



Seahorse Swim School, Inc. SPRING 2017 Swim Program @ Seascope Sports Club

Tiffany Harmon, Swim Director (831) 476-7946

Members & Non-Members welcome to join Programs.

Register in advance of sessions ONLINE

www.SeahorseSwimSchool.com



Weekdays 4 weeks 8 lessons	Session I 3/7 – 3/30	Session II 4/3 – 4/27 III 5/1 – 5/25	
	T/Th	M/W	T/Th
2:30-2:55	Private	Private	Private
3:00-3:25	Level 2	Private	Private
3:30-3:55	Level 3a	Level 4	Level 2 Level 3a
4:00-4:25	Level 3b	Level 3b	Level 3a Level 3b
4:30-4:55	Level 4	Level 3a	Level 2 Level 4
5:00-5:25	Private	Level 2	Private
5:30-5:55	Private	Level 1	Private



SATURDAY Mornings 4 weeks 4 lessons	SAT Session A 3/4 – 3/25 B 4/1 – 4/22 C 4/29 – 5/20
10:00-10:25	Level 4 Jr. Guard Prep class
10:30-10:55	Level 2
11:00 -11:25	Parent Tot Level 3a
11:30-11:55	Level 3a Level 3b
12:00-12:25	Level 2 Private
12:30-12:55	Level 1 Private
<i>Learn-to-Swim level descriptions on reverse</i>	

“Sharks” Non-Competitive Swimteam

Team workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual’s stroke. Participants should be comfortable swimming multiple lengths of the pool to join.

Tuesday/Thursday 5:00-6:00 p.m. & Saturdays “drills, drills, drills”
10-11 a.m. Team includes stroke clinic on Saturdays.

ST Session I
3/4 – 3/30



ST Session 2
4/1 – 4/27



ST Session 3
4/29 – 5/25

Drop-ins welcome \$20/workout (M & NM).

Jr. & Little Guard Summer Camp @ Seascope Sports Club

Introduction and practical application of: rescue/guarding skills, CPR & First Aid. Strokes improve daily w. swim lessons & endurance swimming.

Team Building games & fun in the sun!

NEW this SPRING!!!

Jr. Guard preparation class: For best success, register for Spring swim lessons to prepare your kids for entry tests for the Summer program of your choice!
More details/dates on our website.

PRICING

		Member (M)	Non-Member (NM)
Group lessons	Parent tot, Level 1 – 4 group lessons	M/W or T/Th (8 lessons) \$132	\$145
		Saturdays (4 lessons) \$72	\$ 80
Sharks Swim Team	Tues/Thurs 5-6pm & Sat 10-11am	\$100	\$112
Custom Classes <i>Great for siblings & friends!</i>	(3+: 1) Consists of 3 participants at/or near the same level. <i>Custom group of 4 get session group pricing. Must be booked with in listed session dates to get discount. Must register over the phone.</i>	\$20_(M) / \$22_(NM) (per class/student)	
Private lessons Arranged on instructor availability.	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	Seahorse Staff	w. Tiffany or Heidi
		\$45_(M) / \$50_(NM)	\$50_(M) / \$55_(NM)
Semi-private lessons	(2:1) Offered for 2 participants at/or near the same level.	\$54_(M) / \$60_(NM)	\$63_(M) / \$70_(NM)
<i>Additional group classes, private, semi-private swim lessons & custom classes will be created based on need & demand. Private/semi-private lesson times are arranged directly with Seahorse Swim School by calling our office.</i>		Drop- ins \$20 / \$22 (M/NM). <i>Drop-in’s confirmed poolside</i>	








