

# aquatics

## winter session

December 28, 2009 - March 21, 2010

Registration: Nov 30 - Dec 13, 2009

Registrations after December 13 will be assessed a \$10 fee.

learn together

As busy moms, we juggle many priorities that all compete for our time. Ensuring our keiki are healthy and well is important for their development. As YWCA members youth can learn to swim in a fun, safe, positive, and nurturing environment. Classes are smaller for more personalized instruction by our quality instructors and designed for progressive learning, with each lesson building on the previous one.

We invite you to become a YWCA member today! Visit [www.ywcaoahu.org](http://www.ywcaoahu.org) or the hospitality desk at Laniākea or Kokokahi YWCA for more details.

### Swim Lessons for Children and Adults

Semi Private and Private lessons

#### For more information contact

Alexis Moon  
808 538 7061

#### Laniākea YWCA

1040 Richards Street  
Honolulu, HI 96813  
808 538 7061

MONDAY - FRIDAY 5:00 am - 7:00 pm  
SATURDAY & SUNDAY 7:00 am - 2:00 pm

#### Kokokahi YWCA

45-035 Kāne'ohe Bay Drive  
Kāne'ohe, HI 96744  
808 247 2124

MONDAY - SUNDAY 8:00 am - 5:00 pm

## Laniākea

### junior swim classes

(Ages 3-5 or with instructor's consent)

All junior classes are geared to teach your child how to swim while being in a fun and safe environment. At this age, children should fully enjoy their experience swimming to nurture their enthusiasm for the water.

#### Junior Novice "Opihi" Non-Swimmer

12 Saturday classes..... \$144  
8:15 am - 8:45 am

12 Sunday classes..... \$144  
8:45 am - 9:15 am

#### Junior Level I Prerequisite: Novice

12 Saturday classes..... \$144  
8:45 am - 9:15 am

#### Junior Level II/III Prerequisite: Junior Level I

12 Saturday classes..... \$144  
9:30 am - 10:00 am

### youth swim classes

(Ages 6-12)

Our youth program is able to teach any level from non-swimmer to swim club. All classes hold true to the ideal that a safe, nurturing, fun and positive environment is most conducive to anyone's learning experience.

#### Youth Novice Non-Swimmer

12 Saturday classes..... \$156  
9:00 am-9:45 am  
11:00 am-11:45 am

12 Sunday classes..... \$156  
12:30 pm-1:15 pm

#### Youth Level I Prerequisite: Novice

12 Saturday classes..... \$156  
8:45 am-9:30 am

#### Youth Level I/II Prerequisite: Novice

12 Sunday classes..... \$156  
10:30 am - 11:15 am

#### Youth Level II Prerequisite: Level II

12 Saturday classes..... \$156  
10:30 am - 11:00 am

#### Youth Level III Prerequisite: Level II

12 Saturday classes..... \$156  
10:00 am - 10:45 am

12 Sunday classes..... \$156  
10:15 am - 11:00 am

#### Youth Level IV/V Prerequisite: Youth Level III

12 Saturday classes..... \$156  
7:30 am-8:15 am  
11:15 am-12:00 pm

12 Sunday classes..... \$156  
8:45 am-9:30 am  
12:15 pm-1:00 pm

#### Youth Speed Swim Prerequisite: Level V

12 Saturday classes..... \$168  
12:00-1:00 pm

12 Sunday classes..... \$168  
1:00 pm-2:00 pm

### adult swim classes

It is never too late to learn how to swim. Our program is designed to teach to your skill level and work with you to accommodate your needs. We pride ourselves on having an environment where anybody, no matter what mind set or skill level, has the guidance and support they need to learn to swim.

#### Adult Novice Non-Swimmer

12 Monday classes..... \$168  
6:00 pm-7:00 pm

12 Wednesday classes..... \$168  
6:00 pm-7:00 pm

#### Adult Level I / II Prerequisite: Adult Novice

12 Wednesday classes..... \$168  
6:00 pm-7:00 pm

#### Adult Level III / IV Prerequisite: Adult Level I/II

12 Monday classes..... \$168  
6:00 pm-7:00 pm

No classes on  
December 24th  
December 25th  
(Christmas)  
December 31st  
January 1st  
(New Years)

eliminating racism  
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# Kokokahi

## weekday sessions We offer twice weekly classes with two sessions.

**Monday/Wednesday** classes  
**Session A:** Dec 28 - Feb 3, 2010  
**Session B:** Feb 8 - Mar 17, 2010

**Tuesday/Thursday** classes  
**Session A:** Dec 29 - Feb 2, 2010  
**Session B:** Feb 9 - Mar 18, 2010

## keiki aquatics

(6 mo - 3 yrs)

Our instructor will help you adjust your child to the water, teach you the skills to work with your child, while in a heated pool. Make that first experience swimming with your child one you will not forget!

