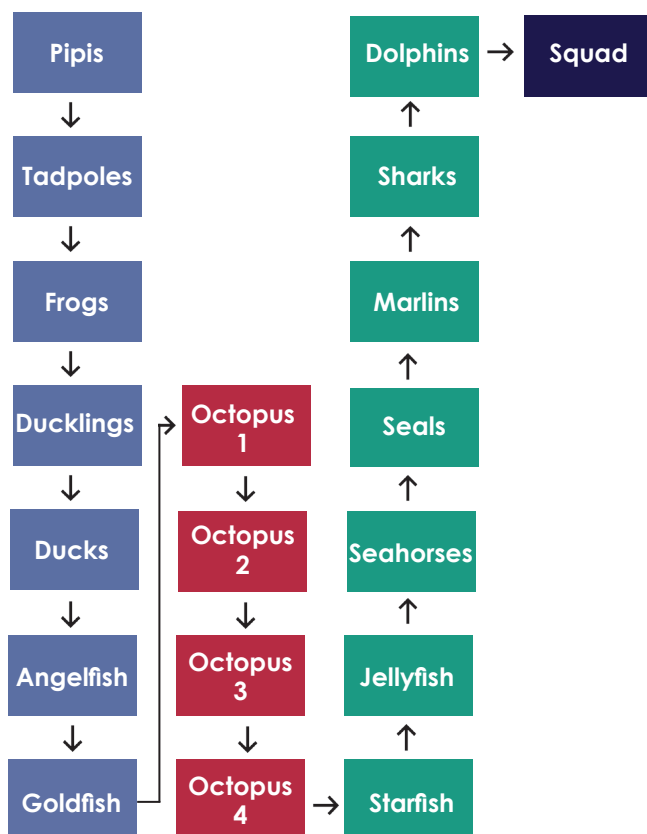




At A Glance



Adaptive Aquatics

H²O Xstream encourages people with a disability to participate with their peers in an inclusive environment.



www.h2oxstream.com



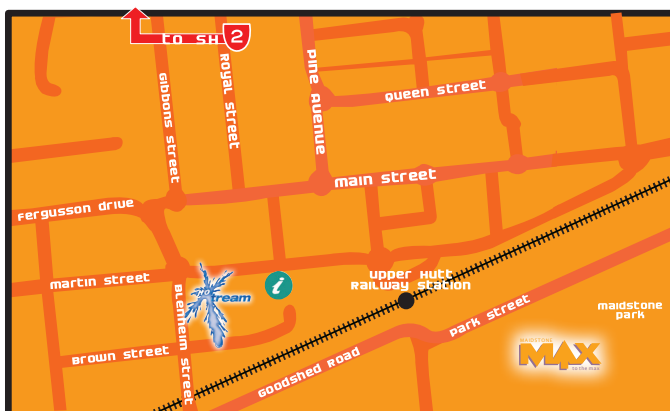
facebook.com/H2OXstreamAquaticCentre



[@h2oxstream](https://twitter.com/h2oxstream)

How to find us:

Cnr Brown & Blenheim Streets, Upper Hutt
Tel: 04 527 2113 | Fax: 04 528 2652
Email: h2oxstream@uhcc.govt.nz



We offer free swim assessments for all new customers. Contact: wavebreakers@h2oxstream.com



School Aged Learn to Swim
5 - 16 years
www.h2oxstream.com



Levels

Starfish - improvement in:

- Confidence
- Floating
- Submerging



Jellyfish - for children that can float and submerge, improvement in:

- Streamlining
- Gliding
- Kicking
- Water safety



Seahorses - children that can float & glide, improvement in:

- Kicking
- Water safety
- Introduction to arm strokes



Seals - for children that can swim 3 metres, improvement in:

- Arm strokes
- Water safety
- Introduction to breathing



Marlin - for children that can swim 5 metres, improvement in:

- Breathing
- Kicking & strokes
- Introduction to breaststroke



Sharks - for children that can swim 8 metres with breathing to one side, improvement in:

- Distance swimming
- Strokes



Dolphins - For children that can swim 25 metres, improvement in...

- Strokes
- Distance
- Butterfly
- Introduction to tumble turns
- Includes 200m Swim for life certification



School Holidays Learn to Swim

With the option of one week or both

Level 1: Starfish / Jellyfish

- Must be water confident
- Able to float & travel on front and back

Level 2: Seahorses / Seals

- Swim 5 metres non-stop
- Perform freestyle with breathing; backstroke

Level 3: Marlins / Sharks

- Swim 10 - 15 metres freestyle and backstroke
- Perform butterfly kick; and crouching dives

Level 4: Dolphins / Junior Squad

- Fitness training
- Starts, finishes and turns; introduction to dives

Squad

For all children that have completed a Learn to Swim programme. New customers welcome.

- Stroke improvement and endurance
- Dives, starts and turns
- Sprints and distance training
- Exercise and nutrition advice
- Injury prevention

Junior Squad

- Refining technique in all four strokes
- Introduction to starts, turns and finishes
- General fitness

Senior Squad

The focus now moves from Learn to Swim to training

- Distance and speed training
- Continued refining of strokes
- Individual goal setting & achievement

Session times

Junior Squad

Tuesday and Thursday 5.45 - 6.30pm
Saturday 10.00 - 10.45am

Senior Squad

Tuesday and Thursday 6.30 - 7.30pm
Saturday 7.00 - 8.00am

We also offer private lessons.