



# SUMMER 2018 Swim Program at Seascope Sports Club

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

**Tiffany Harmon, Swim Director**

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



**REGISTER ONLINE in advance of Sessions group level classes!**  
**Call/email our office to schedule private, semi-private or custom classes.**

<b>Afternoon GROUP level classes</b> M/W or T/TH 4 wks, 8 lessons	<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 (still a 4 week session)	
	<b>M/W</b>	<b>T/TH</b>
<b>3:00 - 3:25</b>	Private	Private
<b>3:30 - 3:55</b>	Private	Level 3a
<b>4:00 - 4:25</b>	Private	Level 3a Level 3b
<b>4:30 - 4:55</b>	Private	Level 2 Level 4
<b>5:00 - 5:25</b>	Private	Level 1
<b>5:30 - 5:55</b>	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 GROUP level classes</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
<b>9:00-9:25</b>	Private		
<b>9:30 – 9:55</b>	Level 4 (added P/Tot class SAT B)		
<b>10:00 - 10:25</b>	Parent Tot		
<b>10:30 - 10:55</b>	Level 2		
<b>11:00- 11:25</b>	Parent Tot Level 3a		
<b>11:30-11:55</b>	Level 3a Level 3b		
<b>12:00 - 12:25</b>	Level 2 Private		
<b>12:30 –12:55</b>	Level 1 Private		



## SWIMTEAM “SHARKS”

Monthly fee: \$105 M / \$115 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) \$78 M / \$86 NM

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

### Private, Semi-Private Lessons & Custom Classes

*Available upon request. Customized scheduling available.*  
**Private lessons:** Adults & Children -- Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal. **Semi-private lessons:** Offered for 2 participants at or near the same level.  
*(Semi-private price split between clients)*

**Custom Classes:** Consists of 3 or more participants at or near the same level. Great for siblings and friends!

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

*Schedule Subject to change*

*Last updated 7/9/18*


*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*

<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 schedule and 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.

