Intensive Swim Lessons: Wednesday, May 1<sup>st</sup> 2019 \***

Register online at [ymcahonolulu.org](http://ymcahonolulu.org). If you are registering online please make sure to have set up an account prior to registration. The Welcome Center will **only** be taking registrations for financial assistance and special cases. Please call the Aquatics Director if you have any questions prior to registration.

## **Financial Assistance**

Financial Assistance is available for all programs, due to the generosity of the Nu'uuanu 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. Financial Aid forms need to be turned in to the Aquatics Director **TWO weeks** prior to registration. Forms turned in the day of registration will count for the following session and there will be no reimbursements. sessions.



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# YMCA Policies

## Member Rates

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. Member rates are \$11.20 per lesson and non-members are \$14.00 per lesson.

## Credit & Refund Guidelines

Refunds (with 30% service fee) 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 or refund (with 30% service fee) will be issued up to and including the first day of program. **No credits or refunds** 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.

## 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

Children over the age of 5 must use the restroom/locker rooms of their same gender. We ask that they are not taken into opposite sex locker rooms, instead please use the family locker room. In our family locker room there are changing stalls and showers however there are no toilets. You must use the restrooms in the lobby. Mahalo.



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## Summer 2 Week Swim Intensives

For ages 3 to 12 years old, Intensive students meet Monday through Friday for 30 minutes. Swim instructors will take children through the YMCA's swimming lesson curriculum consisting of maximum progress mixed with fun. Please contact the Aquatics Department at 541-5248 if you have any questions. All participants will be swim tested the first day of lessons to see which level they belong in. You may register for all Summer Intensive sessions starting May 1<sup>st</sup>, 2019.

\*On the first day of each session please try to arrive 5-10 minutes early

### 2Week Intensive Schedule

Session Dates (Start-End)	<u>(NO CLASS)</u>	Fees (Mem   Non Mem)
<u>Session One: 6/3 – 6/14</u> (9 classes)	June 11 <sup>th</sup> (Kam. Day)	\$100.80   \$126
8:45am-9:15am	Activity # 20863	
9:25am-9:55am	Activity # 20864	
10:05am-10:35am	Activity # 20980	
2:20pm-2:50pm	Activity # 20865	
3:00pm-3:30pm	Activity # 20866	
3:40pm-4:10pm	Activity # 20867	
4:20pm-4:50pm	Activity # 20868	
5:00pm-5:30pm	Activity # 20981	
<u>Session Two: 6/17 – 6/28</u> (10 classes)		\$112   \$140
8:45am-9:15am	Activity # 21650	
9:25am-9:55am	Activity # 20993	
10:05am-10:35am	Activity # 20986	
2:20pm-2:50pm	Activity # 20987	
3:00pm-3:30pm	Activity # 20988	
3:40pm-4:10pm	Activity # 20989	
4:20pm-4:50pm	Activity # 20990	
5:00pm-5:30pm	Activity # 20991	

Summer Intensives continued on next page



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**Session Three: 7/1 – 7/12** (9 classes)

July 4<sup>th</sup> (Holiday)

\$100.80 | \$126

8:45am-9:15am Activity # 21118  
9:25am-9:55am Activity # 21120  
10:05am-10:35am Activity # 21641  
2:20pm-2:50pm Activity # 21643  
3:00pm-3:30pm Activity # 21645  
3:40pm-4:10pm Activity # 21869  
4:20pm-4:50pm Activity # 21647  
5:00pm-5:30pm Activity # 21649

**Session Four: 7/15 – 7/26** (10 classes)

\$112 | \$140

8:45am-9:15am Activity # 20992  
9:25am-9:55am Activity # 21119  
10:05am-10:35am Activity # 21112  
2:20pm-2:50pm Activity # 21113  
3:00pm-3:30pm Activity # 21114  
3:40pm-4:10pm Activity # 21115  
4:20pm-4:50pm Activity # 21116  
5:00pm-5:30pm Activity # 21117

**Session Five (One Week): 7/29 – 8/2** (5 classes)

\$56 | \$70

8:45am-9:15am Activity # 21870  
9:25am-9:55am Activity # 21651  
10:05am-10:35am Activity # 21640  
2:20pm-2:50pm Activity # 21642  
3:00pm-3:30pm Activity # 21644  
3:40pm-4:10pm Activity # 21871  
4:20pm-4:50pm Activity # 21646  
5:00pm-5:30pm Activity # 21648



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## *Preschool Swim Descriptions*

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 / Water Acclimation (Level 1)**

**3 – 5 yrs.**

Develop comfort with underwater exploration and learn to safely exit in the event of falling into the body of water—laying the foundation for future progress in swimming

### **Eel / Water Movement (Level 2)**

**3 – 5 yrs.**

Focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

### **Ray / Water Stamina (Level 3)**

**3 – 5 yrs.**

Learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water and introduction to rhythmic breathing and integrated arm and leg action.

### **Starfish / Stroke Introduction (Level 4)**

**3 – 5 yrs.**

Develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



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## *Youth Swim Descriptions*

The progressive swim program has 8 levels designed to help children grow personally and develop strokes and safety skills. Emphasis is on endurance, personal safety, skill development, and lifesaving techniques.

### **Swim Basics:**

#### **Jellyfish / Water Acclimation (Level 1)**

**6 – 12 yrs.**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water—laying the foundation for future progress in swimming.

#### **Polliwogs / Water Movement (Level 2)**

**6 – 12 yrs.**

Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

#### **Guppy / Water Stamina (Level 3)**

**6 – 12 yrs.**

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water and introduction to rhythmic breathing and integrated arm and leg action.

### **Swim Strokes:**

#### **Minnow / Stroke Introduction (Level 4)**

**6 – 12 yrs.**

Students develop stroke technique in front crawl and back crawl and learn the breaststroke and butter kick. Water safety is reinforced through treading water and elementary backstroke.

#### **Fish / Stroke Development (Level 5)**

**6 – 12 yrs.**

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

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## **Flying Fish / Stroke Mechanics (Level 6)**

**6 – 12 yrs.**

Students work to refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## **Shark / Endurance, Sports and Games (Level 7)**

**6 – 12 yrs.**

Students continue build endurance on all major competitive strokes and encourages aquatics sports and games as a part of a healthy lifestyle.

## **Porpoise / Aquatics Conditioning (Level 8)**

**6 – 12 yrs.**

Students continue to focus on building endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

# **YMCA of Honolulu Youth Swim League:** **Nuʻuanu Arowanas**

The YMCA invites youth from the age of 6 through 18 to participate in a swim team, which will consist of competing against other participating Y's around the island. You do not have to participate in the meets to be on the team. Tryouts are held on Saturdays @ 1:15pm. Please contact Coach Aaron Gon @ [nuuanuycoachaaron@gmail.com](mailto:nuuanuycoachaaron@gmail.com) to schedule a tryout. Swim Team practices are held T/Th/F @ 5:30pm until 7:00pm and Saturdays @ 1:15pm to 2:40pm. Monthly fee of \$64.00 for members and \$80.00 for non-members.

1441 Pali Hwy, Honolulu HI 96813  
P 808 536 3556 F 808 521 1181 [www.ymcahonolulu.org](http://www.ymcahonolulu.org)