

THE O'AHU SWIM ACADEMY

THE O'AHU SWIM ACADEMY



WWW.OAHUSWIMACADEMY.COM

GENERAL INFORMATION

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"TODAY IS A GOOD DAY TO GET BETTER"- BOB GUYER

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WELCOME AND MISSION STATEMENT:

Welcome to the O'ahu Swim Academy (OSA)! The OSA is a perfect way for students to explore the fun recreational activity of swimming while learning a life-long skill.

The mission of OSA is to value safety, discipline, and responsibility through the art of swimming. The OSA strives to provide students a safe and educational environment no matter the place of instruction or their skill level.

The Cliché of “practice makes perfect” is true with swimming. Students will only succeed in their goal of becoming a successful swimmer if the student practices in between their lessons.

RESPONSIBILITY SUMMARY:**INSTRUCTOR:**

The primary responsibility of the instructor is to provide the student with instruction that is safe and effective. The instructor will maintain a positive atmosphere of learning for the student with open communication with the student and the parent/guardian/sponsor. Furthermore, the instructor will advise the student and the parent/guardian/sponsor of the progress of the student.

STUDENT:

Every individual at one point in his or her life is a student. As a student, you are tasked with learning the information that is being conveyed through your instructor. The information that is learned within the “classroom” setting can only be retained through practice outside of the scheduled class sessions.

PARENT/GUARDIAN/SPONSOR:

As a parent/guardian/sponsor, your primary responsibility with your student is to encourage them to continue with their swimming lessons. Furthermore, the parent/guardian/sponsor is the primary source in conveying the importance of practicing outside of the classroom. The parent/guardian/sponsor is also responsible for accompanying the student if they're under the age of 18.

CURRICULUM SUMMARY:

From the pre-beginner level to the advanced level, students will be able to learn lifelong skills that are not only fun, they are necessary. The curriculum of the OSA will range from safety basics to the learning and retaining various strokes. While learning a new skill, or practicing another, students will learn to practice safety while in the water.

Students will be tasked to practice between classes and retain the information up until their last class session. Evaluations will take place at the end of their *last* class session in the program. A short briefing will occur between the instructor, student and the parent/guardian/sponsor with the result of the student's progress up to that point.

CURRICULUM:

O'ahu Swim Academy

Pre-Beginner – Recommended for students who are completely new to swimming and for children ages 3-5 years**Objectives for this Skill Level:**

- Understanding of basic safety instructions; *
- Basic arm and leg movements in isolation; *
- Ability to submerge face in the water without hesitation.

*In order to pass to the next level, students must pass *all* Objectives.

Pre-School Lesson Plans:

Class 1 & 2

1. Review Safety Rules
2. Blow bubbles/wash face
3. Front Flutter kicks
4. Reach and Pulls
5. Back Flutter Kicks
6. Jump ins

Class 3 & 4

1. Review Safety Rules
2. Blow bubbles/wash face
3. Front Flutter kicks
4. Reach and Pulls
5. Back Flutter Kicks
6. T-push
7. Diving
8. Front and Back Floats
9. Jump ins

Class 5 & 6

1. Review Safety Rules
2. Blow bubbles/listen to fish
3. Reach and Pulls -Front Flutter kicks
4. T-push-flutter kicks
5. Diving
6. Front and Back Floats
7. Jump ins

Class 7 & 8

1. Review Safety Rules
2. Blow bubbles/listen to fish
3. Reach and Pulls -Front Flutter kicks
4. T-push-flutter kicks
5. Intro to front and back stroke
6. Diving
7. Front and Back floats
8. Jump ins

Explanation of Pre-school Skills:**Safety Rules:**

It is important to go over important pool/ocean safety rules with the student before entering the water before every lesson.

Blowing Bubbles/Wash Face/listen to fish:

Encouraging the student to blow bubbles/wash their face and listen to the fish will get the student used to having his/her face in the water. At the Pre-school level, this is one of the most important areas.

Front Flutter Kicks:

The student will hold on to the instructor while kicking and blowing bubbles if possible.

Reach and Pulls:

The student will practice moving their arms and legs out of the water before doing this exercise. The student will then practice this exercise in the water while being held. The student will be encouraged to blow bubbles.

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Back Flutter Kicks:

The student will be held with a hand behind their head and their back, students will then ask to kick their legs with no big splashes and keeping their legs straight.

T-Push:

Students will be asked to use their arms to push through the water starting out with the shape of a T.

