



# SUMMER 2019 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>T/Th GROUP classes</b> 4 wks, 8 lessons \$134 <sub>(M)</sub> / \$149 <sub>(NM)</sub>	<b>Session I: 5/28 – 6/20</b>
	<b>Session II: 6/25 – 7/18</b> Skip 7/4: \$115 M / \$127 NM
	<b>Session III: 7/23 – 8/22</b> skip week of 8/6 & 8 (still a 4 week session)
	<b>T/TH</b>
<b>3:00 - 3:25</b>	Private
<b>3:30 - 3:55</b>	Level 2
<b>4:00 - 4:25</b>	Level 3a Level 3b
<b>4:30 - 4:55</b>	Level 4
<b>5:00 - 5:25</b>	Level 2
<b>5:30 - 5:55</b>	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> 7/15 – 7/25	\$248	\$275
<b>JG Camp 1 week</b> 7/29 – 8/1	\$153	\$170
Daily Drop-in's pending available space	\$45	\$50



*Level descriptions on reverse side.*

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



## SWIMTEAM "SHARKS"

Monthly fee: \$117<sub>M</sub> / \$130<sub>NM</sub>

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, 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!

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

*Schedule Subject to change*

*Last updated 4/26/19*

*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 \$20<sub>NM</sub>/\$22<sub>NM</sub>per class/student*

**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**



- Blowing bubbles (nose & mouth).
- Gaining comfort in w. face / eyes in the water.
- Floating, gliding & swimming horizontally on front & back.
- Coordinating arm & leg actions while blowing bubbles.

**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.

**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.

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.

**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.

**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.*

