



Seahorse Swim School, Inc.

SUMMER 2017 Swim Program @ The Elks Lodge


150 Jewell St, Santa Cruz, CA 95060
SeahorseSwimSchool.com
 (831) 476-7946 (SWIM)



GROUP SWIM LESSONS (25 minutes) Need to have a minimum of 3 participants to get group pricing. Level descriptions on reverse side.		
Session I June 12 – July 14 (*skip 7/4)		M/W/F Private, semi-private or custom classes.
Session II July 17 – August 18		
Time	T/TH	M/W/F
8:30 – 8:55	Level 1	Private
9:00 – 9:25	Parent Tot	Private
9:30 – 9:55	Level 2	Private
10:00 – 10:25	Level 3a	Private
11:00 – 11:25	Private	Private
11:30 – 11:55	Private	Private



Jr. / Little Guard Summer Camp (6 – 13 years old)	
Introduction and practical application to rescue/guarding skills, CPR & First Aid, swim lessons are taught to build endurance. Team Building games & fun in the sun! Special guests & field trips are part of this program. Prerequisites: Level 3a, Swim 25yd continuously, treading water for 1 minute.	
Wonderful Wednesdays Special visits from AMR Ambulance Dept. Walking field trip to the Marine Sanctuary Exploratorium & Downtown Fire Station. (Drop off/Pick Up at Depot Park)	
<i>Through our pool Jr. Guard program we hope to encourage all our Seahorse Swimmers to continue American Red Cross's Commodore E. Longfellow's journey of encouraging bathers to become swimmers, and swimmers to become lifesavers.</i>	
JG 1 : 6/12 - 6/30	NOTE: One week and daily options available pending space in the program
JG 2 : *7/3 – 7/21 (skip 7/4)	
JG 3 : 7/24 – 8/11	
JG 4 : 8/14– 8/18 (one week)	Open to Members & Non-Members of the Elks Lodge

To join group level classes or Jr. / Little Guard Camps after they have begun call our office to check availability & register.		
Group lessons	Parent tot, Level 1 – 4 group lessons	\$182 (10 group lessons) *Session #1 T/TH (skip 7/4) \$163
Private lessons <i>Arranged on instructor availability.</i>	(1:1) Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve specific goal.	\$50 each <i>w/ Seahorse Staff</i>
Semi-private lessons	(2:1) Offered for 2 participants at/or near the same level.	\$60 split w/ Seahorse Staff
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</i>	\$22/per student/per class
Pool Jr. Guard Camp Register online for our 3 week sessions	Mon – Fri 8:30 a.m. – 12 noon (Open to 25 participants)	\$350 3 week session <i>Jr. Guard Camp # 2 (skip 7/4) \$326</i>
	One week option Call our office to check for availabilities & to book one week option	\$150 one week option <i>Jr. Guard Camp #2 (skip 7/4) 1 week \$120</i>
	Daily Drop In (confirmed poolside)	\$50/day
Late Starts & Drop-ins welcome <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-in lessons \$22 <i>Drop-ins confirmed poolside</i>

Register Online

www.SeahorseSwimSchool.com

Schedule Subject to Change
Updated 4/25/17



Learn-to-Swim Level Descriptions

Age limits are a guideline, not a pre-requisite.

Parent Tot (6 mon. – 3 yrs.)



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.

All children who are not potty trained must wear swim diapers & plastic pants.

Level 1: STARFISH (2 & up) Adaptation to the water



Beginning swimmers gaining comfort maneuvering independently in the water learning basic skills. Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun.

Level 2: SEAHORSE (3 & up) Fundamental Skills



Blowing bubbles out of nose and mouth. Gaining comfort in the water. Floating, gliding, & swimming on front & back. Coordinating arm & leg actions while blowing bubbles. Introduction to side breathing.

Level 3: (4 & up) Stroke Development 3a: SEA TURTLE



Combine arm/leg actions. Focusing on side breathing. Development of free/backstroke. Introduction to elementary backstroke.

3b: SEAL



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.



Level 4: OCTOPUS (5 & UP) Stroke Improvement

Swim team preparation. Developing confidence in the 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 and water safety.



To ensure correct placement in swim classes, follow these steps:

- Review level flowchart online
- Call for an over the phone assessment.
- Drop-in to one of our classes.
- Drop-ins depend on availability in the class & are confirmed poolside. (\$22)

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 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 them 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, or adult swim lessons as well as custom classes, please contact Tiffany Harmon, via phone (831) 476 – 7946 (SWIM) or email Tiffany@SeahorseSwimSchool.com

AMERICAN RED CROSS COURSES WATER SAFETY INSTRUCTOR (WSI) & LIFEGUARDING (rev. '17) w. CPRO & FIRST AID

(taught at another pool)

WSI certification classes prepare instructor candidates to teach Learn-to-Swim swimming lessons.

Lifeguarding course teach and certify to guard pools.

Lifeguarding courses come w. CPR PRO and First Aid certifications. Course materials are covered in the courses.

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 sessions 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 will be rescheduled before the end of the current session.**
- **Drop-ins and late enrollments welcome if space in class is available \$22/class 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 Tiffany to arrange your program.

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

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