Reach and Pulls-Front Flutter Kicks:

This will be a combination of the Reach and Pulls and the Front Flutter Kick. At this point, the student will learn to coordinate the exercises.

T-push-flutter kicks:

This will be a combination of the T-Push and the Flutter Kick while on their back. At this point, the student will learn to coordinate the exercises.

Diving:

The student will be asked to submerge the entire body under water to pick up objects off of the ocean floor/floor of the pool.

Front/Back Floats:

Basic safety and survival skills for the student in case of fatigue. Learning the basic front and back floats will also help the student with buoyancy, thus contributing to the overall effectiveness of each stroke and the endurance of the swimmer.

Intro to Front and Back Stroke:

The student will be asked to combine the Reach and Pulls and the Front Flutter Kick (front stroke) and the T-Push and the Flutter Kick (backstroke) without help from the instructor. The student will be controlling their breathing without the help of the instructor.

O'ahu Swim Academy

Beginner

Objectives for this Skill Level:

- Understanding of basic safety instructions; *
- Body coordination and positioning; *
- Completion of skills independently; *
 - Back Floats for at least 20 seconds;
 - Under water swim for 2-5 yards;
 - Freestyle/Backstroke for 5-10 yards with minor support.

*In order to pass to the next level, students must pass *all* objectives.

Beginner Lesson Plans:

Class 1 & 2

1. Review safety rules
2. Kick off the wall/off the sand
3. Front/back floats
4. Front flutter kicks
5. Reach and pulls- flutter kicks
6. T-push – flutter kicks
7. Diving
8. Jump ins

Class 3 & 4

1. Review safety rules
2. Kick off the wall/off the sand
3. Front/back floats
4. Reach and pulls- flutter kicks
5. T-push – flutter kicks
6. Introduction to Backstroke (arms only)
7. Diving—swim under water
8. Jump ins

Class 5 & 6

1. Review safety rules
2. Front and back floats
3. Introduction to Freestyle
4. Backstroke
5. Diving –swim under water
6. Jump ins

Class 7 & 8

1. Review Safety Rules
2. Front and Back floats
3. Backstroke
4. Freestyle
5. Breathing Techniques (backstroke/freestyle)
6. Diving- swim under water
7. Jump ins

Explanation of Beginner Skills:

Safety Rules:

It is important to go over important pool/ocean safety rules with the student before entering the water before every lesson.

Kick off the Wall/off the Sand:

Encouraging the student to independently place himself or herself on the side of the pool wall or on the beach will allow the student to start their independence into swimming. The student will then slowly come off the wall and come close to the instructor preferably with their face in the water.

Front/Back Floats:

Basic safety and survival skills for the student in case of fatigue. Learning the basic front and back floats will also help the student with buoyancy, thus contributing to the overall effectiveness of each stroke and the endurance of the swimmer.

Front Flutter Kicks:

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The student will hold on to the instructor while kicking and blowing bubbles if possible.

Reach and Pulls:

The student will practice moving their arms and legs out of the water before doing this exercise. The student will then practice this exercise in the water while being held. The student will be encouraged to blow bubbles.

Back Flutter Kicks:

The student will be held with a hand behind their head and their back, students will then ask to kick their legs with no big splashes and keeping their legs straight.

T-Push:

Students will be asked to use their arms to push through the water starting out with the shape of a T.

Reach and Pulls-Front Flutter Kicks:

This will be a combination of the Reach and Pulls and the Front Flutter Kick. At this point, the student will learn to coordinate the exercises.

T-push-flutter kicks:

This will be a combination of the T-Push and the Flutter Kick while on their back. At this point, the student will learn to coordinate the exercises.

Back Stroke:

The student will be asked to use what they learned with the T-Push and the flutter kicks (while on their back) to help learn the correct techniques of completing the backstroke. The backstroke is a great stroke to learn because of the ability to move while staying relaxed on your back.

Freestyle:

This is the most commonly used style of swimming. The student will be asked to use what they learned with the reach and pulls and the flutter kicks and combine the two to form a more finessed version of the techniques. Form, buoyancy, and practice will play a key role in the successful retention of this technique.

Breathing Techniques:

All great swimmers have great breathing techniques. In terms of improving the endurance of the swimmer, it is of utmost importance to have mastered proper breathing techniques for each stroke learned.

