



Sunday

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS – All Ages

Session June 2nd – July 28th 2019

NU'UANU YMCA

Welcome Center: 536-3556

Aquatics Director: Neal Yamamura

Direct Number: 541-5248

nyamamura@ymcahonolulu.org

REGISTRATION: TUESDAY, MAY 21ST, 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		

SWIM STARTERS (Infants/Toddlers Accompanied By Parent/Guardian) Ages 6 Months to 35 Months

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

Days	Session Dates	Times	Activity Numbers	Member Fee	Non-Member Fee
No Parent/Tot on Sundays					

SUNDAY LESSONS : PRESCHOOL Ages 3 to 5 Years Old

SWIM BASICS – LEVELS 1-3

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
1/WATER ACCLIMATION: <i>PIKE</i>	Sunday	6/2/19-7/28/19	9:40a-10:10a 11:00am-11:30a 3:15p-3:45p	20922 20912 20917	\$100.80	\$126
2/WATER MOVMENT: <i>EEL</i>	Sunday	6/2/19-7/28/19	9:40a-10:10a 11:00am-11:30a 3:15p-3:45p	20922 20912 20917	\$100.80	\$126
3/WATER STAMINA: <i>RAY</i>	Sunday	6/2/19-7/28/19	9:40a-10:10a 11:00am-11:30a 3:15p-3:45p	20922 20912 20917	\$100.80	\$126

SWIM STROKES – LEVEL 4

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
4/STROKE INTRODUCTION: <i>STARFISH</i>	Sunday	6/2/19-7/28/19	9:40a-10:10a 11:00am-11:30a 3:15p-3:45p	20922 20912 20917	\$100.80	\$126

SUNDAY LESSONS : YOUTH Ages 6 to 12 Years Old

SWIM BASICS – LEVELS 1-3

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
1/WATER ACCLIMATION: <i>JELLYFISH</i>	Sunday	6/2/19-7/28/19	10:20a-10:50a 1:55p-2:25p	20927 20936	\$100.80	\$126
2/WATER MOVMENT: <i>POLLIWOG</i>	Sunday	6/2/19-7/28/19	10:20a-10:50a 1:55p-2:25p	20927 20936	\$100.80	\$126
3/WATER STAMINA: <i>GUPPY</i>	Sunday	6/2/19-7/28/19	10:20a-10:50a 1:55p-2:25p	20927 20936	\$100.80	\$126

SWIM STROKES – LEVEL 4-6

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
4/STROKE INTRODUCTION: <i>MINNOW</i>	Sunday	6/2/19-7/28/19	9:00a-9:30a 11:40a-12:10p 1:15p-1:45p 2:35p-3:05p	20971 20944 20953 20962	\$100.80	\$126

SWIM STROKES – LEVEL 4-6

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
5/STROKE DEVELOPMENT: <i>FISH</i>	Sunday	6/2/19-7/28/19	9:00a-9:30a 11:40a-12:10p 1:15p-1:45p 2:35p-3:05p	20971 20944 20953 20962	\$100.80	\$126
6/STROKE MECHANICS: <i>FLYING FISH</i>	Sunday	6/2/19-7/28/19	9:00a-9:30a 11:40a-12:10p 1:15p-1:45p 2:35p-3:05p	20971 20944 20953 20962	\$100.80	\$126

SWIM PATHWAYS – LEVEL 7-8

Stage/Level	Days	Session Dates	Times	Sub Activity Numbers	Member Fee	Non-Member Fee
7/ENDURANCE, SPORTS AND GAMES: <i>SHARK</i> *8/AQUATIC CONDITIONING: <i>PORPOISE</i>	Sunday	6/2/19-7/28/19	9:00a-9:30a 11:40a-12:10p 1:15p-1:45p 2:35p-3:05p	20971 20944 20953 20962	\$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

Head 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).