Register Online

www.SeahorseSwimSchool.com

Schedule Subject to Change


Updated 12/14/16



<p>Parent Tot (6 mon - 3 yrs.)</p> <ul style="list-style-type: none"> · Guided practice sessions teaching infants/toddlers to swim. · Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and water safety. <p><i>All children who are not potty trained must wear swim diapers & plastic pants.</i></p> 	<p>Level 1: STARFISH (2 & up) Adaptation to the water</p> <ul style="list-style-type: none"> · Beginning swimmers gaining comfort maneuvering independently in water learning basic skills. · Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun. 	<p>Level 2: SEAHORSE (3 & up) Fundamental Skills</p> <ul style="list-style-type: none"> · Blowing bubbles out of nose and mouth. · Gaining comfort in water. · Floating, gliding & swimming on front & back. · Coordinating arm & leg actions while blowing bubbles. · Introduction to side breathing. 
<p>Level 3: (4 & up) Stroke Development</p> <p>3a : SEA TURTLE</p> <ul style="list-style-type: none"> · Combine arm/leg actions. Focusing on side breathing. · Development of free/backstroke. · Introduction to elementary backstroke.  <p>3b: SEAL</p> <ul style="list-style-type: none"> · Can swim free /back 1/2 way across the pool. · Jr. Guard Preparation class · Coordinating freestyle & backstroke. · Intro to breaststroke & butterfly arm, leg & body motion. · Treading water & water safety. 	<p>Level 4: OCTOPUS (5 & up) Stroke Improvement</p> <ul style="list-style-type: none"> · Swim team / Jr. Guard Preparation · Developing confidence in water · Perfecting side breathing & · Improving all competitive strokes. · Free/back/breaststroke/butterfly. · Underwater swimming. · Flip turns and open turns . · Building endurance to swim multiple lengths of the pool. · Treading water & water safety. 	 <p>To ensure correct placement in swim classes, follow these steps:</p> <ul style="list-style-type: none"> · Review level flowchart online. · Call for an over the phone assessment. · Come in for a level assessment. · Drop-in to one of our level classes*. · Non-Comp Swimteam: Drop into Saturday workouts 10-11am.* · Swimteam preparation – level 3b/4. *(fees apply)

Private/Semi-Private Lessons & Custom Classes
Individual attention to the adult or child can make a world of difference in a short period of time.
Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve a specific goal.
Semi-private lessons and custom classes offered to 2 or more swimmers at equal or similar skill level.
Private/semi-private lesson times determined by student & instructor availability.

Adult/Teen Swim lessons: Beginning to the Advanced
First time adult swimmers will be introduced to the water slowly to ensure a positive learning experience. Intermediate/Advanced adult swimmers will learn different techniques that will enable you to swim with more ease, efficiency and power.



For clarification on any of the programs offered, to schedule a level assessment, or to schedule private, semi-private swim lessons, custom classes or adult swim lessons contact Tiffany Harmon, via phone (831) 476 – 7946 (SWIM) or email Tiffany@SeahorseSwimSchool.com

**AMERICAN RED CROSS COURSES
WATER SAFETY INSTRUCTOR (WSI) (rev.'14)
& LIFEGUARDING, CPR PRO & FIRST AID**
WSI certification classes prepares instructor candidates to teach Learn-to-Swim swimming lessons.
Lifeguarding course prepares guard for job as Lifeguard.
Course certifications earned at conclusion of LG course:
Lifeguarding CPR PRO & First Aid.
See website for prerequisites, pre-course & course dates as well as fees for each certification course.
Job opportunities await Swim Instructors with WSI & Lifeguard Training certifications.
www.SeahorseSwimSchool.com

Seahorse Swim School Program Policies

- Cancellations for sessions must be received **48 hours prior** to start of session or scheduled private lesson to receive a refund.
- *Refunds will not be given once session has begun or for children who choose not to participate in class at class time.*
- **NO Makeups.** Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session.
- Drop-ins and late enrollments welcome if space in class is available
Drop In's are Confirmed poolside.
- **Classes may be added according to demand.**

Custom classes can be made with friends and family members or groups of students at or near the same level. Call to arrange your classes.

- **All Swim classes & Swimteam occur rain or shine!**

Seahorse Swim School reserves the right to cancel/reorganize any class that is under-subscribed.