Diving/Swim Under Water:

The student will be asked to submerge the entire body under water to pick up objects off of the ocean floor/floor of the pool. Emphasis on coordinated movement *under* the water will be emphasized extensively. This will introduce and lead the student into a comfort zone of being able to swim above the water with their face submerged.

O'ahu Swim Academy

Advanced Beginner

Objectives for this Skill Level:

- Understanding of basic safety instructions; *
- Body coordination and positioning; *
- Completion of skills independently; *
 - Building endurance up to 15 yards for each stroke;
 - Back Floats for at least 30 seconds;
 - Under water swim (diving) for 5 yards.

*In order to pass to the next level, students must pass *all* objectives.

Advanced Beginner Lesson Plans:

Class 1 & 2

1. Review safety rules
2. Front/Back Floats
3. Breathing Techniques
4. Backstroke
5. Freestyle
6. Diving
7. Introduction to Treading Water

Class 3 & 4

1. Review safety rules
2. Front/Back Floats
3. Backstroke
4. Freestyle
5. Frog Kicks
6. Introduction to Elementary Backstroke
7. Diving
8. Tread Water

Class 5 & 6

1. Review safety rules
2. Front and back floats
3. Backstroke
4. Freestyle
5. Frog Kicks
6. Introduction to Breaststroke
7. Diving
8. Tread Water

Class 7 & 8

1. Review Safety Rules
2. Backstroke
3. Freestyle
4. Frog Kicks
5. Breaststroke
6. Dolphin Kick
7. Breathing Techniques
8. Diving
9. Tread Water

Explanation of Advanced Beginner Skills:

Safety Rules:

It is important to go over important pool/ocean safety rules with the student before entering the water before every lesson.

Front/Back Floats:

Basic safety and survival skills for the student in case of fatigue. Learning the basic front and back floats will also help the student with buoyancy, thus contributing to the overall effectiveness of each stroke and the endurance of the swimmer.

Breathing Techniques:

All great swimmers have great breathing techniques. In terms of improving the endurance of the swimmer, it is of utmost importance to have mastered proper breathing techniques for each stroke learned.

Backstroke:

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The student will be asked to use what they learned with the T-Push and the flutter kicks (while on their back) to help learn the correct techniques of completing the backstroke. The backstroke is a great stroke to learn because of the ability to move while staying relaxed on your back.

Freestyle:

This is the most commonly used style of swimming. The student will be asked to use what they learned with the reach and pulls and the flutter kicks and combine the two to form a more finessed version of the techniques. Form, buoyancy, and practice will play a key role in the successful retention of this technique.

The Frog Kick:

The frog kick is the main leg movement for the Breaststroke and the Elementary Backstroke. This leg movement is an alternative to the flutter kick.

Elementary Backstroke:

A different approach to the backstroke, this movement can be used as a recovery or a rescue stroke when in danger. With the proper breathing and buoyancy, the elementary backstroke is a great way to get out of a dangerous situation without expelling much energy. The student will use the left and right arm and hand movement of the backstroke simultaneously. The student will then utilize the frog kick as their leg movement.

Breaststroke:

An alternative to the freestyle stroke, the breaststroke uses the frog kick as a leg movement and a swiping motion in the arm movement.

Dolphin Kicks:

The Dolphin Kick is the opening movement to a students' way toward becoming an intermediate swimmer. The kick will lead to the following movements/accomplishments:

- The first movement after a student leaves the block in competitive swimming;
- Stroke and turning (after kicking off a wall) in competitive swimming;
- The hip, knee, and foot movement involved in the Butterfly stroke.

Diving/Swim Under Water:

The student will be asked to submerge the entire body under water to pick up objects off of the ocean floor/floor of the pool. Emphasis on coordinated movement *under* the water will be focused on extensively. This will introduce and lead the student into a comfort zone of being able to swim above the water with their face submerged.

Tread Water:

The student will learn how to effectively tread water. Treading water will coincide with the proper breathing techniques to promote buoyancy and thus greaten the students' endurance.

O'ahu Swim Academy

Intermediate

Objectives for this Skill Level:

- Understanding of basic safety instructions; *
- Body coordination and positioning, stroke efficiency, consistency and endurance; *
- Completion of skills independently; *
 - Building endurance up to 25 yards for each stroke;
 - Back Floats for at least 60 seconds;
 - Under water swim (diving) for 10 yards.

*In order to pass to the next level, students must pass *all* objectives.

