



Rainbow Aquatics is a year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities.

Palolo Valley District Pool
2007 Palolo Ave | Honolulu, HI 96816

NOVICE

Monday - Thursday
5:00-5:25 or 5:30-5:55

Focus teach novice swimmers effective swimming technique in a small group environment. Swimmers must be comfortable in the water and able to float on their stomach and back for 5 seconds.

Cost

Annual USA Swimming Fee: \$20
One time Activation Fee: \$50
Monthly Fee (Four times a week, 25min lesson): \$85

COMPETITION

Monday - Friday
5:00-6:00+ *duration varies by group*

Focus provide age specific training geared towards challenging and developing each individual to the best of their abilities.

Cost

Annual USA Swimming Fee: \$77
One time Activation Fee: \$50
Beginner Group: \$50/month
Intermediate Group: \$60/month
Senior Group: \$75/month

rainbowaquatics.org | Instagram @rainbowswimming
Please call Coach Merri (808.265.1687) or come visit us at the pool!