



# MILILANI SWIM LESSONS – All Ages Session: August–September 2026

## MILILANI YMCA

Welcome Center: 808-625-1040  
info@ymcahonolulu.org

Aquatics Director: Neal Yamamura  
Direct Number: 808– 275-4638  
nyamamura@ymcahonolulu.org

### REGISTRATION BEGINS ON MONDAY, JULY 6TH, AT 8:30AM

Create an account and register online at ymcahonolulu.org in advance before sessions begin. The Welcome Center is available to assist with questions or financial assistance.



Register:  
bit.ly/3LS5R67

### SWIM TEST

A swim test is encouraged 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
- 13+ years: 45-Minute Class

<b>Group Lessons</b> 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.	<b>Non-Member Rate Per Class</b>	<b>Member Rate Per Class</b>
3 years to 12 years: 30-Minute Class Adults (13 years) +: 45-Minute Class	\$27.00 \$31.00	\$21.60 \$24.80
<b>Private Swim Lessons: 5 Class Package</b> <b>3 Years Old to Adults</b> 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 forms are available at the Branch.	<b>Rate Per 5-Class Package</b>	
Individual: Five Classes	<b>30-Minute Classes</b> \$250 (\$48 per class)	
Buddy (2 Students): Five 30-Minute Classes	\$360 (\$70 per class)	

**Branch Private Lesson Schedule/Information: Fill out request form at Welcome Center**  
Neal Yamamura (808) 275-4638

# PRESCHOOL: Ages 3 to 5 Years Old

## SWIM BASICS – Stages 1-3

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
<b>1/WATER ACCLIMATION: PIKE</b>	Monday	3:00pm & 3:40pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	3:00pm & 3:40pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	3:00pm & 3:40pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	3:00pm & 3:40pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	9:40a, 11a, 12:20p, 1:40p	8/1-9/26/26		\$194.40	\$243.00
<b>2/WATER MOVMENT: EEL</b>	Monday	3:00pm & 3:40pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	3:00pm & 3:40pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	3:00pm & 3:40pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	3:00pm & 3:40pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	9:40a, 11a, 12:20p, 1:40p	8/1-9/26/26		\$194.40	\$243.00
<b>3/WATER STAMINA: RAY</b>	Monday	3:00pm & 3:40pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	3:00pm & 3:40pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	3:00pm & 3:40pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	3:00pm & 3:40pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	9:40a, 11a, 12:20p, 1:40p	8/1-9/26/26		\$194.40	\$243.00

## SWIM STROKES – Stage 4

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
<b>4/STROKE INTRODUCTION: STARFISH</b>	Monday	3:00pm & 3:40pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	3:00pm & 3:40pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	3:00pm & 3:40pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	3:00pm & 3:40pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	9:40a, 11a, 12:20p, 1:40p	8/1-9/26/26		\$194.40	\$243.00

## YOUTH: Ages 6 to 12 Years Old

### SWIM BASICS – Stages 1-3

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
<b>1/WATER ACCLIMATION: JELLYFISH</b>	Monday	4:20pm & 5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm & 5:00pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	4:20pm & 5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm & 5:00pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00
<b>2/WATER MOVMENT: POLLIWOG</b>	Monday	4:20pm & 5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm & 5:00pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	4:20pm & 5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm & 5:00pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00
<b>3/WATER STAMINA: GUPPY</b>	Monday	4:20pm & 5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm & 5:00pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	4:20pm & 5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm & 5:00pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00

### SWIM STROKES – Stages 4-6

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
<b>4/STROKE INTRODUCTION: MINNOW</b>	Monday	5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm & 5:00pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm & 5:00pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00
<b>5/STROKE DEVELOPMENT: FISH</b>	Monday	5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00
<b>6/STROKE MECHANICS: FLYING FISH</b>	Monday	5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00

### SWIM PATHWAYS – Stage 7

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
<b>7/ENDURANCE, SPORTS AND GAMES: SHARK</b>	Monday	5:00pm	8/3-9/28/26	No Lessons on Monday 9/7/26 Labor Day	\$172.80	\$216.00
	Tuesday	4:20pm	8/4-9/22/26		\$172.80	\$216.00
	Wednesday	5:00pm	8/5-9/23/26		\$172.80	\$216.00
	Thursday	4:20pm	8/6-9/24/26		\$172.80	\$216.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/1-9/26/26		\$194.40	\$243.00

## TEEN/ADULT SWIM Ages 13 Years Old+ (45 Minute Classes)

Days	Times	Session Dates	Member Fee	Non- Member Fee
Saturday	8:45a-9:30a	8/1/26-9/26/26	\$223.20	\$279.00
Monday	5:40p-6:25p	8/3/26-9/28/26	\$198.40	\$248.00

## Mililani YMCA Sharks Swim Team

Swim Team: Ages 6 to 18 Years Old	Non Member Rate	Member Rate
Must be able swim 50 meters of Freestyle, Backstroke & Breaststroke and 25 meters of Butterfly. Payment is due by the 1st of month. Draft option is available.	\$135 per month	\$110 per month
<p><b>PRACTICE SCHEDULE:</b>  <b>Beginner Group</b> : Monday, Thursday, Friday: 5:30p-6:30p            Saturday: 2:15pm-3:15pm  <b>Intermediate / Advanced Group</b>: Tuesday, Wednesday &amp; Friday            5:30pm-6:30pm            Saturday 2:15pm-3:15pm</p> <p>Email our Head Coaches to schedule a tryout!</p>	<p><b>Head Coaches:</b>            Ryan Puchalski            rpuchalski@ymcahonolulu.org            Mason Yamasaki            myamasaki@ymcahonolulu.org</p>	

## Parent / Tot !!

### Parent / Tot (Infants/Toddlers Accompanied By Parent/Guardian in the water) Ages 6 Months to 35 Months

PARENT/TOT				
Days	Times	Session Dates	Member Fee	Non-Member Fee
Wednesday	10:15a-10:45a	8/5-9/23/26	\$172.80	\$216.00
Saturday	3:30p-4:00p	8/1-9/26/26	\$194.40	\$243.00

**\*Swim Diapers must be worn by all participants.**

**\*Apply sunscreen 30 minutes prior to the start of class**