Intermediate Lesson Plans:

Class 1 & 2

1. Review safety rules
2. Front and back floats
3. Backstroke
4. Freestyle
5. Frog Kicks
6. Breaststroke
7. Dolphin Kick
8. Breathing Techniques
9. Diving
10. Tread Water

Class 3 & 4

1. Review Safety Rules
2. Backstroke
3. Freestyle
4. Frog Kicks
5. Breaststroke
6. Dolphin Kick
7. Breathing Techniques
8. Diving
9. Tread Water

Class 5 & 6

1. Review safety rules
2. Backstroke
3. Freestyle
4. Frog Kicks
5. Breaststroke
6. Dolphin Kick
7. Introduction to Butterfly
8. Breathing Techniques
9. Diving
10. Tread Water

Class 7 & 8

1. Review Safety Rules
2. Backstroke
3. Freestyle
4. Frog Kicks
5. Breaststroke
6. Dolphin Kick
7. Butterfly
8. Breathing Techniques
9. Diving
10. Tread Water

Explanation of Intermediate Skills:

Safety Rules:

It is important to go over important pool/ocean safety rules with the student before entering the water before every lesson.

Front/Back Floats:

Basic safety and survival skills for the student in case of fatigue. Learning the basic front and back floats will also help the student with buoyancy, thus contributing to the overall effectiveness of each stroke and the endurance of the swimmer.

Breathing Techniques:

All great swimmers have great breathing techniques. In terms of improving the endurance of the swimmer, it is of utmost importance to have mastered proper breathing techniques for each stroke learned.

Backstroke:

The student will be asked to use what they learned with the T-Push and the flutter kicks (while on their back) to help learn the correct techniques of completing the backstroke. The backstroke is a great stroke to learn because of the ability to move while staying relaxed on your back.

Freestyle:

This is the most commonly used style of swimming. The student will be asked to use what they learned with the reach and pulls and the flutter kicks and combine the two to form a more finessed version of the techniques. Form, buoyancy, and practice will play a key role in the successful retention of this technique.

The Frog Kick:

The frog kick is the main leg movement for the Breaststroke and the Elementary Backstroke. This leg movement is an alternative to the flutter kick.

Elementary Backstroke:

A different approach to the backstroke, this movement can be used as a recovery or a rescue stroke when in danger. With the proper breathing and buoyancy, the elementary backstroke is a great way to get out of a dangerous situation without expelling much energy. The student will use the left and right arm and hand movement of the backstroke simultaneously. The student will then utilize the frog kick as their leg movement.

Breaststroke:

An alternative to the freestyle stroke, the breaststroke uses the frog kick as a leg movement and a swiping motion in the arm movement.

Dolphin Kicks:

The Dolphin Kick is the opening movement to a students' way toward becoming an intermediate swimmer. The kick will lead to the following movements/accomplishments:

- The first movement after a student leaves the block in competitive swimming;
- Stroke and turning (after kicking off a wall) in competitive swimming;
- The hip, knee, and foot movement involved in the Butterfly stroke.

Butterfly

As the most difficult swimming technique, the butterfly stroke is a great way to combine endurance training and coordination into one smooth and fluid movement. Students will utilize the dolphin kick along with a sweeping motion of the arms, all the while breathing in during the "surge" of the arm movement.

Diving/Swim Under Water:

The student will be asked to submerge the entire body under water to pick up objects off of the ocean floor/floor of the pool. Emphasis on coordinated movement *under* the water will be focused on extensively. This will introduce and lead the student into a comfort zone of being able to swim above the water with their face submerged.

Tread Water:

The student will learn how to effectively tread water. Treading water will coincide with the proper breathing techniques to promote buoyancy and thus greaten the students' endurance.

O'ahu Swim Academy

Advanced

Objectives for this Skill Level:

- Understanding of basic safety instructions; *
- Body coordination and positioning, stroke efficiency, consistency and endurance; *
- Completion of skills independently; *
 - Building endurance up to 50 yards for each stroke;
 - Under water swim (diving) for 10-15 yards.

*In order to graduate from O'ahu Swim Academy, students must pass *all* objectives from all levels.

Advanced Lesson Plans:

Each Class

1. Review safety rules
2. Flutter Kicks
3. Backstroke
4. Freestyle
5. Frog Kicks
6. Breaststroke
7. Elementary Back Stroke
8. Dolphin Kick
9. Butterfly
10. Sidestroke
11. Breathing Techniques
12. Stroke and Turn (in pool only)
13. Diving
14. Tread Water

Explanation of Advanced Skills:

Safety Rules:

It is important to go over important pool/ocean safety rules with the student before entering the water before every lesson.

