



Registration: Learn-to-Swim mass registration will be held at Recreation Center 3 from 8:00am, Saturday, a week before the next session (see schedule). Register for all other programs at the MTA Administration Office during business hours 8:00am to 4:00pm Monday through Friday, at Recreation Center 3 from 8:00am to 8:30pm Monday through Saturday, from 9:00am to 8:30pm on Sundays and at Recreation Center 7 from 8:00am to 8:30pm Monday through Friday, from 8:00am to 7:45pm Saturday and from 8:00am to 5:45pm Sunday. Payment is due upon registration with cash, personal check, Discover Card, MasterCard, or Visa debit or credit card. Due to the popularity of the Learn-to-Swim classes, a special registration date is set for each 2-month session. Please check the MTA website www.mililantown.org or call 623-7300 for details about upcoming registration dates.

Waiting lists: Wait lists shall be established for MTA Members interested in a class that is either already filled or not currently accepting enrollment.

Cancellations/Refunds: A cancellation fee of \$25.00 will be assessed for all cancellations. There will be no refunds for cancellations received within 7 days of the session's start date.

Absences/Make-Up Classes: There will be no make-up classes offered to participants who cannot attend scheduled classes. Classes will be rescheduled if the instructor is unable to instruct or a facility problem occurs. We will attempt to notify participants in the event of a canceled class. There will be no refunds or make-up classes if the pool closes due of inclement weather, vomitus, fecal, or blood contamination, or other unforeseen circumstances. There are no classes on holidays.

Class Rules: Parents may observe classes from the deck seating areas only. No one is allowed in the swimming or wading pools except the class participants and instructors. We discourage parents from interfering with classes by talking to their child, yelling words of encouragement, reprimanding or making gestures. Parents, who have children 6 years old and under need to be present for the entire swim class. Parents are responsible for escorting participants to and from the lesson area.

First Day of Classes: All participants and parents are asked to promptly report to the appropriate Recreation Center at the designated class time. The supervisor or instructor will check in participants and review the class procedures and MTA pool rules, regulations, and policies.

FLOATIE FUN FRIDAYS

Grab a friend and join us at Rec Center 1 for Floatie Fun Fridays, from 4:00 – 8:00 p.m. on the first Friday of every month. The Mililani Town Association will provide the floaties, you bring the fun! Free for MTA members and open to all ages. No sign-up necessary. Personal floaties will not be allowed.

LEARN-TO-SWIM CLASSES

Pre-school: Participants meet with an instructor one-on-one for 10 minutes and learn pre-beginner skills, such as submersion, and are introduced to freestyle. Participants must be 2½-5 years old.

Level 1 - Water Exploration: Participants learn buoyancy, breath control, and the introduction to freestyle and backstroke. Classes are 30 minutes long. Participants must be at least 5 years old.

Level 2 - Primary Skills: Participants refine the fundamentals of freestyle and backstroke, including arm movement, kicking, body position, and breathing/ timing. Classes are 45 minutes long.

Level 3 - Stroke Readiness: Participants learn to master freestyle and backstroke and learn the fundamentals of elementary backstroke. Level 3 classes may be held in deep water, so participants must be comfortable swimming 10 meters without assistance. Classes are 45 minutes long.

Level 4 - Stroke Development: Participants will continue mastering freestyle, backstroke, and elementary backstroke and learn the fundamentals of breaststroke and sidestroke. Classes are 45 minutes long.

Level 5 - Stroke Refinement: Participants will continue mastering freestyle, backstroke, elementary backstroke, breaststroke and sidestroke and will learn the fundamentals of butterfly, open turns, dives and other entries. Classes are 45 minutes long.

Level 6 - Skill Proficiency: Participants will continue to refine all strokes and build their endurance with flip turns. Classes are 45 minutes long.

JUNIOR MASTERS PROGRAM

Participants, ages 8-17 years old, work on stroke refinement and endurance necessary to become proficient swimmers. This program is a non-competitive alternative to swim teams. Prerequisite: Participants must have passed Level 6 and must present their MTA report card during registration. If the interested participant did not attend MTA's swim programs, please contact the Aquatics Manager to set up a swim test. Interested participants must be able to perform the back and front crawl stroke, breaststroke, elementary backstroke, sidestroke, butterfly and open and flip turns.

ADULT WATER AEROBICS

Participants of all fitness levels will enjoy water workouts to improve strength, balance, endurance and flexibility. These classes are led by a fitness instructor and are conducted to music, both in waist-to-chest deep water and in deep water. These classes use a punch card system that can be used for ANY of the Water Aerobics classes during the 2-month session. Must be at least 18 years old to participate. Class details on other side.

ADULT LEARN-TO-SWIM

Participants are taught to be safe and comfortable in the water using basic water skills and fundamental strokes. Participants of all levels are welcomed. Must be 18 years old or older.

SPECIAL NEEDS LEARN-TO-SWIM

Classes will be 1-on-1 with an instructor for 30 minutes. Participants would need to have special needs or be diagnosed on the autism spectrum.

ONE ON ONE LEARN-TO-SWIM

All participants welcome from basic water adjustment through stroke refinement skills. Instructors will teach to each participant's abilities. Must be at least 2 ½ years of age. 1 on 1 with an instructor for 25 minutes.

NEW PARENT AID

Classes are for infants and toddlers (8 months - 3 years old) accompanied by an adult. Parents are taught how to build their child's confidence and skill levels. Participants will work on water entry and exit and water exploration. Parents will work with participants on water skills such as bobbing with blowing bubbles, floating on their front and backs, and introduce beginner skills such as kicking and sculling. Classes are 30 minutes one-on-one parent and child with an instructor teaching in a group setting. Their will be 25 minutes of water exploration, shared individual time with the instructor, and free play immediately after.

WAITLISTED CLASSES

Please call the MTA Administration Office at 623-7300 to be put on the class waitlist. When there is enough interest, the class will commence with prior notification from the Aquatics Manager.

MASTERS PROGRAM (must be 18 years old or older)

This program works on stroke refinement and endurance for proficient swimming. Participants must be able to perform back and front crawl stroke, breaststroke, elementary backstroke, sidestroke, butterfly and open and flip turns. Fee: \$40 with valid MTA ID card, \$50 with a valid MTA sponsor.

LIFEGUARD CERTIFICATION CLASS (must be 15 years old or older)

This is an American Red Cross certification course in Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. Prerequisite: On the first day of class, participants must demonstrate the following skills: Swim the front crawl for 300 yards continuously using front crawl and breaststroke. Retrieve a 10-pound object from 10 feet of water and then swim 20 yards with the object. Fee: \$165.

*FIRST AID/ CPR/ AED for Schools and the Community (must be 15 years old or older)

This is an American Red Cross certification course. Participants in this course learn to recognize and respond to emergencies including cardiac and breathing emergencies for the adult, child, and infant as well as first aid and the use of an automated external defibrillator. Fee: \$50.