### Parent Tot Water Fun

12 **Saturday** classes..... \$132  
12:30 pm-1:00 pm

12 **Sunday** classes..... \$132  
12:30 pm-1:00 pm

11 **Tues/Thurs** classes..... \$121  
**Session A**  
2:30 pm-3:00 pm

12 **Tues/Thurs** classes.....\$132  
**Session B**  
2:30 pm-3:00 pm

## junior swim classes

(Ages 3-5 or with instructor's consent)

All junior classes are geared to teach your child how to swim while being in a fun and safe environment. At this age, children should fully enjoy their experience swimming to nurture their enthusiasm for the water.

**Junior Novice "Opihi" Non-swimmer**  
12 **Saturday** classes..... \$144  
9:30 am-10:00 am  
10:00 am-10:30 am

12 **Sunday** classes..... \$144  
9:30 am-10:00 am  
10:30 am-11:00 am

11 **Tues/Thurs** classes..... \$132  
**Session A**  
3:00 pm-3:30 pm

12 **Tues/Thurs** classes.....\$144  
**Session B**  
3:00 pm-3:30 pm

12 **Mon/Wed** classes..... \$144  
**Session A or B**  
4:00 pm-4:30 pm

**Junior Level I/II/III Prerequisite: Novice**  
12 **Saturday** classes.....\$144  
10:30 am-11:00 am

12 **Sunday** classes..... \$144  
1:00 am-11:30 am

**Junior Level I Prerequisite: Novice**  
11 **Tues/Thurs** classes..... \$132  
**Session A**  
3:00 pm-3:30 pm

12 **Tues/Thurs** classes.....\$144  
**Session B**  
3:00 pm-3:30 pm

**Junior Level II/III Prerequisite: Level I**  
12 **Saturday** classes.....\$144  
10:30 am-11:00 am

12 **Sunday** classes..... \$144  
1:00 am-11:30 am

11 **Tues/Thurs** classes..... \$132  
**Session A**  
3:30 pm-4:00 pm

12 **Tues/Thurs** classes.....\$144  
**Session B**  
3:30 pm-4:00 pm

## youth swim classes

(Ages 6-12 yrs.)

Our Youth program is able to teach any level from non-swimmer to Swim Club. All classes hold true to the ideal that a safe, nurturing, fun and positive environment is most conducive to anyone's learning experience.

**Youth Novice "Opihi" Non-swimmer**  
12 **Saturday** classes.....\$156  
11:00 am-11:45 am

12 **Sunday** classes..... \$156  
9:30 am-10:15 am

11 **Tues/Thurs** classes..... \$143  
**Session A**  
4:00 pm-4:45 pm

12 **Tues/Thurs** classes.....\$156  
**Session B**  
4:00 pm-4:45 pm

12 **Mon/Wed** classes..... \$156  
**Session A or B**  
4:30 pm-5:15 pm

**Youth Level I Prerequisite: Novice**  
11 **Tues/Thurs** classes.....\$143  
**Session A**  
4:00 pm-4:45 pm

12 **Tues/Thurs** classes.....\$156  
**Session B**  
4:00 pm-4:45 pm

**Youth Level I/II Prerequisite: Novice**  
12 **Saturday** classes..... \$156  
11:45 am-12:30 pm

12 **Sunday** classes..... \$156  
11:15 am-12:00 pm

**Youth Level II/III Prerequisite: Level I**  
11 **Tues/Thurs** classes..... \$143  
**Session A**  
4:45 pm-5:30 pm

12 **Tues/Thurs** classes.....\$156  
**Session B**  
4:45 pm-5:30 pm

**Youth III/IV/IV Prerequisite: Level II**  
12 **Sunday** classes..... \$156  
9:30 am-10:15 am

**Youth IV/V Prerequisite: Level III**  
11 **Tues/Thurs** classes..... \$143  
**Session A**  
4:45 pm-5:30 pm

12 **Tues/Thurs** classes.....\$156  
**Session B**  
4:45 pm-5:30 pm

## adult swim classes

It is never too late to learn how to swim. Our program is designed to teach to your skill level and work with you to accommodate your learning needs. We pride ourselves on having an environment where anybody, no matter your mind set or skill level, has the guidance they need to be able to swim.

