

FINANCIAL ASSISTANCE ALWAYS AVAILABLE

The YMCA of Honolulu has been the heart and soul of the community for nearly 140 years. During these many years, we have supported those in need, through child/youth development, family strengthening and health and well-being programs. Today, we are as committed as ever to helping all members of our community live healthier lives - in spirit, mind and body. For years, people have trusted the YMCA to provide quality programs and activities at a reasonable cost. The YMCA's policy is to provide facilities and programs accessible to everyone, regardless of their financial status.

Financial Assistance applications are held in complete confidence and are seen only by YMCA administrative staff members. Individuals receiving assistance receive the same program services as those paying full fees.

It's easy to apply for financial assistance. Simply fill out a Financial Assistance application, available at our Mililani YMCA Welcome Center, and submit it with the valid support documentation. When you complete the form, please include the amount of assistance that you will need.

MILILANI YMCA
95-1190 Hikikaulia St
Mililani, HI 96789
(808) 625-1040
www.ymcahonolulu.org

Questions, Please contact Kevin Tang, Program Director,
at ktang@ymcahonolulu.org or (808) 275-4627



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILILANI YMCA SHARKS SWIM TEAM



2017 Season Schedule

The YMCA Swim Team is a development program designed to introduce the competitive side of swimming. Participants will be challenged to increase speed and technique. Swimmers will get the opportunity to compete again: they have to participate in the meets to be on the team. The Mililani YMCA allows coaches to focus on each skilled group. Though there are several meets at the swim meets as the Mililani

For us to properly place our swimmers into the correct level where they will succeed and improve most, specific standards have been set. It is to your swimmer's advantage to strive for the next group, and will only be moved up if they are mentally and physically ready, by the decision of the coaching staff. We want our swimmers to be at their best, however, moving up too quickly may deter our swimmers' performance. Please see each level description to determine which level they will practice with.

If unsure, please contact program director for swim test.

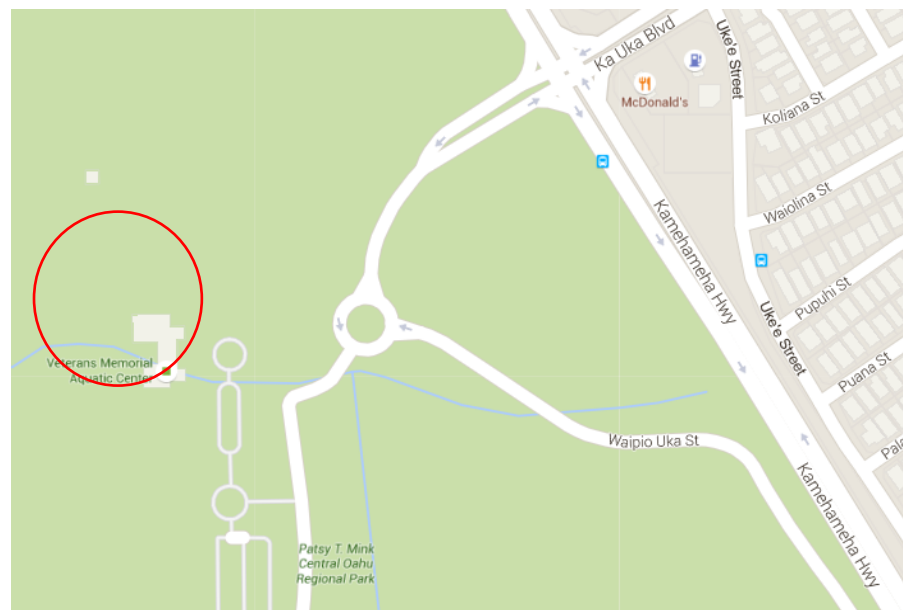


Swim Meet Dates

To Be Announced	To Be Announced
To Be Announced	To Be Announced
To Be Announced	To Be Announced

Our swim meets are held at the Veteran's Memorial Aquatic Center, located at Patsy T. Mink Regional Park in Waipio.

