



MILILANI SWIM LESSONS – All Ages

Session: August–September 2025

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 7TH 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

Group Lessons 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.		Non-Member Rate Per Class	Member Rate Per Class
3 years to 12 years:	30-Minute Class	\$26.00	\$21.00
Adults (13 years) +:	45-Minute Class	\$29.00	\$24.00
Private Swim Lessons: 5 Class Package 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 forms are available at the Branch.	Rate Per 5-Class Package		
		30-Minute Classes	45-Minute Classes
Individual: Five Classes		\$240 (\$48 per class)	\$320 (\$64 per class)
Buddy (2 Students): Five 30-Minute Classes		\$350 (\$70 per class)	\$475 (\$95 per class)

Branch Private Lesson Schedule/Information: Fill out request form at Welcome Center
Neal Yamamura (808) 275-4638 or Mae Ohori (808) 275-4631

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
1/WATER ACCLIMATION: PIKE	Monday	3:00pm & 3:40pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	3:00pm & 3:40pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	3:00pm & 3:40pm	8/6-9/24/25		\$168	\$208.00
	Thursday	3:00pm & 3:40pm	8/7-9/25/25		\$168	\$208.00
	Saturday	3:00pm & 3:40pm	8/2-9/27/25		\$189	\$234.00
		9:40a, 11a, 12:20p, 1:40p				
2/WATER MOVMENT: EEL	Monday	3:00pm & 3:40pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	3:00pm & 3:40pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	3:00pm & 3:40pm	8/6-9/24/25		\$168	\$208.00
	Thursday	3:00pm & 3:40pm	8/7-9/25/25		\$168	\$208.00
	Saturday	3:00pm & 3:40pm	8/2-9/27/25		\$189	\$234.00
		9:40a, 11a, 12:20p, 1:40p				
3/WATER STAMINA: RAY	Monday	3:00pm & 3:40pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	3:00pm & 3:40pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	3:00pm & 3:40pm	8/6-9/24/25		\$168	\$208.00
	Thursday	3:00pm & 3:40pm	8/7-9/25/25		\$168	\$208.00
	Saturday	3:00pm & 3:40pm	8/2-9/27/25		\$189	\$234.00
		9:40a, 11a, 12:20p, 1:40p				

SWIM STROKES – Stage 4

Stage/Level	Days	Times	Session Dates	Dates with no Lessons	Member Fee	Non-Member Fee
4/STROKE INTRODUCTION: STARFISH	Monday	3:00pm & 3:40pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	3:00pm & 3:40pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	3:00pm & 3:40pm	8/6-9/24/25		\$168	\$208.00
	Thursday	3:00pm & 3:40pm	8/7-9/25/25		\$168	\$208.00
	Saturday	3:00pm & 3:40pm	8/2-9/27/25		\$189	\$234.00
		9:40a, 11a, 12:20p, 1:40p				

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	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm & 5:00pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	4:20pm & 5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm & 5:00pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00
2/WATER MOVEMENT: POLLIWOG	Monday	4:20pm & 5:00pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm & 5:00pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	4:20pm & 5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm & 5:00pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00
3/WATER STAMINA: GUPPY	Monday	4:20pm & 5:00pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm & 5:00pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	4:20pm & 5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm & 5:00pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:20a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00

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	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00
5/STROKE DEVELOPMENT: FISH	Monday	5:00pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00
6/STROKE MECHANICS: FLYING FISH	Monday	5:00pm	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00

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	8/4-9/29/25	9/1/25 Labor day	\$168	\$208.00
	Tuesday	4:20pm	8/5-9/23/25		\$168	\$208.00
	Wednesday	5:00pm	8/6-9/24/25		\$168	\$208.00
	Thursday	4:20pm	8/7-9/25/25		\$168	\$208.00
	Saturday	Sat: 10:40a, 11:40a, 1pm	8/2-9/27/25		\$189	\$234.00

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

Days	Times	Session Dates	Member Fee	Non- Member Fee
Saturday	8:45a-9:30a	8/2/25-9/27/25	\$216	\$261.00
Monday	5:40p-6:25p	8/4/25-9/29/25	\$192	\$232.00

No Lessons on 9/1/25: Labor Day

Mililani YMCA Sharks Swim Team

Swim Team: Ages 6 to 18 Years Old Must be able swim 50 yards of Freestyle, Backstroke & Breaststroke. Payment is due by 1st of month. Draft option is available.	Non Member Rate \$135 per month	Member Rate \$110 per month
PRACTICE SCHEDULE: Tuesday, Wednesday, Friday 5:30pm-6:30pm Saturday 2:15pm-3:15pm Email our Head Coaches to schedule a tryout!	Head Coaches: Ryan Puchalski rpuchalski@ymcahonolulu.org Mason Yamasaki 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
Saturday	3:30p-4:00p	8/2-9/27/25	\$189	\$234.00
Wednesday	10:15a-10:45a	8/6-9/24/25	\$168	\$208.00

***Swim Diapers must be worn by all non-potty trained participants.**

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