Flutter Kicks:

A simple kick used for the freestyle and the backstroke.

Backstroke:

The student will be asked to use what they learned with the T-Push and the flutter kicks (while on their back) to help learn the correct techniques of completing the backstroke. The backstroke is a great stroke to learn because of the ability to move while staying relaxed on your back.

Freestyle:

This is the most commonly used style of swimming. The student will be asked to use what they learned with the reach and pulls and the flutter kicks and combine the two to form a more finessed version of the techniques. Form, buoyancy, and practice will play a key role in the successful retention of this technique.

The Frog Kick:

The frog kick is the main leg movement for the Breaststroke and the Elementary Backstroke. This leg movement is an alternative to the flutter kick.

Breaststroke:

An alternative to the freestyle stroke, the breaststroke uses the frog kick as a leg movement and a swiping motion in the arm movement.

Elementary Backstroke:

A different approach to the backstroke, this movement can be used as a recovery or a rescue stroke when in danger. With the proper breathing and buoyancy, the elementary backstroke is a great way to get out of a dangerous situation without expelling much energy. The student will use the left and right arm and hand movement of the backstroke simultaneously. The student will then utilize the frog kick as their leg movement.

Dolphin Kicks:

The Dolphin Kick is the opening movement to a students' way toward becoming an intermediate swimmer. The kick will lead to the following movements/accomplishments:

- The first movement after a student leaves the block in competitive swimming;
- Stroke and turning (after kicking off a wall) in competitive swimming;
- The hip, knee, and foot movement involved in the Butterfly stroke.

Butterfly:

As the most difficult swimming technique, the butterfly stroke is a great way to combine endurance training and coordination into one smooth and fluid movement. Students will utilize the dolphin kick along with a sweeping motion of the arms, all the while breathing in during the "surge" of the arm movement.

Sidestroke:

The Sidestroke is used primarily in lifeguarding after a person is rescued. The student will learn the stroke while being able to keep a 180-degree view from the front and the back. This stroke is used as another option to the normal front facing strokes.

Breathing Techniques:

All great swimmers have great breathing techniques. In terms of improving the endurance of the swimmer, it is of utmost importance to have mastered proper breathing techniques for each stroke learned.

Stroke and Turn:

A focal technique in competitive swimming, a fluid stroke and turn is a necessity in winning swimming competitions.

Diving/Swim Under Water:

The student will be asked to submerge the entire body under water to pick up objects off of the ocean floor/floor of the pool. Emphasis on coordinated movement *under* the water will be focused on extensively. This will introduce and lead the student into a comfort zone of being able to swim above the water with their face submerged.

Tread Water:

The student will learn how to effectively tread water. Treading water will coincide with the proper breathing techniques to promote buoyancy and thus greaten the students' endurance.

O'ahu Swim Academy

Introduction to Snorkeling

Objectives for Introduction to Snorkeling:

- Understanding of basic safety instructions;
- Correct use of the snorkel, mask, and fins;
- Successful entry/exit from the Ocean;
- Proper form and etiquette while snorkeling.

Introduction to Snorkeling Lesson Plans:

Each Class

1. Overview of basic safety rules
2. Use of Mask, Snorkel, and Fins
3. Entry/Exit
4. Flutter Kick/Dolphin Kick
5. Surface Diving

Explanation of Snorkeling Skills:

Safety Rules:

It is important to go over important ocean safety rules with the student before entering the water before the snorkel session. Safety rules that will be reviewed include, but are not limited to: Current/wave awareness, awareness of outside entities (i.e. jet ski's, boats and so forth), the avoidance of shallow water blackout and so forth.

Use of Mask, Snorkel and Fins:

The Student will learn how to use the Mask, Snorkel and Fins in the most efficient manner possible. Students will learn various skills including, but not limited to: Proper fitting of the mask, snorkel and fins, clearing of your mask of water underwater, clearing your snorkel of water, keeping water out of your snorkel, equalizing your ears and so forth.

Entry/Exit:

The Ocean can be an unpredictable setting. Students will learn proper entry and exit techniques for getting in and out of the ocean.

Flutter Kick/Dolphin Kick:

Flutter kicking and Dolphin kicking are the primary kicks while snorkeling. Students will learn how to best utilize these kicks during different situations while snorkeling.

