



# MILILANI SWIM LESSONS – All Ages

## Session: October–December 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 TUESDAY, SEPTEMBER 8TH AT 8:30AM

Create an account and register online at [ymcahonolulu.org](http://ymcahonolulu.org) in advance before sessions begin. The Welcome Center is available to assist with questions or financial assistance.



Register:  
[bit.ly/3LS5R67](http://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><br>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 | \$27.00                          | \$21.60                      |
| Adults (13 years) +:                                                                                                                                                                                                                                                                                                       | 45-Minute Class | \$31.00                          | \$24.80                      |
| <b>Private Swim Lessons: 5 Class Package</b><br><b>3 Years Old to Adults</b><br>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>  |                              |
|                                                                                                                                                                                                                                                                                                                            |                 | <b>30-Minute Classes</b>         |                              |
| Individual: Five Classes                                                                                                                                                                                                                                                                                                   |                 | \$250<br>(\$48 per class)        |                              |
| Buddy (2 Students): Five 30-Minute Classes                                                                                                                                                                                                                                                                                 |                 | \$360<br>(\$70 per class)        |                              |

**Branch Private Lesson Schedule/Information: Fill out Request Form at the Welcome Center**

# 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           | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                  | Tuesday   | 3:00pm & 3:40pm           | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                  | Wednesday | 3:00pm & 3:40pm           | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                  | Thursday  | 3:00pm & 3:40pm           | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                  | Saturday  | 9:40a, 11a, 12:20p, 1:40p | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                  |           |                           |               |                              |            |                |
| <b>2/WATER MOVMENT: EEL</b>      | Monday    | 3:00pm & 3:40pm           | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                  | Tuesday   | 3:00pm & 3:40pm           | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                  | Wednesday | 3:00pm & 3:40pm           | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                  | Thursday  | 3:00pm & 3:40pm           | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                  | Saturday  | 9:40a, 11a, 12:20p, 1:40p | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                  |           |                           |               |                              |            |                |
| <b>3/WATER STAMINA: RAY</b>      | Monday    | 3:00pm & 3:40pm           | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                  | Tuesday   | 3:00pm & 3:40pm           | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                  | Wednesday | 3:00pm & 3:40pm           | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                  | Thursday  | 3:00pm & 3:40pm           | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                  | Saturday  | 9:40a, 11a, 12:20p, 1:40p | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                  |           |                           |               |                              |            |                |

## 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           | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                        | Tuesday   | 3:00pm & 3:40pm           | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                        | Wednesday | 3:00pm & 3:40pm           | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                        | Thursday  | 3:00pm & 3:40pm           | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                        | Saturday  | 9:40a, 11a, 12:20p, 1:40p | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                        |           |                           |               |                              |            |                |

## 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 |
|--------------------------------|-----------|--------------------------|---------------|------------------------------|------------|----------------|
| 1/WATER ACCLIMATION: JELLYFISH | Monday    | 4:20pm & 5:00pm          | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                | Tuesday   | 4:20pm & 5:00pm          | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                | Wednesday | 4:20pm & 5:00pm          | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                | Thursday  | 4:20pm & 5:00pm          | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                | Saturday  | Sat: 10:20a, 11:40a, 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                |           |                          |               |                              |            |                |
| 2/WATER MOVMENT: POLLIWOG      | Monday    | 4:20pm & 5:00pm          | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                | Tuesday   | 4:20pm & 5:00pm          | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                | Wednesday | 4:20pm & 5:00pm          | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                | Thursday  | 4:20pm & 5:00pm          | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                | Saturday  | Sat: 10:20a, 11:40a, 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                |           |                          |               |                              |            |                |
| 3/WATER STAMINA: GUPPY         | Monday    | 4:20pm & 5:00pm          | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                | Tuesday   | 4:20pm & 5:00pm          | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                | Wednesday | 4:20pm & 5:00pm          | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                | Thursday  | 4:20pm & 5:00pm          | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                | Saturday  | Sat: 10:20a, 11:40a, 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                |           |                          |               |                              |            |                |

### SWIM STROKES – Stages 4–6

| Stage/Level                     | Days      | Times                    | Session Dates | Dates with no Lessons        | Member Fee | Non-Member Fee |
|---------------------------------|-----------|--------------------------|---------------|------------------------------|------------|----------------|
| 4/STROKE INTRODUCTION: MINNOW   | Monday    | 5:00pm                   | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                 | Tuesday   | 4:20pm & 5:00pm          | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                 | Wednesday | 5:00pm                   | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                 | Thursday  | 4:20pm & 5:00pm          | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                 | Saturday  | Sat: 10:40a, 11:40a. 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                 |           |                          |               |                              |            |                |
| 5/STROKE DEVELOPMENT: FISH      | Monday    | 5:00pm                   | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                 | Tuesday   | 4:20pm                   | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                 | Wednesday | 5:00pm                   | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                 | Thursday  | 4:20pm                   | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                 | Saturday  | Sat: 10:40a, 11:40a. 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                 |           |                          |               |                              |            |                |
| 6/STROKE MECHANICS: FLYING FISH | Monday    | 5:00pm                   | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |
|                                 | Tuesday   | 4:20pm                   | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |
|                                 | Wednesday | 5:00pm                   | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |
|                                 | Thursday  | 4:20pm                   | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |
|                                 | Saturday  | Sat: 10:40a, 11:40a. 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |
|                                 |           |                          |               |                              |            |                |

### SWIM PATHWAYS – Stage 7

| Stage/Level                          | Days      | Times                    | Session Dates | Dates with no Lessons        | Member Fee | Non-Member Fee |  |
|--------------------------------------|-----------|--------------------------|---------------|------------------------------|------------|----------------|--|
| 7/ENDURANCE, SPORTS AND GAMES: SHARK | Monday    | 5:00pm                   | 10/5-12/14/26 | 11/26/26<br>Thanksgiving Day | \$237.60   | \$297.00       |  |
|                                      | Tuesday   | 4:20pm                   | 10/6-12/15/26 |                              | \$237.60   | \$297.00       |  |
|                                      | Wednesday | 5:00pm                   | 10/7-12/16/26 |                              | \$237.60   | \$297.00       |  |
|                                      | Thursday  | 4:20pm                   | 10/8-12/17/26 |                              | \$216.00   | \$270.00       |  |
|                                      | Saturday  | Sat: 10:40a, 11:40a, 1pm | 10/3-12/19/26 |                              | \$259.20   | \$324.00       |  |
|                                      |           |                          |               |                              |            |                |  |

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

| Days               | Times                      | Session Dates                   | Member Fee           | Non- Member Fee      |
|--------------------|----------------------------|---------------------------------|----------------------|----------------------|
| Saturday<br>Monday | 8:45a-9:30a<br>5:40p-6:25p | 10/3 -12/19/26<br>10/5-12/14/26 | \$297.60<br>\$272.80 | \$372.00<br>\$341.00 |

## Mililani YMCA Sharks Swim Team

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

## 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 | 10/7-12/16/26           | \$194.40   | \$243.00       |
|            |               | No Lessons on Wednesday |            |                |
| Saturday   | 3:30p-4:00p   | 10/3-12/19/26           | \$259.20   | \$324.00       |

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

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