

SUMMER 2019 Swim Program at Seascape Sports Club

(831) 476-7946 (SWIM) 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.

T/Th	Session I: 5/28 – 6/20	
GROUP	Session II: 6/25 – 7/18 Skip 7/4: \$115 M /\$127 NM	
classes 4 wks, 8 lessons	Session III: 7/23 – 8/22 skip week of 8/6 & 8 (still a 4 week session)	
\$134 _(M) / \$149 _(NM)	T/TH	
3:00 - 3:25	Private	
3:30 – 3:55	Level 2	
4:00 - 4:25	Level 3a Level 3b	
4:30 – 4:55	Level 4	
5:00 - 5:25	Level 2	
5:30 – 5:55	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!

Mon – Thurs	9am – 12	2:30pm
Dates	M	NM
JG Camp 2 weeks 7/15 – 7/25	\$248	\$275
JG Camp 1 week 7/29 – 8/1	\$153	\$170
Daily Drop-in's pending available space	\$45	\$50



Level descriptions on reverse side.

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SATURDAY GROUP classes 4 wks, 4 lessons \$76 (M)/\$84 (NM)	SAT A 6/8 – 29	SAT B 7/6 – 7/27	SAT C 8/3 - 8/24 **skip 8/10 \$57 M/ \$63 NM	
9:00-9:25		Level 4		
9:30 – 9:55		Level 1		
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 2 Level 3b		
12:00 - 12:25		Level 3a Private		
12:30 –12:55		Private		

SWIMTEAM "SHARKS" Monthly fee: \$117 m / \$130 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 swimmers welcome to join Swimteam.**

Schedule: Tuesday/Thursday 5-6pm & Saturdays 10-11am Stroke Clinic Saturdays include: "drills, drills,"

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

Session 1: 5/28 – 6/22 Session 2: 6/25 – 7/20

Session 3: 7/23 - 8/24***

(***No workouts week 8/6, 8, 10)

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!

Member M Non-Member NM pricing		
Private lesson (1:1)	\$56 M /\$62 NM	
Semi-Private (2:1)	\$65 M /\$72 NM	
Custom Classes (3+)	\$22 M /\$25 NM /student/class	

Schedule Subject to change Last up

Last updated 4/26/19

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



Parent Tot: SHRIMP (6 mon - 3 yrs.)



·Guided practice sessions teaching parents how to teach their infants/toddlers to swim.

· Introduction to water entry, bubble blowing, front kicking, back floating, proper holding techniques, underwater exploration & water safety.

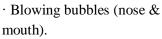
All children who are not potty trained must wear swim diapers & plastic pants.

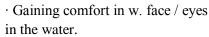
Level 1: STARFISH (2 & up) Adaptation to the water



- · Beginning swimmers gaining comfort to move independently in the water. Basic aquatic skills.
- · Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun.
- · Learning to take instruction directly from instructor.

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





- · Floating, gliding & swimming horizontally on front & back.
- · Coordinating arm & leg actions while blowing bubbles.

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

- · Review level flowchart online.
- · Call for an over the phone assessment.
 - · Come in for a level assessment.
- . Drop-in to one of our classes to get a sample of our instruction & a level assessment.
- · 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 & are confirmed poolside.

Level 4: OCTOPUS (5 & up) **Stroke Improvement/** Jr. Guard Preparation



- · Swim team Preparation
- · Developing confidence in water
- · Perfecting side breathing &
- · Improving all competitive strokes.
- · Free/back/breaststroke/butterfly.
- · Underwater swimming.
- · Flip turns and open turns.
- · Building endurance to swim multiple length's of the pool.
- · Treading water & water safety.

Register Online

Register in advance of Session start dates for group lessons. After a Session start date call (831) 476-7946 to be placed appropriately.

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 ½ way across the pool.
- · Jr. Guard Preparation class
- · Coordinating freestyle & backstroke.
- · Intro to breaststroke & butterfly arm, leg & body motion.
- · Treading water & water safety.

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 <u>Tiffany@SeahorseSwimScho</u>ol.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.