Surface Diving:

Another fun element of snorkeling is being able to explore beneath the surface of the water. Surface diving will help the student reach their destination underwater. Students will also learn the useful skill of equalizing the ears.

GRADUATION REQUIREMENTS:

In order to graduate from the OSA, the student must complete all objectives of the Advanced Level. Students may move between various levels of the curriculum in order to achieve the best results. Students are able to test out of a particular level if they are capable of completing all of the objectives for that specific level.

PAYMENT OPTIONS AND LOCATIONS:

As a relatively inexpensive swim school, the OSA prides itself on offering great lessons at reasonable prices. One of the great benefits of taking lessons with the OSA is not only the valuable skills that a student will learn, but the fact that we can come to YOU for your lessons pending the instructors availability.

Lessons may be held at the following locations:

- ⇒ Public Beach
- ⇒ Private Beach
- ⇒ Public Pool
- ⇒ Private Pool
- ⇒ High-rise Pool (i.e. a recreation deck at your high-rise apartment building.)

Traveling Locations:

The OSA strives to offer competitive rates as a traveling swim school. The standard mileage rates for operating a vehicle for business purposes is 50 cents per mile. This IRS standard can serve as a great reference point to save **you** money. The OSA will travel all over the island of O'ahu for the following rates:

- ⇒ South O'ahu: FREE;
- ⇒ North O'ahu: 50 cents per mile;
- ⇒ West O'ahu: 50 cents per mile;
- ⇒ Central O'ahu: 50 cents per mile;
- ⇒ East O'ahu: 50 cents per mile.

***Please note:** The start destination for traveling will be from the OSA's office. Total mileage is based from the office to the location of the lesson **and** from the lesson back to Honolulu. Total mileage will be calculated from services like *MapQuest* and *Google Maps*.*

Lessons can be taught in the following ways:

- ⇒ **Private** (one-on-one lesson)
- ⇒ **Semi-private** (two students per lesson)
- ⇒ **Class** (three to five students per class)*

*Please note that a class may contain anywhere from 3-5 students and the attention of the instructor must split evenly among the students.

The following is the breakdown of cost for the lessons:

- ⇒ **Private**: \$30 per student per session;
- ⇒ **Semi-Private**: \$25 per student per session;
- ⇒ **Class**: \$15 per student per session.**

Please note that in order to register for a **class session, a class must contain at least 3 students but no more than 5. If a **class** session only has two students registered, than the lessons will be categorized as a **Semi-private** session and proper payment will be applied. If a **class** session only has one student registered, than the lessons will be categorized as a **Private** session and proper payment will be applied.

The OSA has a standard set of 8 sessions per level. It is recommended that sessions are pre-purchased to not only guarantee their class schedule, but *to ensure that the student will have the opportunity to learn all of the material in the appropriate level.* In addition, the purchase of packages will save you money! Please see the following packages that are available:

Private

Package of 8 sessions:
\$216 (a 10% discount)
(\$27 per session)

Package of 4 sessions:
\$114 (a 5% discount)
(\$28.50 per session)

Semi-private

Package of 8 sessions:
\$180 (a 10% discount)
(\$22.50 per student/session)

Package of 4 sessions:
\$95 (a 5% discount)
(\$23.75 per student/session)

Class (3 students)

Package of 8 sessions:
\$108 (a 10% discount)
(\$13.50 per student/session)

Package of 4 sessions:
\$57 (a 5% discount)
(\$14.25 per student/session)

Please note that all payments must be made in cash at the time of purchase.

POLICY ACKNOWLEDGEMENT & AGREEMENT:

DAY ENTERPRISES, LLC has established a simple cancellation policy that allows you to cancel/postpone your sessions up to 24- hours in advance. Please contact DAY ENTERPRISES, LLC at least 24-hours before the beginning of your session to cancel/postpone. Failure to cancel/postpone your session at least 24 hours in advance will result in either being charged for your missed session, or forfeiting an already purchased session. Cancellations/postponements can only be made via e-mail to OahuSwimAcademy@gmail.com or through text message to (808) 782 6634. Sessions will take place rain or shine; however, in the case of serious weather and/or dangerous conditions, DAY ENTERPRISES, LLC will contact the student/parent/sponsor to postpone the session. Pre-purchased sessions will expire 90 days after purchase. Only three (3) total cancellations outside of the 24 hour time period will be allowed for each student(s). Any cancellations after your three (3) allotted cancellations will be deducted from pre-purchased sessions/charged to the client. Payment is due at the time of service for each single session or the first session in a package. Failure to provide payment in a timely manner will incur a 10% late charge on the first occurrence, a 15% late charge on the second occurrence and on the third occurrence DAY ENTERPRISES, LLC will cease their relationship with the client(s) and refer any and all payments due to a collection agency. All students under the age of 18 must be accompanied by a legal guardian at all times. By signing below, you fully understand and acknowledge the aforementioned policies and will incur any and all costs associated to your cancellation(s)/late payment(s). Please note that there are **no** refunds of any kind.