94-801 Kamehameha Highway, Waipahu, Hawaii. 96797



In the event of weather or other factors, the swim meet dates and location may be relocated to our Nu'uaniu YMCA pool location.

ADVANCED SWIM TEAM

Advanced Prerequisites:

*In addition to the requirements of the previous groups

- Ability to perform all 4 strokes legally
- Demonstrate turns and finishes for all 4 strokes, and use them during practice
- Ability to read pace clock and be able to send oneself off at basic intervals
- Ability to swim 300 yards without stopping and with legal strokes and turns
- Swimmers must complete the freestyle and IM test sets
- 10 X 50 freestyle @ 1:00 per 50, 10 seconds rest
- 5 X 100 freestyle @ 2:15 per 100, 15 seconds rest
- 4 X 200 IM without disqualification
- Ability to swim 500 yards without stopping

Practice Days and Times:

Sunday 3:30p - 4:30p

Tuesday 6:30p - 7:30p

Friday 4:15p - 5:15p

Advanced Swim Team Barcodes

	January	February	March	April	May	June
No Practice on:	1/1		3/26	4/16	5/14, 5/28	6/11, 6/18
	71414	71415	71416	71417	71418	71419
	July	August	September	October	November	December
No Practice on:	7/2	8/18	9/3	10/31	11/10, 11/24	12/24, 12/26, 12/29
	71420	71421	71422	71423	71424	71425

Items required for ALL levels at every practice:

- Water Bottle
- Swim suit
- Goggles
- Towel

Some practices will be on land and may require:

- Athletic clothing for land training
- Running or Athletic Shoes

Intermediate and Advance Team Required items:

- Swim Fins
- Swimmer's Snorkel
- Hand Paddles

please see coaches for more details



NOVICE SWIM TEAM

Novice Prerequisites:

- Swimmer must have some prior swimming experience. (Examples: swim lessons, ability to float on stomach and back, comfortable with face in water, and general understanding of freestyle and backstroke)
- Between 6 and 18 years old
- Swimmers must be able to swim 25 freestyle, 25 breast stroke, and 25 backstroke without stopping
- For swimmers who can complete workouts without a coach in the water
- Swimmers will work on technique on backstroke, freestyle, and breast stroke
- Swimmers will learn the introduction to butterfly
- Swimmers will be prepared for workouts, remain positive, and give their best effort each day and must listen to their coach at all times and be respectful to the coach and other swimmers
- Though encouraged, swimmers are not required to participate in swim meets.

Practice Days and Times:

Monday 5:30p - 6:30p,
Wednesday 5:30p - 6:30p
Friday 5:15p - 6:15p

Novice Swim Team Barcodes						
	January	February	March	April	May	June
No Practice on:			3/27		5/29	6/12
	71426	71427	71428	71429	71430	71431
	July	August	September	October	November	December
No Practice on:	7/3	8/18	9/4		11/10, 11/24	12/25, 12/27, 12/29
	71432	71433	71434	71435	71436	71437

INTERMEDIATE SWIM TEAM

Intermediate Prerequisites:

*In addition to the requirements of the previous group

- Swimmers must complete the freestyle test set
- 10 X 50 freestyle @ 1:30 per 50, 15 second rest
- 3 X 100 freestyle @ 3:00 per 100, 30 second rest
- Demonstrate the basics of freestyle, backstroke, breaststroke, and butterfly
- Introduction to the pace clock
- Intro to water polo skills
- Ability to follow instruction and work well with teammates and coaches

Practice Days and Times:

Sunday 1:00p - 2:00p
Tuesday 5:30p - 6:30p
Thursday 5:30p - 6:30p

Intermediate Swim Team Barcodes						
	January	February	March	April	May	June
No Practice on:	1/1		3/26	4/16	5/14, 5/28	6/11, 6/18
	71438	71439	71440	71441	71442	71443
	July	August	September	October	November	December
No Practice on:	7/2, 7/4		9/3	10/31	11/21 11/23	12/24, 12/26, 12/28
	71444	71445	71446	71447	71448	71449