



May Week Day

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS – All Ages Session May 2019

NU'UANU YMCA

Welcome Center: 536-3556

Aquatics Director: Neal Yamamura

Direct Number: 541-5248

nyamamura@ymcahonolulu.org

REGISTRATION: WEDNESDAY, MARCH 27TH, 2019 AT 9:00AM

Register online at ymcahonolulu.org in advance before sessions begin. The Welcome Center is available to assist with questions or financial assistance.

SWIM TEST

A swim test is required for all new students except for those entering into a Level 1 - Water Acclimation Stage (Pike or Jellyfish) or any Parent/Tot course. Swim tests are by appointment only and can be scheduled through the Aquatics Department. A swim test does not guarantee a space in the program. Spaces are available on a first come, first serve basis.

CLASS TIMES & FEES

- Classes must be purchased in session packages as noted below.
- There are no makeups, credit or refunds for any reasons after the start date of the session.
- Financial assistance is available, please visit the Welcome Center for more information.
- 6 Month to 12 Years: 30-Minute Class
- Adult (13+ years): 45-Minute Class

Group Lessons	Rate Per Class	Member Rate Per Class
Must be purchased by session. The number of lessons per session vary from 3-12 depending on branch schedule format. See below for specific packages & schedules.		
6 months to 12 years: 30-Minute Class	\$14	\$11.20
ADULTS (13 years +): 45-Minute Class		

PARENT/TOT: SWIM STARTERS (Infants/Toddlers Accompanied By Parent/Guardian) Ages 6 Months to 35 Months : *Once a week

PARENT/TOT – LEVELS A/WATER DISCOVERY and B/WATER EXPLORATION

Days	Times	Session Dates	Activity Number	Member Fee	Non-Member Fee
Tuesday	3:00p-3:30p	Continued -5/28/19		\$100.80	\$126
Thursday	3:00p-3:30p	Continued -5/28/19		\$100.80	\$126

MAY WEEK DAY LESSONS : PRESCHOOL Ages 3 to 5 Years Old

SWIM BASICS – LEVELS 1-3

Stage/Level	Days	Session Dates	Times	Activity Numbers	Member Fee	Non-Member Fee
1/WATER ACCLIMATION: <i>PIKE</i>	Monday/ Wednesday *No Lessons 5/27	5/1/19-5/29/19	3:00p-3:30p	20360	\$89.60	\$112
2/WATER MOVEMENT: <i>EEL</i>			3:40p-4:10p	20365		
3/WATER STAMINA: <i>RAY</i>	Tuesday/ Thursday	5/2/19-5/30/19	3:40p-4:10p	20389	\$100.80	\$126
4/STROKE INTRODUCTION: <i>STARFISH</i>	Friday	Continued - 5/31/19	3:00p-3:30p 3:40p-4:10p	19266 20481	\$89.60	\$112

MAY WEEK DAY LESSONS : YOUTH Ages 6 to 12 Years Old

SWIM BASICS – LEVELS 1-3

Stage/Level	Days	Session Dates	Times	Activity Numbers	Member Fee	Non-Member Fee
1/WATER ACCLIMATION <i>JELLYFISH</i>	Monday/ Wednesday *No Lessons 5/27	5/1/19-5/29/19	4:20p-4:50p	20370	\$89.60	\$112
2/WATER MOVEMENT <i>POLLIWOG</i>			5:00p-5:30p	20379		
3/WATER STAMINA: <i>GUPPY</i>	Tuesday/ Thursday	5/2/19-5/30/19	4:20p-4:50p 5:00p-5:30p	20403 20413	\$100.80	\$126
	Friday	Continued - 5/31/19	4:20p-4:50p 5:00p-5:30p	20321 20328	\$89.60	\$112

SWIM STROKES – LEVEL 4-6

Stage/Level	Days	Session Dates	Times	Activity Numbers	Member Fee	Non-Member Fee
4/STROKE INTRODUCTION <i>MINNOW</i>	Monday/ Wednesday *No Lessons 5/27	5/1/19-5/29/19	4:20p-4:50p	20370	\$89.60	\$112
5/STROKE DEVELOPMENT <i>FISH</i>			5:00p-5:30p	20379		
6/STROKE MECHANICS: <i>FLYING FISH</i>	Tuesday/ Thursday	5/2/19-5/30/19	4:20p-4:50p 5:00p-5:30p	20403 20413	\$100.80	\$126
	Friday	Continued - 5/31/19	4:20p-4:50p 5:00p-5:30p	20321 20328	\$89.60	\$112

sSWIM PATHWAYS – LEVEL 7-8

Stage/Level	Days	Session Dates	Times	Activity Numbers	Member Fee	Non-Member Fee
7/ENDURANCE, SPORTS AND GAMES: <i>SHARK</i>	Monday/ Wednesday *No Lessons 5/27	5/1/19-5/29/19	4:20p-4:50p	20370	\$89.60	\$112
8/AQUATIC CONDITIONING: <i>PORPOISE</i>			5:00p-5:30p	20379		
	Tuesday/ Thursday	5/2/19-5/30/19	4:20p-4:50p 5:00p-5:30p	20403 20413	\$100.80	\$126
	Friday	Continued - 5/31/19	4:20p-4:50p 5:00p-5:30p	20321 20328	\$89.60	\$112

MAY WEEK DAY : TEEN/ADULT SWIM Ages 13 Years Old+

Days	Times	Session Dates	Activity Numbers	Member Fee	Non-Member Fee
Tuesday/Thursday	5:00p-5:45p	5/2/19-5/30/19	20412	\$100.80	\$126

SWIM TEAM

Ages 6 to 18 Years Old

- Must be able swim 100yds IM.
- You do not have to participate in swim meets to be on the team.
- All payments are due by the 1st of the month. A draft option is available.

CONTACT

Coach Aaron Gon , nuuanuycoachaaron@gmail.com, 541-5248

Aquatics Director: Neal Yamamura, nyamamura@ymcahonolulu.org, 541-5248

Aquatics Coordinator: Matt Oba, moba@ymcahonolulu.org

FEES

Monthly Fee: \$64 for Members / \$80 for Non-Members

If you plan to participate in the swim meets:

- \$25 - Annual Swim Meet Administrative Fee
- \$12 Per Swim Meet Fee

PRACTICE SCHEDULE

SCHEDULE: Tuesday, Thursday & Friday 5:30p-7:00p

Saturday 1:15p-2:40p

SWIM MEETS

Swim meet season runs from June through November with meets held once a month. Meets are held on Saturday afternoons at the VMAC (Veterans memorial Aquatic Center-Waipio).