



DEPARTMENT
OF PARKS &
RECREATION

Spring Program

Registration:

Walk in dates: January 6, 2014, 6:00 p.m. to 8:00 p.m.
January 7 & 8, 2014 - 2:00 p.m. to 5 p.m.

Online dates: December 16, 2013, 8:30 a.m. to
December 24, 2013. Go to www.honolulu parks.com

Holidays: January 20, 2014 - Martin Luther King Day
February 17, 2014 - President's Day
March 26, 2014 - Prince Kuhio Day
April 18, 2014 - Good Friday

Program Starts: January 21, 2014

Go to www.honolulu parks.com for further information.
Paid for by the taxpayers of the City & County of Honolulu

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 769-3027.

We Add Quality to Life

Paid for by the taxpayers of the City & County of Honolulu



CITY & COUNTY
of HONOLULU
Kirk Caldwell, Mayor
DEPT. of PARKS
& RECREATION
Toni P. Robinson Director

KALIHI VALLEY SWIMMING POOL

1911 Kamehameha IV Road Phone: 832 – 7814 Manager: Dana Katsutani

1-on-1 swim class, all levels (3 years & older)

Session I: January 21 – March 29, 2014

Monday or Wednesday 10 minute increments between 2:30 – 4:30 p.m.
Tuesday 10 minute increments between 10:30 – 11:00 a.m. or 4:00 – 5:30 p.m.
Thursday 10 minute increments between 4:00 – 5:30 p.m.
Friday 10 minute increments between 10:30 – 11:00 a.m. or 2:30 – 4:30 p.m.
Saturday or Sunday 10 minute increments between 1:00 – 2:00 p.m.

Session II: March 30 – June 7, 2014

Tuesday or Friday 10 minute increments between 10:30 – 11:00 a.m.
Tuesday or Thursday 10 minute increments between 4:00 – 5:30 p.m.
Saturday or Sunday 10 minute increments between 1:00 – 2:00 p.m.

There will be one instructor conducting a 10 minute swim lesson for one participant (3 years and older). Participants will be allowed to enroll for one 10 minute 1-on-1 lesson per week, either Session I or II (not both). All swim levels (beginner, intermediate, advance, stroke improvement) are encouraged to enroll. Participants will gain confidence and learn to swim with ease and efficiency.

Ohana ‘splash and play’ Swim (all ages) Jan. 21 – June 7, 2014 Tues. & Fri. 11:00 AM – 12:30 PM
This non-instructional class is held in the training pool (pool depth: 0 – 1’4” – 2’10”). Pool toys will be provided (or feel free to bring your own). It is **required** that the participant be accompanied into the pool by a responsible adult. No floatation devices of any kind allowed. Children must wear swim diapers if not toilet trained.

Learn to Swim, Tiny Tots ADVANCED (3 – 5 years old)

March 30 – June 7, 2014 Monday, Wednesday, and Friday 3:00 – 3:30 PM
age requirement: 3 – 5 years old (must be 3 years of age at the start of the swim program)
It is **encouraged** that all participants be accompanied into the pool by a responsible adult. To enroll in this level, participant must be able to perform the following: Fully submerge body, Front and back float without assistance, and Glide off the wall (front and back) without support. Participant will learn the following: Freestyle (with proper side breathing), Backstroke, Introduction to Breaststroke kick and treading water, and Water Safety.

Learn to Swim, Level II (6 – 17 years old)

March 30 – June 7, 2014 Monday, Wednesday, and Friday 3:30 – 4:00 PM
To enroll in this level, participant must be able to perform the following: Blow bubbles, Back float, Front and back glide, Arm & leg coordination on front and back, and Basics of treading water. Participant will learn the following: Jump and swim to the wall, Fully submerge body, Float independently on front and back, Treading water using arms & legs, Glide off the wall on front and back without support, Introduction to freestyle and back stroke, and Water Safety.

Learn to Swim, Level III (6 – 17 years old)

March 30 – June 7, 2014 Monday, Wednesday, and Friday 4:00 – 4:30 PM
To enroll in this level, participant must be able to perform the following: Jump and swim to the wall, Fully submerge body, Float independently on front and back, Treading water using arms & legs, Glide off the wall on front and back without support, and Introduction to freestyle and back stroke. Participant will learn the following: Diving, Bob to safety, Freestyle (with proper side breathing), Tread water, Elementary backstroke, Scissors kick, Introduction to Backstroke, and Water Safety.

