Summer Swim & Scuba Registration

Register for classes at:
UH Hilo Student Life Center
(Member Services Office)
200 West Kawili St., Hilo, HI 96720
Monday - Friday: between 8:00 AM - 4:00 PM
For more information: Call (808) 933-7626
Information and Forms Available
http://hilo.hawaii.edu/rec/

(First come - First serve: Space is limited)
The UH Hilo Recreation Department will be offering swim lessons for participants of all abilities and ages 4 - 15 years of age.

Swim Lessons teach aquatic and safety skills in a logical progression. The objective is to teach participants to swim and be safe, in, on and around the water.

Swim Instructors are lifeguards and certified through the American Red Cross. Our qualified staff has experience with multi-level instruction and fun!

**Additional Classes and Fees**

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<tr>
<th>Lifeguard Certification (1st &amp; 2nd Session)</th>
<th>$45</th>
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<tr>
<td>Adult Learn to Swim (1st and 2nd Session)</td>
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**Lesson Description**

Lesson times correspond with specific skill groups. Please review skill descriptions closely as our swim instructors will not be able to accommodate children of all skill levels in all lesson times.

**Level I - Introduction to Water Skills.** Skills taught at this level include: submersion, floating with support, underwater exploration, entering and exiting the water, and water safety.

**Level II - Fundamental Aquatics.** Skills taught at this level include: floating without support, underwater exploration, gliding, swimming on front and back, and treading water.

**Level III - Stroke Development.** Skills taught at this level include: rotary breathing, front and back crawl, elementary backstroke, and butterfly kick.

**Level IV - Stroke Improvement.** Skills taught at this level include: breaststroke, butterfly, swimming underwater, open turns and treading water.

**PADI Open Water SCUBA Certification**

- **Weekends:** Starts the weekend of June 2 (Sat or Sun), depends on class size
- **Certification:** Lifetime (Dive to depths no greater than 60 feet)
- **Classes include:** 2 classroom days, 2 pool days, & 4 ocean dives (some students may need additional sessions depending on progress)
- **Price:** $199 (UH System, Student, Faculty, Staff, and their spouses); $400 Non-UH
- **Age:** 15 years or older
- **Gear:** Bring your own mask, fins and snorkel. All other equipment will be provided.

*(Space is Limited)*