



# Seahorse Swim School, Inc. SPRING 2018 Swim Program @ Seascape 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](http://www.SeahorseSwimSchool.com)



Weekdays 4 weeks 8 lessons	Session I 3/6 – 3/29	Session II 4/2 – 4/26 III 4/30 – 5/24	
	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 3/3 – 3/24 B 3/31 – 4/21 C 4/28 – 5/19
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. Drop in’s welcome.

**ST Session I**  
3/3 – 3/29



**ST Session 2**  
3/31 – 4/26



**ST Session 3**  
4/28 – 5/24

### Jr. & Little Guard Summer Camp @ Seascape 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!

**BACK by DEMAND this SPRING!!!**

Jr. Guard preparation class: For best success, register for level 3b/4 classes to prepare participants to pass entry tests for Summer Jr. Guard Camps and Programs County wide!

More details/dates on our website.

### PRICING CHART

		Member (M)	Non-member (NM)
<b>Group lessons</b>	Mon/Wed or Tues/Thurs (8 lessons)	<b>\$132</b>	<b>\$145</b>
	Saturdays (4 lessons)	<b>\$72</b>	<b>\$80</b>
<b>Sharks Swim Team</b>	Tues/Thurs 5-6pm & Sat 10-11am	<b>\$105</b>	<b>\$115</b>
<b>Private lessons</b> Pricing is split between participants.	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal. Arranged on instructor availability.	<b>Seahorse Staff</b>	w. Tiffany / Heidi / Kiki
		<b>\$50<sub>(M)</sub>/\$55<sub>(NM)</sub></b>	<b>\$54<sub>(M)</sub>/\$60<sub>(NM)</sub></b>
<b>Semi-private lessons</b>	(2:1) Offered for 2 participants at/or near the same level.	<b>\$57<sub>(M)</sub>/\$63<sub>(NM)</sub></b>	<b>\$63<sub>(M)</sub>/\$70<sub>(NM)</sub></b>
<b>Custom Classes</b>	(3+ : 1) Consists of 3 participants at/or near the same level. <i>Great for siblings &amp; friends!</i>	<b>\$22<sub>(M)</sub></b> (per class/student)	<b>\$25 (NM)</b> (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](http://www.SeahorseSwimSchool.com)

*Schedule Subject to Change*


*Updated 1/16/17*



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

**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](mailto: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.*  
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**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.*