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Swim Team (novice) / Level IV/V/VI (5 - 17 years old)

February 3 – April 25, 2014 Monday, Wednesday, and Friday 4:30 – 5:00 PM
Participants will refine their competition strokes (butterfly, backstroke, breaststroke, and butterfly) by emphasizing swimming drills, stroke mechanics, and conditioning. Participants will also learn and practice streamline position, open turns, flip turns, and diving. In addition, this class hopes to develop self-confidence, responsibility, and sportsmanship that will encourage the participant to join a competitive swim team. There will be three swim meets in February, March, and April 12 (Salt Lake Swimming Pool). It is highly encouraged that all participants enrolled in Swim Team also enroll in water polo, jr. guard, and ocean recreation.

Introduction to Ocean Recreation at the POOL (5 – 17 years old)

February 3 – April 25, 2014 Monday 5:00 – 5:30 PM
Participants will learn how to snorkel, kayak, rafting, body board, surfing, and stand up paddleboard in a controlled environment (without the worries of sea urchins, jelly fish, Portuguese man-o-war, currents, sand, etc.) Participants enrolled should also register for Swim Team.

Jr. Lifeguard (5 - 17 years old) February 3 – April 25, 2014 Wednesday 5:00 – 5:30 PM

Participants must be able to swim freestyle and breaststroke. Participant will learn and develop rescue strokes, water safety, basic lifeguard skills, and an introduction to first aid/CPR/AED in hopes to ignite passion & enthusiasm to become future lifeguards. Participants enrolled should also register for Swim Team.

Water Polo (5 - 17 years old) February 3 – April 25, 2014 Friday 5:00 – 5:30 PM

Participants must be able to swim freestyle and will learn the fundamentals of the game, to include: passing, catching, dribbling, shooting, rules, positioning, and rules. Participants enrolled should also register for Swim Team.

Water Exercise (13 years & older) Tuesday & Friday (year around) 9:30 – 10:30 AM

This class is conducted in shallow water (pool depth 3’6” – 4’6”) for a low impact, low to high intensity total body workout. Participants will use the resistance of the water to develop strength, range of motion, flexibility, coordination, and balance. All fitness levels, including non-swimmers, are encouraged to enroll. Registration is continuous; please call 832 – 7814 to enroll.

Water Walk and Tone (13 years & older) Monday & Wednesday (year around) 4:30 – 5:30 PM

This class is conducted in shallow water (pool depth 3’6” – 4’6”) for a low impact, low to high intensity total body workout. Participants will use a variety of water equipment for resistance in the water to develop strength, range of motion, flexibility, coordination, and balance. All fitness levels, including non-swimmers, are encouraged to enroll. Registration is continuous; please call 832 – 7814 to enroll.

Distance Swim (advance) (18 yrs & older) Mon., Wed., & Fri. (year around) 4:30 – 5:30 PM

Participants must know the fundamentals of swimming to follow a written swim workout. Workouts will highlight stroke technique, swimming drills, and practicing a variety of swimming strokes to build up endurance and stamina. There will be an emphasis on practicing good swim habits such as streamline position, open turns, and flip turns. Your stroke will feel smoother and powerful after each lap. Registration is continuous; please call 832 – 7814 to enroll.

Lifeguard Training, American Red Cross certification (15 years & older) DATES : TBD

Cost: \$35.00 credit/debit card only (class materials/fee/supplies: TBA) *no refunds*

After successful completion of this course, participant will receive a certification, to include: Lifeguard, First Aid, CPR, and AED for the Professional Rescuer. If interested, call 832 – 7814 to sign up.

Public Free Swim Hours

Main and Training Pool

Monday – Friday: 2:30 p.m. – 5:30 p.m.

Saturday, Sunday, & Holidays: 1:00 p.m. – 5:00 p.m.

Lap Swim Hours

Monday – Friday: 11:00 a.m. – 12:30 p.m.

Monday – Friday: 2:30 p.m. – 5:30 p.m.

Tuesday & Friday: 9:30 a.m. – 11:00 a.m.

Saturday, Sunday, & Holidays: 1:00 p.m. – 5:00 p.m.

Please observe all City & County of Honolulu Swimming Pool Rules and Regulations listed on blue signs.