

Central Oahu Regional Park
Veterans Memorial Aquatic Center
94-801 Kamehameha Hwy, Waipahu Hi 96797
Office phone/fax (808) 677-8510
Email gpang2@honolulu.com
Pool Director: Glenn Pang

General Pool Information

Hours of Operation:

Monday – Friday

Morning session - 6:45 – 9:30 am

Afternoon session - 2:30 – 4:30 pm

Evening session - 6:45 – 8:45 pm

Weekend and Holidays - 8:00 – 12:00 noon

Rules:

1. The pool is open for lap swim only. No recreational swim.
2. Please shower before entering pool – (DOH ordinance).
3. Circle swim within your lane - (swim counter clockwise around center black line).
4. Check announcement board at pool entrance for upcoming events, and changes to the pool schedule.
5. No food or drinks allowed on the pool main deck.
6. If you have any questions, please see the lifeguard on deck.

For information on obtaining a permit to host a sporting event, team or club practice, at the Veteran's Memorial Aquatic Center (VMAC), please contact Glenn Pang, Pool Director, at gpang2@honolulu.gov

For **Upcoming Events**, see next page.

Upcoming Events:

- August 30, 2007 **New Pool Closure Date** for warranty repairs to swimming pool. Pool will be closing on 8/30/07 at 9:15 p.m. Reopening date TBA.
- September 5-28, 2007 **Lifeguard Certification Class:** Every Monday/ Wednesday/ Friday, 6:30 - 9:30 pm, in the diving well. **Registration on September 5, Wednesday 6:30 pm, at VMAC Pool Office.** More information please call manager office at 677-8510 ask for Glenn Pang.
Classes will be move Pearl City District Park Swimming Pool starting Friday, September 7, 2007.
- October 1, 2007 **Synchronized Swimming Program/Club:** Every Monday/ Wednesday, 4:00 – 5:00 pm, in the diving well. Open to ages 6 and up, must be able to swim 25 meters and comfortable holding their breath underwater. For information go to www.HawaiiSynchro.com or call manager office at 677-8510, or ask for Glenn Pang.
- October 6, 2007 **Age Group Swim Meet**
No Public Lap Swim
Pool will re-open for public lap swim Sun (10/7) at 8:00 am.
- October 8-31, 2007 **Water Safety / Lifeguard Instructor Course**
Every Monday/ Wednesday/ Friday, 6:30 - 9:30 pm, in the diving well. Registration on October 8, Monday 6:30 pm, in Pool Office. For more information, please call manager office at 677-8510, and ask for Glenn Pang.
Lap lanes will be open for public lap swim as scheduled.
- October 12 & 13, 2007 **Sr. Age Group Division Swim Meet**
No Public Lap Swim on Fri (10/12) from 4:30 - 8:45 pm.
No Public Lap Swim on Sat (10/13).
Pool will re-open for public lap swim on Sun (10/14) at 8:00 am.
- October 20, 2007 **Age Group Swim Meet**
No Public Lap Swim on Sat (10/20).
Pool will re-open for public lap swim on Sun (10/21) at 8:00 am.