Summer Swim & SCUBA Registration

Register for classes at:
UH Hilo Student Life Center
(200 W. Kawili St., Hilo, HI 96720)

First come - First serve: Space is limited

Summer Swim & SCUBA Classes
May - July 2010
Register Now!!!

Information and Forms Available Online!

For more information: Call (808) 933-7626

Register Now!!!

Student Life Center
200 W. Kawili St.
Hilo, HI 96720
(808) 933-7626
Class Schedule

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 certified through the American Red Cross and have experience with multi-level instruction.

Additional Classes and Fees

Junior Lifeguard (1st & 2nd Session) - $40
An introduction to water safety and lifeguard training. Participants will also get actual on-duty life guard assistance experience!
Class meets T/Th from 12:00 - 1:15 pm.
Session dates are the same as the T/TH Learn to Swim classes and are offered during the first and second sessions. Ages 12 - 15.

Adult Learn to Swim (1st and 2nd Session) - $40
Learn to be comfortable in the water and the basics of swimming. Class meets T/Th from 4:30 to 5:15 pm. Session dates same as the T/TH Learn to Swim classes and are offered during the first and second sessions. Ages 16 and above.

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 May 29 (Sat or Sun), depends on class size

Certification: Lifetime (Dive to depths no greater than 60 feet)

Classes include: 2 pool dives, 2 ocean dives & 2 classroom sessions (some students may need additional sessions depending on progress)

Price: $199 (UH System, Student, Faculty, Staff, and their spouses); $220(Non-UH)

Age: 15 years or older

Gear: Bring your own mask, fins and snorkel. All other equipment will be provided.

(Space is Limited)