



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS – All Ages

Session October—December 2021

WINDWARD YMCA

Welcome Center: 808-261-0808

Aquatics Director: Kilohana Moa

Direct Number: 808-262-1488

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REGISTRATION

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 recommended for all new students except for those entering into a Level 1 – Water Acclimation Stage (Pike or Jellyfish). Swim tests are by appointment only and can be scheduled through our website at this link: <https://forms.gle/t4uouAZXqHEvuxpR6>. 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
- 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	\$18	\$14.50
13 years +:	45-Minute Class		

Additional Information

- Each person will be temperature checked and asked a series of health screening questions prior to entering our facility before each class. Mask wearing for all who enter our facility is required (until participant enters the water). No mask needed in water
- Please have your child dressed in swim attire prior to entering the facility
- On deck cold water showers are available before and after lessons. Locker rooms are closed during this time.
- We will be providing limited seating around our pool area. We ask that 1 parent/guardian accompany the swimmer(s) to/from class. If needed those with additional children under the age of 6 can also observe the lesson provided they sit with you in the designated area. This seating is uncovered so please bring an umbrella and extra towels for comfort.

Ages 3 to 5 Years Old

SWIM BASICS – LEVELS 1-3

Stage/Level	Days	Times offered	Session Dates	NO Swim Dates	Member Fee	Non-Member Fee
1/WATER ACCLIMATION: PIKE 	Tuesdays	220p-250p, 340p-410p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	220p-250p, 340p-410p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran's Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	220p-250p, 340p-410p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	940a-1010a, 11a-1130a	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
2/WATER MOVEMENT: EEL 	Tuesdays	220p-250p, 340p-410p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	220p-250p, 340p-410p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran's Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	220p-250p, 340p-410p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	940a-1010a, 11a-1130a	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
3/WATER STAMINA: RAY 	Tuesdays	220p-250p, 340p-410p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	220p-250p, 340p-410p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran's Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	220p-250p, 340p-410p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	940a-1010a, 11a-1130a	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
4/STROKE INTRODUCTION: STARFISH 	Tuesdays	220p-250p, 340p-410p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	220p-250p, 340p-410p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran's Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	220p-250p, 340p-410p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	940a-1010a, 11a-1130a	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180

Ages 6 to 12 Years Old

SWIM BASICS – LEVELS 1-3




Stage/Level	Days	Times offered	Session Dates	No Swim Dates	Member Fee	Non-Member
1/WATER ACCLIMATION: JELLYFISH 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran's Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180

Ages 6 to 12 Years Old

SWIM BASICS – LEVELS 1-3 (continued)

Stage/Level	Days	Times offered	Session Dates	No Swim Dates	Member Fee	Non-Member
2/WATER MOVEMENT: POLLIWOG 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
3/WATER STAMINA: GUPPY 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180

SWIM STROKES – LEVEL 4-6

Stage/Level	Days	Times offered	Session Dates	No Swim Dates	Member Fee	Non-Member Fee
4/STROKE INTRODUCTION: MINNOW 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
5/STROKE DEVELOPMENT: FISH 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
6/STROKE MECHANICS: FLYING FISH 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180

SWIM PATHWAYS – LEVEL 7-8

Stage/Level	Days	Times	Session Dates	No Swim Dates	Member Fee	Non-Member Fee
7/ENDURANCE, SPORTS AND GAMES: SHARK 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180
8/AQUATIC CONDITIONING: PORPOISE 	Tuesdays	3p-330p, 420p-450p	10/5/21-12/14/21	10/12- Fall Break	\$145	\$180
	Thursdays	3p-330p, 420p-450p	10/7/21-12/16/21	10/14—Fall Break, 11/11—Veteran’s Day, 11/25—Thanksgiving	\$116	\$144
	Fridays	3p-330p, 420p-450p	10/1/21-12/17/21	10/15—Fall Break, 11/26—Thanksgiving Break	\$145	\$180
	Saturdays	9a-930a, 1020a-1050a, 1135a-1205p	10/2/21-12/18/21	10/16—Fall Break, 11/27—Thanksgiving Break	\$145	\$180

SWIM STARTERS – PARENT/TOT

Days	Times	Session Dates	No Swim Dates	Member Fee	Non-Member Fee
Tuesdays/Thursdays	8a-830a, 830a-9a	10/5/21-10/28/21	N/A	\$116	\$144
Tuesdays/Thursdays	8a-830a, 830a-9a	11/2/21-11/30/21	11/11/21—Veterans’ Day 11/25/21—Thanksgiving Day	\$101.50	\$126
Saturdays	940a-1010a	10/2/21-12/18/21	10/16/21—Fall Break 11/27/21—Thanksgiving Break	\$145	\$1180

PRIVATE SWIM LESSONS 3 Years Old to Adults

- Must be purchased in 5-class packages, paid in full before the first day of instruction, are non-refundable and be completed with 35 days of registration.
- Member rates are not available.
- Registration to request lessons is available online at <https://www.ymcahonolulu.org/swimming/swim-lessons>

Private Lessons*: 5 Class Package	Rate Per 5-Class Package
Individual: Five 30-Minute Classes	\$185
Individual: Five 45-Minute Classes	\$250
Buddy (2 Students): Five 30-Minute Classes	\$275
Buddy (2 Students): Five 45-Minute Classes	\$375

Branch Private Lesson Information

Please email Kilohana Moa at kmoa@ymcahonolulu.org or visit our website to submit a request form. All requests are reviewed in the order they are received.