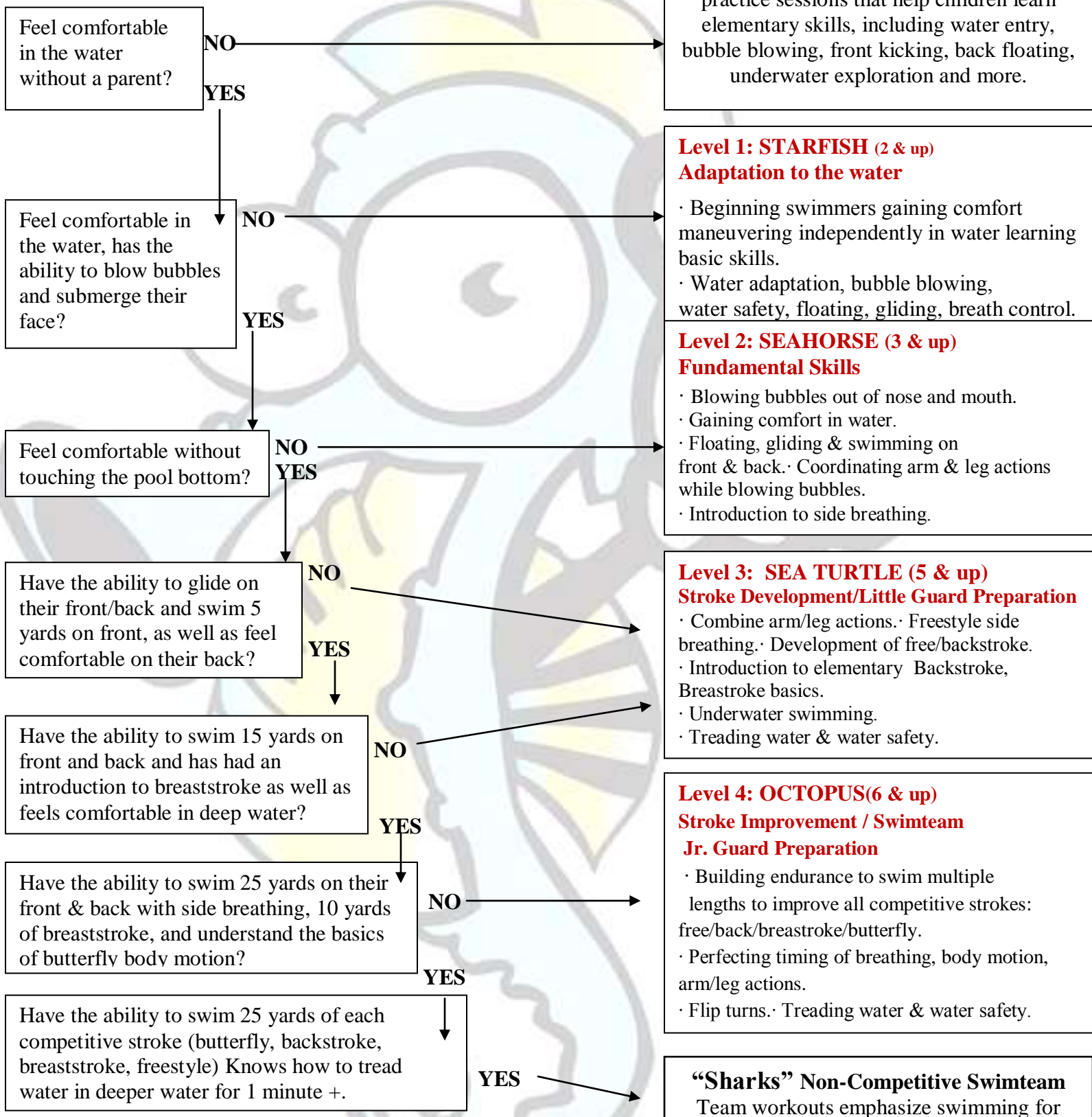


# DOES YOUR CHILD...



**Parent Tot (6 mon - 3 yrs.)**  
 Parents and children participate in guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

**Level 1: STARFISH (2 & up)**  
**Adaptation to the water**  
 · Beginning swimmers gaining comfort maneuvering independently in water learning basic skills.  
 · Water adaptation, bubble blowing, water safety, floating, gliding, breath control.

**Level 2: SEAHORSE (3 & up)**  
**Fundamental Skills**  
 · 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.

**Level 3: SEA TURTLE (5 & up)**  
**Stroke Development/Little Guard Preparation**  
 · Combine arm/leg actions.  
 · Freestyle side breathing.  
 · Development of free/backstroke.  
 · Introduction to elementary Backstroke, Breaststroke basics.  
 · Underwater swimming.  
 · Treading water & water safety.

**Level 4: OCTOPUS(6 & up)**  
**Stroke Improvement / Swimteam Jr. Guard Preparation**  
 · Building endurance to swim multiple lengths to improve all competitive strokes: free/back/breaststroke/butterfly.  
 · Perfecting timing of breathing, body motion, arm/leg actions.  
 · Flip turns.  
 · Treading water & water safety.

**“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. Level 4 swimmers & up!



**Seahorse Swim School, Inc.**  
**(831) 476-7946 (SWIM)**  
**SeahorseSwimSchool.com**