



# Seascope Sports Club ~ SUMMER 2017 Swim Program

**REGISTER ONLINE in advance of Sessions!**

[SeahorseSwimSchool.com](http://SeahorseSwimSchool.com) (831) 476-7946 (SWIM)

**Tiffany Harmon, Swim Director**

Members (M) & Non-Members (NM) welcome to join.




<b>Mornings</b> M/W or T/TH 4 wks, 8 lessons \$132 <sub>(M)</sub> / \$145 <sub>(NM)</sub>	<b>Session I</b> 6/12 – 7/6 (*no lessons 7/4)		<p><i>Private, Semi-Private Lessons &amp; Custom Classes</i> Available upon request. Customized scheduling available.</p> <p><i>Private lessons:</i> Adults &amp; Children -- Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal.</p> <p><i>Semi-private lessons:</i> Offered for 2 participants at or near the same level. (Semi-private price split between clients)</p> <p><i>Custom Classes:</i> Consists of 3 or more participants at or near the same level. Great for siblings &amp; friends!</p> 
	<b>Session II</b> 7/10 – 8/3		
M/W	T/TH		
10:00-10:25	Private		
10:30-10:55	Private		
11:00-11:25	Private		
11:30-11:55	Private		
12:00-12:25	Private		

Member/ Non-Member pricing	w. Seahorse Staff	w. Tiffany
Private lesson (1:1)	\$45/\$50	\$50/\$55
Semi-Private (2:1)	\$54/\$60	\$63/\$70
Custom Classes	\$20/\$22/student/class	

Swim lessons are 25 minutes in length, unless otherwise arranged. Level descriptions on reverse side.

To join classes after they have begun, call our office to check availability. ~ Drop ins, late starts available \$20(M)/\$22(NM)per class/student

<b>Afternoons</b> M/W or T/TH 4 wks, 8 lessons \$132 <sub>(M)</sub> / 145 <sub>(NM)</sub>	<b>Session I: 6/12 – 7/6</b> *Skip 7/4 *Session 1: \$115/\$127		 <p><b>Summer Pool Jr. Guard Program</b> Prerequisites: Level 3a graduate, ages 7 – 13 years 25yrd continuous swim, ability to roll onto back, 30 seconds treading H2O.</p> <p>Introduction and practical application of Rescue/Guarding skills, Swim Lessons, Endurance Swimming, CPR &amp; First Aid. Team Building &amp; FUN!</p>
	<b>Session II: 7/10 – 8/3</b>		
	<b>Session III: 8/7 – 8/31</b>		
	M/W	T/TH	
3:00 - 3:25	Level 3b/4	Private	
3:30 - 3:55	Level 2	Level 3a	
4:00 - 4:25	Level 3a	Level 3a Level 3b	
4:30 - 4:55	Level 2	Level 2 Level 4	
5:00 - 5:25	Parent Tot	Level 1	
5:30 - 5:55	Level 1	Private	

Mon – Thurs	9am – 12:30pm	
Dates	M	NM
7/17 – 7/27 2 weeks	\$225	\$250
7/31 – 8/3 (4 days)	\$135	\$150

Drop-ins \$50/day  
pending available space



## ~ SATURDAYS ~

4 wks, 4 lessons \$72 <sub>(M)</sub> / \$80 <sub>(NM)</sub>	SAT A 6/10 – 7/1	SAT B 7/8 – 7/29	SAT C 8/5 - 8/26
9:30 – 9:55	Level 4		
10:00-10:25	Parent Tot		
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		



## SWIMTEAM “SHARKS”

**Monthly fee: \$100(M) / \$112(NM)**

Drop-ins available (\$20/\$22 workout M/NM)

Team workouts emphasize swimming for fitness while providing individual attention to streamlining each individual's stroke. Participants should be comfortable swimming multiple lengths of the pool using the 4 competitive strokes to join.

**Level 4 prepares for Swimteam.**

**Schedule: Tuesday/Thursday 5-6pm & Saturdays 10-11am**

Stroke Clinic Saturdays include: “drills, drills, drills”

**Session 1: 6/10 – 7/6**

**Session 2: 7/8 – 8/3**

**Session 3: 8/5 – 8/31**

Schedule Subject to change

~ Last updated 3/30/17

**Parent Tot: SHRIMP  
(6 mon - 3 yrs.)**



- Guided practice sessions teaching parents how to teach their infants/toddlers to swim.
- Introduction to water entry, bubble blowing, front kicking, back floating, proper holding techniques, underwater exploration & 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 to move independently in the water. Basic aquatic skills.
- Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun.
- Learning to take instruction directly from instructor.

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



- Blowing bubbles (nose & mouth).
- Gaining comfort in w. face / eyes in the water.
- Floating, gliding & swimming horizontally on front & back.
- Coordinating arm & leg actions while blowing bubbles.

**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 ½ 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 water
- Perfecting side breathing & Improving all competitive strokes.
- Free/back/breaststroke/butterfly.
- Underwater swimming.
- Flip turns and open turns .
- Building endurance to swim multiple length's of the pool.
- Treading water & water safety.

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

- Review level flowchart online.
- Call for an over the phone assessment.
- Come in for a level assessment.
- Drop-in to one of our classes to get a sample of our instruction & a level assessment.
- To check for readiness for our Non-Competitive Swimteam please drop-into one of our level 4 classes (any location). Drop-in's depend on availability in the class & are confirmed poolside.



**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 & custom classes offered to swimmers at equal or similar skill level.

**Private/semi-private lesson times determined by student & instructor availability. Please call our office to schedule your private, semi-pvt or custom classes.**

**Adult 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.



**AMERICAN RED CROSS COURSES**

**WATER SAFETY INSTRUCTOR COURSE (WSI)**

This 33-hour certification class prepares instructor candidates to teach Learn-to-Swim swimming lessons.

Instructor candidates must be 16 yrs. old by the end of scheduled course, be able to demonstrate all 6 swim strokes, tread water & float supine for 1 minute.

**LIFEGUARD TRAINING (rev.17)**

Red Cross Certificates in Lifeguard/First Aid & CPR for the Professional Rescuer/AED (2 year cert). See website for prerequisites.

**Job opportunities await Swim Instructors with WSI & Lifeguard Training certifications.**

Email resume to [Tiffany@SeahorseSwimSchool.com](mailto:Tiffany@SeahorseSwimSchool.com)

**(831) 476-7946**

**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.** Reg fee non-refundable.
  - **NO Makeups.** Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session.
  - **Drop-in's and late enrollments welcome if space in class is available (\$20/\$22 class M/NM). 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 our office to arrange your custom or private classes.
- **All Swim classes & Swimteam occur rain or shine!** Seahorse Swim School reserves the right to cancel/reorganize Any class that is under-subscribed.

