

Aquatics Program

Swim Team 6 – 18 years old

Monthly Team Membership

	<u>Member</u>	<u>Program Member</u>
Monthly (4 month Minimum)		
Jr Bronze/Bronze 1	\$ 75.00	\$ 95.00
Bronze 2	\$ 75.00	\$ 95.00
Jr Silver	\$ 105.00	\$125.00
Silver	\$ 105.00	\$125.00
Jr Gold	\$ 110.00	\$ 130.00
Gold	\$ 120.00	\$ 130.00
Sr Gold	\$130.00	\$ 150.00
Water Polo	\$ 35.00	\$ 35.00
Annual USA Swim Registration	\$ 75.00	\$ 75.00
Annual Equipment Fee	\$ 25.00	\$ 25.00
Program Membership Fee	-----	\$ 50.00



If your child can do the Freestyle with side-breathing and the Breaststroke in the 25 yard pool, try-out for our Swim Team. Go to <https://www.theoahuclub.com/swim-team> and request a try-out.

Adult Masters Swim Program 18 years and older

Monday – Friday 12:00-1:00pm, Tuesday & Thursday 6:30pm-7:30pm

No Masters Workouts on Saturdays, Sundays, and Holidays

*Limited to 15 swimmers per workout, sign up via On-Line Scheduler or 'My Member Account' app *

	<u>Member</u>	<u>Program Member</u>
Monthly (4 month Minimum)	\$ 35.00	\$ 60.00
8 Workout Card	\$ 35.00	\$ 60.00
16 Workout Card	\$ 55.00	\$ 115.00
Program Membership Fee	-----	\$ 50.00



No Refunds; 12-month Expiration Date

Want to sign up? Go to <https://www.theoahuclub.com/masters-swim>.

Program Members: Set up your Program Membership account purchase your desired workout option.

O'ahu Club Members: Sign up for the Monthly option On-Line, Workout Cards must be purchased at the Pro Shop.

Personal Swim Training 6 years and older

The Personal Swim Training Program aims to increase a swimmer's efficiency, power and performance.

The objectives of the program include:

- Identify specific stroke mechanic strengths and challenges and apply techniques to improve performance.
- Examine the principles of efficient stroke mechanics.
- Develop a personalized continuous improvement plan based on each swimmers' goals including their ability, potential and skill development.

	<u>Member</u>	<u>Program Member</u>
INDIVIDUAL LESSONS		
1 - 1 hr. Private Swim Lesson	\$ 65.00	\$ 75.00
4 - 1 hr. Private Swim Lessons	\$ 240.00	\$ 280.00
8 – 1 hr. Private Swim Lessons	\$ 440.00	\$ 520.00
SEMI-PRIVATE LESSONS		
1 – 1 hr. Semi-Private Lesson	\$ 90.00	\$ 100.00
4 – 1 hr. Semi-Private Lessons	\$ 340.00	\$ 380.00
8 – 1 hr. Semi-Private Lessons	\$ 640.00	\$ 720.00
Program Membership Fee	-----	\$ 50.00