



# Seahorse Swim School, Inc.

**SUMMER 2018 Swim Program @ The Elks Lodge**  
**150 Jewell St, Santa Cruz, CA 95060**  
*SeahorseSwimSchool.com*  
**(831) 476-7946 (SWIM)**



<b>GROUP &amp; PRIVATE SWIM LESSONS</b>		
<b>4 WEEK Sessions</b>		
<small>(lessons are 25 minutes in length unless arranged otherwise)</small>		
<b>Session I June 11 – July 6</b> (skip 7/4)		
<b>Session II July 9 – August 3</b>		
<b>Session III August 6 – 17</b> (2 weeks)		
Time	M/W/F	T/TH
8:30 – 8:55	Private	Level 1
9:00 – 9:25	Private	Parent Tot
9:30 – 9:55	Private	Level 2
10:00 – 10:25	Private	Level 3a
10:30 – 10:55	Private	Private
11:00 – 11:25	Private	Private
11:30 – 11:55	Private	Private
<b>Groups that do not meet minimums, will be booked as private or semi-private lessons.</b>		

### Jr. & Little Guard Summer Camp

Introduction and practical application to rescue/guarding skills, CPR & First Aid, swim lessons are taught to build endurance. Level 3b/4's should join JG camp. Team Building games & fun in the sun! Special guests & field trips are part of this program.



**Prerequisites: 6 – 13 yrs.**  
 Level 3a swimmer  
 Swim 25 yds continuously.  
 Able to tread water for at least 1 minute.

#### Summer Pool Guards 2 week sessions

(One Week Options available)


JG # 1: 6/11 – 22	JG # 4: 8/6 – 8/17
JG # 2: 6/25 – 7/6 (skip 7/4)	See website for more details. Watch our YouTube Videos to get a glimpse into our Summer Jr. Guard Camps.
JG # 3: 7/9 – 7/20	



**Late Starts, Drop-ins welcome.**  
 To join classes after they have begun; call us in the office to check availability.

Our Summer 2018 Swim Program is Open to the General Public.  
**Members & Non Members of the Elks are welcome.**

Class Level descriptions on reverse side.

<b>Pricing: Summer 2018</b>		
<b>SUMMER</b> <i>Pool Jr. Guard Camp</i> <small>2 week sessions</small>	<b>Mon – Fri 9 a.m. – 12 noon</b> Open to 25 participants <small>(8:45am drop off available - call us to make arrangements)</small>	<b>\$250</b>
	<b>One week Camp option</b> (pending available space)	<b>\$150</b>
	<b>Daily Drop In</b> (pending available space)	<b>\$75/day</b>
<b>Group lessons</b>	Parent tot, Level 1 – 3a : 4 week sessions <b>Session III*: 2 week session</b>	<b>\$145</b> (8 group lessons) <b>Session III* (4 group lessons) \$75</b>
<b>Private lessons</b>	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	<b>\$60</b>
<b>Semi-private lessons</b>	(2:1) Offered for 2 participants at/or near the same level.	<b>\$70 (total cost)</b>
<b>Custom Classes</b> <i>Great for siblings &amp; friends!</i>	(3+: 1) Consists of 3 participants at/or near the same level.	<b>\$25/per student/per class</b>
<i>Additional group classes, private, semi-private swim lessons &amp; custom classes will be created based on need &amp; demand. Private/semi-private lesson times are arranged directly with Seahorse Swim School by calling our office</i>		 <b>Drop-in lessons \$22</b> <i>Drop-into group lessons! confirmed poolside</i>
<a href="http://www.SeahorseSwimSchool.com" style="background-color: #0056b3; color: white; padding: 5px; border-radius: 10px;">Register Online</a>	<a href="http://www.SeahorseSwimSchool.com" style="color: #0056b3; text-decoration: underline;">www.SeahorseSwimSchool.com</a>	<i>Schedule Subject to Change</i> <small>Updated 7/10/18</small>



# Learn-to-Swim Level Descriptions

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

## Parent Tot (6 mon. – 3 yrs.)



Guided practice sessions teaching infants/toddlers to swim.

Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and 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 maneuvering independently in the water learning basic skills.  
Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun.

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



Blowing bubbles out of nose and mouth.  
Gaining comfort in the water.  
Floating, gliding, & swimming on front & back.  
Coordinating arm & leg actions while blowing bubbles.  
Introduction to side breathing.

## 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 1/2 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 the water.  
Perfecting side breathing & Improving all competitive strokes.  
Free/back/breaststroke/butterfly.  
Underwater swimming.  
Flip turns and open turns.  
Building endurance to swim multiple lengths of the pool.  
Treading water and water safety.



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

- > Review level flowchart online
  - > Call for an over the phone assessment.
  - > Drop-in to one of our classes.
- Drop-in space is confirmed poolside.
- Call us with your Questions, we are happy to help find the right spot for your family.

### 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 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 them 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, or adult swim lessons as well as custom classes, please 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) & LIFEGUARDING, CPR PRO & FIRST AID (rev. '17)

WSI certification classes prepare instructor candidates to teach Learn-to-Swim swimming lessons.

Lifeguarding course teach and certify to guard pools.

Lifeguarding courses come w. CPR PRO and First Aid certifications. Course materials are covered in the courses.

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.*

[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)

### Seahorse Swim School Program Policies

- Cancellations for sessions must be received **48 hours prior** to start of sessions 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 will be rescheduled before the end of the current session.
- Drop-ins and late enrollments welcome if space in class is available. Confirmed poolside.

**• All Swim classes occur rain or shine!  
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.

*Seahorse Swim School reserves the right to cancel/reorganize any class that is under-subscribed.*