

## SwimWise

SwimWise is a Houston Parks and Recreation Department series of FREE learn to swim classes offered for all ages and skill levels. Classes meet on Tuesday, Wednesday, Thursday, and Friday for 30 minutes every day for two weeks. There are four 2-week sessions offered during the summer, with the exception of the Junior Lifeguard and Parent and Me classes. The Junior Lifeguarding and Parent and Me classes are offered as ONE session during the summer for eight weeks and meet on the days scheduled.

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 8:00 a.m. on registration date. To register, go to <https://apm.activecommunities.com/houstonparks/Home>.

<u>Class</u>	<u>Ages</u>	<u>Days</u>	<u>Time</u>
Parent and Me	12 – 24 months	Saturday only	5:00 pm – 5:30 pm
Parent and Me	25 – 36 months	Saturday only	5:30 pm – 6:00 pm
Swimwise: Level 1	3 -5 years	TUE – FRI	10:00 am – 10:30 am
Swimwise: Level 2	3 – 5 years	TUE – FRI	10:45 am – 11:15 am
Swimwise: Level 3	3 – 5 years	TUE – FRI	11:30 am – 12:00 pm
Swimwise: Level 1	6 – 13 years	TUE – FRI	3:15 pm – 3:45 pm
Swimwise: Levels 2 & 3	6 – 13 years	TUE – FRI	4:00 pm – 4:30 pm
Swimwise: Junior Lifeguarding	13 – 14 years	TUE & THU	4:45 pm – 5:15 pm
Swimwise: Junior Lifeguarding	15 & up	WED & FRI	4:45 pm – 5:15 pm
Swimwise: Adult	14 years – Adult	TUE – FRI	5:30 pm – 6:00 pm

### Class Sessions and Dates:

<u>Session</u>	<u>Class Dates</u>	<u>Day</u>	<u>Online Registration Dates:</u>
#1	June 14 – June 24	TUE – FRI	May 30 – June 8, 2016
#2	June 28 – July 8	TUE – FRI	June 13 – June 22, 2016
#3	July 12 – July 22	TUE – FRI	June 27 – July 6, 2016
#4	July 26 – August 5	TUE – FRI	July 11 – July 20, 2016

SwimWise classes will be offered at the following HPARD Aquatic Center Sites:

<b>Alief</b>	11903 Bellaire Blvd, 77072	(281) 983-8137
<b>Independence Heights</b>	603 E. 35 <sup>th</sup> Street, 77022	(713) 862-1284
<b>Judson Robinson Sr.</b>	1422 Ledwicke Street, 77029	(713) 284-8948
<b>Tuffly</b>	3200 Rusell, 77026	(713) 674-3367

## **SwimWise** CLASS DESCRIPTIONS

### **Parent & Me**

For ages 12 months – 36 months

Prerequisite: None

Designed to increase a child's confidence level in the water. A parent or adult is required to be in class with child.

### **SwimWise Basics: Level 1**

For ages 3 to 13 years

Prerequisite: None

Basic Freestyle Stroke, no side breathing. Skill progressions for: First-time Submersion, Breath Holding and Control; Front, Back, and In-line Kicking; and Paddle Stroke.

### **SwimWise Swim Strokes: Level 2**

For ages 3 to 13 years

Prerequisite: Able to comfortably swim 15-20 feet with face in the water and without the aid of a flotation device.

Formal Freestyle stroke with Side Breathing and Backstroke. Skill progressions for: Kicking with Kickboard, Back Kicking, Streamline Kicking, Backstroke, and Freestyle.

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

For ages 3 to 13 years

Prerequisite: Able to swim 25 feet of Backstroke and Freestyle with Side Breathing.

Advanced Breaststroke and butterfly skills while refining and developing both Freestyle and Backstroke. Practice the following skills: Freestyle & Backstroke; Body Dolphin Butterfly Kick; Breaststroke Kick; Arm Stroke, Kick and Stroke Timing.

### **SwimWise Junior Lifeguarding**

For ages 13, 14, 15 & up

Prerequisite: Able to perform front crawl and breast stroke.

The Junior Lifeguarding classes focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite and introduce them to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants also have the opportunity to observe and learn from the lifeguards on duty.

## **SwimWise Adult**

For ages 14 and older

Prerequisite: None

Participants will learn how to swim the formal strokes of Freestyle with Side Breathing and Backstroke. Skill progressions for the following: Kicking with the Kickboard, Back Kicking, Streamline Kicking, Backstroke, and Freestyle.