DAY ENTERPRISES, LLC Liability Release, Waiver, Discharge
and Covenant Not to Sue

I, _____, whose current Hawaii
address is, _____ and whose permanent
residence address is _____ (hereinafter
referred to as "I", or the "student" or "participant"), acknowledge that I am a participant, or the parent/legal guardian at DAY
ENTERPRISES, LLC, (hereinafter referred to as the "Academy") the principal place of business, post office address of which is 4742
Matsonia Dr., Honolulu, Hawaii 96816 and/or the location indicated below.

1.0 I desire to participate in the following event (referred to herein as the "Activity"):
Private Personal Training/Swim Lesson (please list Level (if applicable), sign and date)

Level: _____ Sign: _____ Date: _____

Semi- Private Personal Training/Swim Lesson (please list Level (if applicable), sign and date)

Level: _____ Sign: _____ Date: _____

Group Training/Group Swim Classes (please list Level (if applicable), sign and date)

Level: _____ Sign: _____ Date: _____

To be held at the indicated area (please mark with an X and list the address of the area below if it not a public beach/pool):

___ Public Park area ADDRESS: _____

(Natural environment, such as a beach, state park, river, stream, delta, pond etc...)

___ Public Pool ADDRESS: _____

___ Private Pool/Residence ADDRESS: _____

To be held on: Various dates

In the case of a class size change (private, semi-private or group class), or in the case of a location change, the
individual(s)/student(s)/participant(s) signing this waiver understand and agree that due to these changes DAY ENTERPRISES,
LLC and their affiliates are in no way liable for damages or harm to the participant.

2.0 I fully understand and appreciate the dangers, hazards, and risks inherent in the Activity, in the transportation to and from the
Activity, and in any independent research or activities I undertake as an adjunct to the Activity, which dangers could include but are not
limited to injuries as a result of a traffic accident, injuries from participating in the Activity, which also could include serious or even mortal

injuries and property damage.

3.0 Knowing the dangers, hazards, and risks of such activities, and in consideration of being permitted to participate in the Activity, on behalf of myself, my family, heirs, and personal representative(s), I, the undersigned, agree to assume all the risks and responsibilities surrounding my participation in the Activity, the transportation, and in any independent research or activities undertaken as an adjunct thereto. I, and in advance release, waive, forever discharge, indemnify, promise to defend and covenant not to commence, prosecute, or cause or permit to be prosecuted, any action at law or in equity, or any proceeding of any description, whatever, for property damage or personal injury, in any court, arbitration, administrative or other proceeding, against the Academy, its officers, agents, employees, association (hereafter called the "Releasees"). I hold Releasees harmless from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and expenses of any nature that I may have or that may hereafter accrue to me, arising out of or related to any loss, damage, or injury, including but not limited to suffering and death, that may be sustained by me or by any property belonging to me, whether caused by the negligence or carelessness of the Releasees, or otherwise, while in, on, upon, or in transit to or from the premises where the Activity, or any adjunct to the Activity, occurs or is being conducted. I agree that this Agreement may be pleaded as a defense to any action or other proceeding which may be brought, instituted or taken by me or on my behalf against Releasees in breach of this Agreement.

4.0 I understand and agree that Releasees may not have or do not have medical personnel available at the location of the Activity. I hereby, authorize Releasees to authorize emergency medical treatment for me, if reasonably necessary, and that such action by Releasees shall be subject to the terms of this Agreement. I understand and agree that Releasees assume no responsibility for any injury, damage, or cost which might arise out of or in connection with such authorized emergency medical treatment.

5.0 It is my express intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my estate, family, heirs, administrators, personal representatives, or assigns, if I am deceased, and shall be deemed as a "Release, Waiver, Discharge and Covenant Not to Sue" the above-named Releasees. I further agree to save and hold harmless, indemnify, and defend Releasees from any claim by me, my personal representatives, or my family, arising out of my participation in the Activity.

