

## H2O Safe

**H2OSAFE** Learn to Swim classes are offered at three levels and are designed to teach youth ages 6 – 13 basic swim skills, swim strokes, and water safety skills to help them become proficient at swimming. Each session meets Tuesday through Friday for two weeks (30 minute class).

Classes are FREE and space is limited on a “first-come, first-served” basis during specified registration periods. Online Registration is required and begins at 8 am on registration date. To register, go to

<https://apm.activecommunities.com/houstonparks/Home>

<u>Sessions</u>	<u>Registration Dates</u>	<u>Class Dates</u>	<u>Level /Time</u>	<u>Level /Time</u>	<u>Level /Time</u>
Session One	May 30 – June 8	June 14 – June 24	One - 5 pm – 5:30 pm	Two – 5:45 pm – 6:15 pm	Three – 6:30 pm – 7 pm
Session Two	June 13 – June 22	June 28 – July 8	One - 5 pm – 5:30 pm	Two – 5:45 pm – 6:15 pm	Three – 6:30 pm – 7 pm
Session Three	June 27 – July 6	July 12 – July 22	One - 5 pm – 5:30 pm	Two – 5:45 pm – 6:15 pm	Three – 6:30 pm – 7 pm
Session Four	July 11 – July 20	July 26 – Aug 5	One - 5 pm – 5:30 pm	Two – 5:45 pm – 6:15 pm	Three – 6:30 pm – 7 pm

**Class Sites:**

Beverly Hills	Denver Harbor	Lincoln	Cloverland
Glenbrook	DeZavala	Love	MacGregor
<b>Mason*</b>	Greenwood	Oak Forest	Sharpstown
Reveille	Hobart Taylor	Schwartz	Townwood
Sagemont	Moody	Stude	Windsor Village
Wilson Memorial	Northline	T.C. Jester	<b>Westbury*</b>

**\*Note:**  
 Classes will be held 6:00 pm – 8:00 pm at Mason Aquatic Center.  
 Classes will be held 4:00 pm – 6:00 pm at Westbury Aquatic Center

## **H2OSafe**CLASS DESCRIPTIONS

### **H2OSafe Basics: Level 1**

For ages 6 to 13 years

Prerequisite: None

In H2OSafe Basics: Level 1, your child will learn to swim a basic Freestyle Stroke through a drill-oriented approach, coupled with unique skill progressions for the following: First-time Submersion, Breath Holding, Breath Control, Front Kicking, Back Kicking, In-line Kicking, Paddle Stroke, and Freestyle without side breathing.

### **H2OSafe Swim Strokes: Level 2**

For ages 6 to 13 years

Prerequisite: To enroll in H2OSafe Swim Strokes: Level 2, your child should be able to comfortably swim 15-20 feet without the aid of a flotation device AND with the face in the water.

In H2OSafe Swim Strokes: Level 2, your child will learn to swim the formal strokes of Freestyle with Side Breathing and Backstroke. The Freestyle Side Breathing skill may be the most important swim skill one learns. This class is drill-oriented with unique skill progressions for the following: Kicking with the Kickboard, Back Kicking, Streamline Kicking, Backstroke, and Freestyle.

### **H2OSafe Advanced Swim Strokes: Level 3**

For ages 6 to 13 years

Prerequisite: To enroll in H2OSafe Advanced Swim Strokes: Level 3, your child must be able to swim 25 feet of Backstroke and Freestyle with Side Breathing.

In H2OSafe Advanced Swim Strokes: Level 3, your child will learn the advanced skills of Breaststroke and Butterfly and refine and further develop the Freestyle and Backstroke. All classes are drill and technique-oriented. Your child will practice the following skills each lesson: Freestyle & Backstroke (minimal work for refinement purposes), Breaststroke Kick (Whip Kick), Breaststroke Arm Stroke, Breaststroke (Kick & Stroke Timing), Body Dolphin Butterfly Kick, Butterfly Arm Stroke, and Butterfly (Kick & Stroke Timing).