### Adult Novice Non-Swimmer

11 **Tues/Thurs** classes..... \$154  
**Session A**  
6:30 pm-7:00 pm

12 **Tues/Thurs** classes.....\$168  
**Session B**  
6:30 pm-7:00 pm

## water aerobics

(No swimming skills required)

Placed right at the front of the Kokokahi facility, our pool is not only heated but in a secure and comfortable location. A variety of different water exercises including low to medium impact aerobics, aqua jogging and muscle toning exercises. Improve flexibility, range of motion, strength, and overall fitness level while in a relaxing environment. All classes taught by our highly trained instructors will set you on the right path to achieving your goals.

### Water Aerobics Non-Swimmer

11 **Tues/Thurs** classes..... \$110  
**Session A**  
5:30 pm-6:30 pm

12 **Tues/Thurs** classes.....\$120  
**Session B**  
5:30 pm-6:30 pm

# enrichment

## winter session

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Registration: Nov 30 - Dec 13, 2009

Registrations after December 13 will be assessed a \$10 fee.

## learn together

As busy moms, we juggle many priorities that all compete for our time. Ensuring our keiki are healthy and well is important for their development. As YWCA members youth can learn to swim in a fun, safe, positive, and nurturing environment. Classes are smaller for more personalized instruction by our quality instructors and designed for progressive learning, with each lesson building on the previous one.

We invite you to become a YWCA member today! Visit [www.ywcaoahu.org](http://www.ywcaoahu.org) or the hospitality desk at Laniākea or Kokokahi YWCA for more details.

**Laniākea YWCA**  
1040 Richards Street  
Honolulu, HI 96813  
808 538 7061

Monday - Friday 5:00 am - 7:00 pm  
Saturday & Sunday 7:00 am - 2:00 pm

**Kokokahi YWCA**  
45-035 Kāne'ohe Bay Drive  
Kāne'ohe, HI 96744  
808 247 2124

Monday - Sunday 8:00 am - 5:00 pm

## Laniākea

### aikido classes

*(Adults and children 8 years and older welcome)*  
Aikido is a Japanese martial art that is performed by blending with the motion of the attacker and redirecting the force of the attack. Aikido students learn to "lead" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks. Ki breathing and meditation are included. Aikido students develop self-discipline, respect for others, and a positive attitude. They learn to calm their minds, direct their energy positively, and become more confident.

Teachers: Rodney Young and Barbara Schauble  
With Mike Takeno & Shaun Kamida

#### Aikido All Levels

Gi required  
12 **Monday** classes.....\$144  
5:30 pm-7:00 pm

12 **Saturday** classes..... \$144  
12:00 pm-1:00 pm

#### Aikido Weapons Training & Application

*Must be registered in another Aikido class*  
Gi required  
12 **Saturday** classes..... no charge  
11:00 am - 12:00 pm

**No classes on**  
December 24th  
December 25th  
(Christmas)  
December 31st  
January 1st  
(New Years)

### hula classes

With Marmie Hopfe

#### Beginner Keiki Hula

12 **Saturday** classes..... \$144  
8:00 am-9:00 am

#### Intermediate/Advanced Keiki Hula

12 **Saturday** classes..... \$144  
8:00 am-9:00 am

#### Teen Hula

12 **Saturday** classes..... \$144  
11:00 am-12:00 pm

### ukulele classes

With Curtis Kamiya

#### Beginner Ukulele

12 **Monday** classes..... \$144  
4:30 pm-5:30 pm

## Kokokahi

### aikido classes

*(Children and adults welcome)*  
Aikido is a form of martial arts and is ideal for all ages. The art is based on circular movements and uses the other person's power to one's advantage. Aikido can be a good tool for self defense and is also good exercise for the spirit, mind and body.

Provided by program partner Shihan, Robert Kubo  
Call Robert Kubo for more information at 235 1486

#### Kailua Aikido Club

**Monday and Wednesday** classes  
7:00pm - 8:30 pm  
Kokokahi YWCA gym

Adult.....\$20/month  
Youth/Teen (12-17).....\$15/month  
Children (6-11)..... \$10/month

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