



# Seascope Sports Club ~ SUMMER 2018 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>Weekday Mornings</b> Private, semi-pvt lessons & custom classes only.	<b>June 25 – Aug 2</b>		<p align="center"><b>Private, Semi-Private Lessons &amp; Custom Classes</b>          Available upon request. Customized scheduling available.</p> <p><b>Private lessons:</b> Adults &amp; Children -- Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal.</p> <p><b>Semi-private lessons:</b> Offered for 2 participants at or near the same level.  <i>(Semi-private price split between clients)</i></p> <p><b>Custom Classes:</b> Consists of 3 or more participants at or near the same level.  <i>Great for siblings &amp; friends!</i></p> 			
	Mon/Wed	Tues/Thurs				
	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				

<b>Member M</b>	w. Seahorse Staff	w. Tiffany, Heidi or Kiki
<b>Non-Member NM pricing</b>		
<b>Private lesson (1:1)</b>	\$50 M / \$55 NM	\$54 M / \$60 NM
<b>Semi-Private (2:1)</b>	\$58 M / \$64 NM	\$63 M / \$70 NM
<b>Custom Classes (3+)</b>	\$22 M / \$25 NM / student/class	

*Swim lessons are 25 minutes in length, unless otherwise arranged.*

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

<b>Afternoons</b> M/W or T/TH 4 wks, 8 lessons \$132(M) / 145(NM)	<b>Session I: 5/29 – 6/21</b>	
	<b>Session II: 6/25 – 7/19</b> Skip 7/4: \$115 M / \$127 NM	
	<b>Session III: 7/23 – 8/23</b> skip week of 8/6-12 \$99 M / \$109 NM	
	<b>M/W</b>	<b>T/TH</b>
	3:00 - 3:25	Private
3:30 - 3:55	Private	Level 3a
4:00 - 4:25	Private	Level 3a Level 3b
4:30 - 4:55	Private	Level 2 Level 4
5:00 - 5:25	Private	Level 1
5:30 - 5:55	Private	Private



**Summer Pool Jr. Guard Camp**

Prerequisites: Level 3a graduate, ages 7 – 13 years  
 25yrd continuous swim, ability to roll onto back,  
 1 minute treading H2O.


Introduction and practical application of  
 Rescue/Guarding skills, Swim Lessons,  
 Endurance Swimming, CPR & First Aid.  
 Team Building & FUN with Friends!

<b>Mon – Thurs</b>	<b>9am – 12:30pm</b>	
<b>Dates</b>	<b>M</b>	<b>NM</b>
<b>JG Camp 2 weeks</b> 7/16 – 7/26	\$225	\$250
<b>JG Camp 1 week</b> 7/30 – 8/2	\$135	\$150
Daily Drop-in's pending available space	\$50	\$55



*Level descriptions on reverse side.*

<b>SATURDAY</b> 4 wks, 4 lessons \$72 (M) / \$80 (NM)	<b>SAT A</b> 6/9 – 30	<b>SAT B</b> 7/7 – 7/28	<b>SAT C</b> 8/4 - 8/25 **skip 8/11 \$54 M / \$60 NM
9:00-9:25	Private		
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: \$105 M / \$115 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: 6/9 – 7/5**  
**Session 2: 7/7 – 8/2**  
**Session 3: 8/4 – 8/30\*\*\***

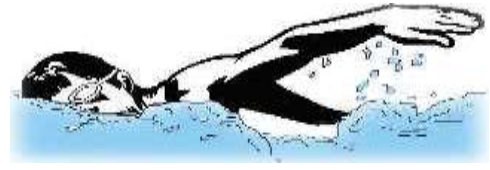
(\*\*\*No workouts week of 8/6-12 -- Skip 8/7, 9, 11 \$86 M / \$78 NM)

*Schedule Subject to change ~ Last updated 4/11/18*

<p><b>Parent Tot: SHRIMP (6 mon - 3 yrs.)</b> </p> <ul style="list-style-type: none"> <li>· Guided practice sessions teaching parents how to teach their infants/toddlers to swim.</li> <li>· Introduction to water entry, bubble blowing, front kicking, back floating, proper holding techniques, underwater exploration &amp; 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 to move independently in the water. Basic aquatic skills.</li> <li>· Water adaptation, bubble blowing, water safety, floating, gliding, breath control &amp; fun.</li> <li>· Learning to take instruction directly from instructor.</li> </ul>	<p><b>Level 2: SEAHORSE (3 &amp; up) Fundamental Skills</b> </p> <ul style="list-style-type: none"> <li>· Blowing bubbles (nose &amp; mouth).</li> <li>· Gaining comfort in w. face / eyes in the water.</li> <li>· Floating, gliding &amp; swimming horizontally on front &amp; back.</li> <li>· Coordinating arm &amp; leg actions while blowing bubbles.</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 ½ 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/ Jr. Guard Preparation</b> </p> <ul style="list-style-type: none"> <li>· Swim team 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 length's of the pool.</li> <li>· Treading water &amp; water safety.</li> </ul>	<p>To ensure correct placement in swim classes, follow these simple steps:</p> <ul style="list-style-type: none"> <li>· Review level flowchart online.</li> <li>· Call for an over the phone assessment.</li> <li>· Come in for a level assessment.</li> <li>· Drop-in to one of our classes to get a sample of our instruction &amp; a level assessment.</li> <li>· 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 &amp; are confirmed poolside.</li> </ul> <p style="text-align: center;"><b>Register Online</b></p> <p>Register in advance of Session start dates for group lessons. After a Session start date call (831) 476-7946 to be placed appropriately.</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 & 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. 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.*

