NEW POLICY
Effective Oct. 1, 2018

All SRS water based program participants must take a basic swimming test before signing up for classes and activities. This will include but not be limited to the following:

Body Boarding
Stand Up Paddling
Kayaking
Surfing
Sailing
Snorkeling
SCUBA (has its own test given on the 1st day of the class)

The swim test will be given by the UH SRS Life Guard staff at the Duke Kahanamoku Aquatic Complex during the SRS Rec Swim time. The test will include:

- 50 meter/Yard swim any stroke
- 3 minutes treading water or survival float
- 1 surface dive under a lane line

UH Recreational Swim Hours:
Monday 11:30am-1:10pm and 7:30pm-9:30pm
Tuesday 12pm-1:40pm and 7:30pm-9:30pm
Wednesday 11:30am-1:10pm and 7:30pm-9:30pm
Thursday 12pm-1:40pm and 7:30pm-9:30pm
Friday 11:30am-1:10pm
Saturday 12pm-1:40pm
Sunday 12pm-1:40pm