



Seahorse Swim School @ Seascope Sports Club

Winter Warm-Up 2018

Tiffany Harmon, Swim Director (831) 476-7946
 Members & Non-Members welcome to join Programs.

Register in advance of sessions **ONLINE**
www.SeahorseSwimSchool.com



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| SATURDAY Mornings 4 wks, 4 lessons | FEBRUARY 3 – 24 | | “Sharks” Non-Competitive Swim Team Swim Team workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual stroke. Saturdays ~ 2/3 – 2/24 10 – 11 a.m. Tues/Thurs ~ 2/13 – 3/1 5 – 6 p.m. |
| 10:00-10:25 | Level 4 | | |
| 10:30-10:55 | Level 3b | | |
| 11:00-11:25 | Level 3a | | |
| 11:30-11:55 | Level 2 | | |

All Classes are 25 minutes in length.
 Private lessons available Tues/Thurs & Saturdays.

Swimteam Saturday workouts, “drills, drills, drills,” focuses in on each competitive stroke. Level 4’s welcome!



Learn-to-Swim Level Descriptions

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

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| “SEAHORSE” –Level 2 – Fundamental Skills (3 & up) Floating and gliding on front and back. Swimming on front and back, using combined arm and leg actions. Introduction to side breathing & coordination with arms & legs. | “SEAL” –Level 3b – Stroke Development (4 & up) Comfortable swimming at least ½ way across the pool. Freestyle & backstroke coordination continued, introduction to breaststroke & butterfly kick & body motion. Treading water. |
| “SEA TURTLE” Level 3a – Stroke Development (4 & up) Students are beginning to combine arm and leg actions. Introduction to side breathing. Development of freestyle and backstroke. Introduction to elementary backstroke & treading water. | “OCTOPUS” –Level 4 –Stroke Improvement (5 & up): Emphasis is on building endurance while encouraging overall stroke improvement of all 4 competitive strokes. Underwater swimming. Open turns and introduction to flip turns. Working on building endurance to swim multiple lengths of the pool. Treading water Preparation for our swimteam or Jr. Guard Programs throughout the County.. <i>Water Safety is taught in all classes.</i> |

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

1. Review level flowchart
2. Call for an over the phone assessment
3. Come in for a level assessment.

Additional group classes, private, semi-private swim lessons & custom classes will be created based on need & demand.
 Private/semi-private lesson times are arranged via phone or email with Seahorse Swim School.

PRICING CHART

| | | Member (M) | Non-member (NM) |
|---|---|--|---|
| Group lessons | Saturdays (4 lessons) | \$72 | \$80 |
| Sharks Swim Team | Tues/Thurs 5-6pm & Sat 10-11am | \$100 | \$112 |
| 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 \$45 _(M) / \$50 _(NM) | w. Tiffany / Heidi / Kiki \$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) |
| 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 gets session group pricing</i> | \$20_(M) / \$22_(NM) (per class/student) | \$22_(M) / \$25_(NM) (per class/student) |

Seahorse Swim School’s
SPRING Swim Program begins March 3, 2018



Drop-in’s \$20/\$22 (M/NM)
Drop-in’s confirmed poolside

Register Online

www.SeahorseSwimSchool.com

Schedule Subject to Change
 Updated 12/6/17