6.0 In signing this Release, I acknowledge and represent that I have fully informed myself of the content of the foregoing waiver of liability and hold harmless agreement by reading it before I sign it, and I understand that I sign this document as my own free act and deed; and that no oral representations, statements, or inducements, apart from the foregoing written statement, have been made. I understand that the Academy does not require me to participate in this Activity, but I want to do so, despite the possible dangers and risks and despite this Release. I further state that I am at least eighteen (18) years of age and fully competent to sign this Agreement or if I am not at least eighteen (18) years of age and fully competent to sign this Agreement, this Agreement is signed by my parent or guardian; and that this Agreement is executed for full, adequate, and complete consideration fully intended to be a binding agreement. I further state that there are no health-related reasons or problems which preclude or restrict my participation in this Activity, and that I have adequate health insurance necessary to provide for and pay any medical costs that may be attendant as a result of injury to me.

7.0 I further agree that this Release shall be construed in accordance with the laws of the State of Hawaii. If any term or provision of this Release shall be held illegal, unenforceable, or in conflict with any law governing this Release the validity of the remaining portions shall not be affected thereby.

IN WITNESS WHEREOF, I have executed this release this _____ day of _____, 20_____.

I UNDERSTAND THAT THIS IS A RELEASE OF LEGAL RIGHTS. I HAVE READ IT AND OBTAINED WHATEVER INDEPENDENT LEGAL ADVICE I WANTED. I AM NOT UNDER THE INFLUENCE OF ANY MIND ALTERING SUBSTANCES SUCH AS ALCOHOL, OR DRUGS. MY MIND IS CLEAR AND I AM CERTAIN I UNDERSTAND IT.

PARTICIPANT:

WITNESS:

(Signature)

(Printed Name)

(Date)

(Signature)

(Printed Name)

(Date)

PARENT:

(Signature)

(Printed Name)

(Date)

POLICY ACKNOWLEDGEMENT & AGREEMENT:

DAY ENTERPRISES, LLC has established a simple cancellation policy that allows you to cancel/postpone your sessions up to 24- hours in advance. Please contact DAY ENTERPRISES, LLC at least 24-hours before the beginning of your session to cancel/postpone. Failure to cancel/postpone your session at least 24 hours in advance will result in either being charged for your missed session, or forfeiting an already purchased session. Cancellations/postponements can only be made via e-mail to OahuSwimAcademy@gmail.com or through text message to (808) 782 6634. Sessions will take place rain or shine; however, in the case of serious weather and/or dangerous conditions, DAY ENTERPRISES, LLC will contact the student/parent/sponsor to postpone the session. Pre-purchased sessions will expire 90 days after purchase. Only three (3) total cancellations outside of the 24 hour time period will be allowed for each student(s). Any cancellations after your three (3) allotted cancellations will be deducted from pre-purchased sessions/charged to the client. Payment is due at the time of service for each single session or the first session in a package. Failure to provide payment in a timely manner will incur a 10% late charge on the first occurrence, a 15% late charge on the second occurrence and on the third occurrence DAY ENTERPRISES, LLC will cease their relationship with the client(s) and refer any and all payments due to a collection agency. All students under the age of 18 must be accompanied by a legal guardian at all times. By signing below, you fully understand and acknowledge the aforementioned policies and will incur any and all costs associated to your cancellation(s)/late payment(s). Please note that there are no refunds of any kind.

(Signature)

(Print Name)

(Date)

INSTRUCTOR EVALUATION:

Instructor: _____ Date of Evaluation: _____

Evaluator: _____ Level: _____

Please circle the appropriate response (5 is classified as best, 1 is classified as worst):

Does the instructor:

- 1. Make use of class time efficiently?
1 2 3 4 5
- 2. Show enthusiasm?
1 2 3 4 5
- 3. Explain skills thoroughly and creatively?
1 2 3 4 5
- 4. Correct skills effectively?
1 2 3 4 5
- 5. Offer one on one time equally (if applicable)?
1 2 3 4 5
- 6. Cover all skills for the class level?
1 2 3 4 5
- 7. Use age appropriate language?
1 2 3 4 5
- 8. Discipline students when necessary,
1 2 3 4 5
- 9. Discipline students in the most efficient and effective way possible?
1 2 3 4 5

Additional Comments: _____

