

# SWIM TEAM

January - December 2023

## WINDWARD WAVERIDERS

The Windward Waveriders Swim Team is a great opportunity for your child to gain an introduction to competitive swimming, as well as improve his or her endurance and speed. Swim Team is open to participants who are registered in Fish level or higher, or to those who meet the prerequisites listed below. In addition, we also focus on learning competitive techniques such as starts and turns, and setting and achieving goals.

Our Swim Team is the next step for your child to become the best swimmer he or she can be!



### **PREREQUISITES:**

- ◇ Must be 6-18 years old
- ◇ Must be able to swim 50 yards of:
  - Freestyle
  - Backstroke
  - Breaststroke

## GENERAL INFORMATION

### PRACTICES MEET

- ◇ Mondays, Wednesdays, & Fridays  
5p-6p

### ATTIRE

**Girls:** One-piece suit, rash guards (optional), caps (long hair) **NO BOARD SHORTS**

**Boys:** Jammers preferred or board shorts, rash guards (optional)

**All:** Goggles

*\*Please see reverse for PRACTICE DETAILS*



## **WINDWARD BRANCH**

1200 Kailua Rd.  
808-261-0808  
[www.ymcahonolulu.org](http://www.ymcahonolulu.org)



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## MONTHLY COST

Swim Team registration is based on a monthly fee and participants are welcome to attend our 3 days of water practice. We do not offer a prorated fee for this program.

**COST:** Non-Member: **\$12/practice**  
Member: **\$10/practice**

**\*Fee is based on practices/month. Please see below for cost/month and any holidays observed. All payments due by the 1st of the month. There are no prorations due to missed practices.**

## Practice dates

**January:** January 9-31 (\$108/\$90)

*No Class on 1/16 - Martin Luther King Jr Day*

**February:** February 1-27 (\$132/\$110)

*No Class on 2/20 - Presidents' Day*

**March:** March 1-31 (\$120/\$100)

*No Class on 3/13-17 - Spring Break and 3/27 - Kuhio Day*

**April:** April 3-28 (\$144/\$120)

**May:** May 1-26 (\$144/\$120)

*No Class on 5/29 - Memorial Day*

**June:** June 2-30 (\$144/\$120)

*No Class on 6/12 - Kamehameha Day*

**July:** July 3-28 (\$156/\$130)

**August:** August 2-30 (\$144/\$120)

*No Class on 8/18 - Admissions Day*

**September:** September 1-29 (\$144/\$120)

*No Class on 9/4 - Labor Day*

**October:** October 2-30 (\$120/\$100)

*No Class on 3/13-17 - Fall Break*

**November:** November 1-29 (\$132/\$110)

*No Class on 11/10 - Veterans' Day and 11/24 Thanksgiving break*

**December:** December 1-15 (\$84/\$70)

## PRACTICE DETAILS

- Swim practices are held 3 times per week and *attendance is vital* for your child to gain the most instruction and skill improvement.
- Use of kickboards, pull buoys, swim paddles and fins will be used for drills to improve and enhance swim skills/techniques.
- Improvement of technique, endurance, and speed will be the primary focus of each practice. Race starts and turns will also be covered throughout each session.

## SWIM MEETS

Our first meet will be held in August, 8/19, Saturday afternoons at VMAC (Veterans Memorial Aquatic Center—Waipio) and **participation is highly encouraged!**

**Meet schedule is currently being determined. Please check back as we move closer to April. We will post additional dates as soon as we know.  
Mahalo!**

Please speak to your child's Swim Coach for additional information.

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