

SWIM LESSONS

January—March 2020

LEARN TO SWIM FOR ALL AGES

- **Parent/Tot (6 mo - 3 yrs)**

- ◇ Accompanied w/an adult
- ◇ Class ratio 1:10

- **Preschool (3 - 5 yrs)**

- ◇ 4 skill levels
 - *Pike *Eel
 - *Ray *Starfish
- ◇ Class ratio 1:4

- **Youth (6 - 12 yrs)**

- ◇ 8 skill levels
 - *Jellyfish *Polliwog
 - *Guppy *Minnow
 - *Fish *Flying Fish
 - *Shark *Porpoise

- **Adult (13+ yrs)**

- ◇ Class ratio 1:6-8



Here at the Y, we pride ourselves on providing a great place to learn how to swim for the children and adults of Hawaii. We offer a wide range of classes in our year-round program to meet the needs of all members of our community. While our well-trained staff focuses primarily on stroke development, there are many other aspects of swimming that we include such as water safety, water sports, and offering a safe and fun experience in the water. So come on down and join the Windward YMCA family!

SWIM TEST

A swim test will be required for any new participant wanting to register for any class other than Pike or Polliwog. Please note that a swim test does not guarantee a space in the program. Spaces are available on a first come first served basis.

Swim tests will be conducted by appointment only. To schedule a swim test, please contact the Aquatics Department.

FOR MORE INFORMATION

Please contact **Kilohana Moa**,
Aquatics Director, at **262-1488** or via e-mail
at **kmoa@ymcahonolulu.org**

OR

Visit our Welcome Center Staff for assistance.

WINDWARD BRANCH

1200 Kailua Road
808-261-0808
www.ymcahonolulu.org



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

CLASS TIMES

- **Parent/Tot (6 - 35 months)**

- ◇ Saturdays: 9:40a-10:10a, 11:30a-12p
- ◇ Sundays: 10a-10:30a
- ◇ Tuesdays/Thursdays: 9:30a-10a
(monthly resuming in Feb 2020)

- **Preschool (3 - 5 years)**

- ◇ Saturdays: 9:40a-10:10a; 11a-11:30a
- ◇ Sundays: 10a-10:30a; 11:10a-11:40a
- ◇ Mondays: 3:20p-3:50p; 4:30p-5p; 5:05p-5:35p
- ◇ Tuesdays: 3:20p-3:50p; 4:30p-5p
- ◇ Wednesdays: 3:20p-3:50p; 4:30p-5p; 5:05p-5:35p
- ◇ Thursdays: 3:20p-3:50p; 4:30p-5p
- ◇ Fridays: 3:20p-3:50p; 4:30p-5p; 5:05p-5:35p

- **Youth (6 - 12 years)**

- ◇ Saturdays: 9a-9:30a; 10:20a-10:50a;
11:40a-12:10p
- ◇ Sundays: 10:35a-11:05a; 11:45a-12:15p
- ◇ Mondays: 2:45p-3:15p; 3:55p-4:25p
- ◇ Tuesdays: 2:45p-3:15p; 3:55p-4:25p;
5:05p-5:35p
- ◇ Wednesdays: 2:45p-3:15p; 3:55p-4:25p
- ◇ Thursdays: 2:45p-3:15p; 3:55p-4:25p;
5:05p-5:35p
- ◇ Fridays: 2:45p-3:15p; 3:55p-4:25p

- **Adult (13+ years)**

- ◇ Saturdays: 8a-8:45a

COST

Weekdays

- ◇ **Mondays: 1/6/20 - 3/30/20 (10 classes)**
Member: \$112 Non-Member: \$140
**No class 1/20 - MLK Day, 2/17 - Presidents' Day and 3/16—Spring Break*
- ◇ **Tuesdays: 1/7/20 - 3/31/20 (12 classes)**
Member: \$134.40 Non-Member: \$168
**No class 3/17—Spring Break*
- ◇ **Wednesdays: 1/8/20 - 3/25/20 (11 classes)**
Member: \$123.20 Non-Member: \$154
**No class 3/18—Spring Break*
- ◇ **Thursdays: 1/9/20—3/12/20 (10 classes)**
Member: \$112 Non-Member: \$140
- ◇ **Fridays: 1/10/20—3/27/20 (11 classes)**
Member: \$123.20 Non-Member: \$154
**No class 3/20—Spring Break*

Weekends

- ◇ **Saturdays: 1/4/20-3/28/20 (12 classes)**
Member: \$134.40 Non-Member: \$168
**No class 3/21/20 - Spring Break*
- ◇ **Sundays: 1/5/20-3/29/20 (12 classes)**
Member: \$134.40 Non-Member: \$168
**No class 3/15/20 - Spring Break*

Financial assistance is available for this program.
Please visit the Welcome Center for more info.

Please note there are no makeups, credits, or refunds for any reasons after the start date of the session.

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