



# Seahorse Swim School, Inc. SPRING 2020 Swim Program @ Seascope Sports Club


Tiffany Harmon, Swim Director (831) 476-7946

Members & Non-Members welcome to join Programs.

**Register in advance of sessions ONLINE**

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



Tu/Th 4 weeks 8 lessons	Session I 3/3 – 3/26	Session II 3/31 – 4/23 Session III 4/28 – 5/21		SATURDAY Mornings 4 weeks 4 lessons	SAT Sessions A 2/29 – 3/21 B 3/28 – 4/18 C 4/25 – 5/16
2:30 – 2:55	PVT	PVT		10:00-10:25	Level 4
3:00-3:25	PVT	PVT Level 1		10:30-10:55	Level 2
3:30-3:55	PVT	PVT Level 2		11:00 -11:25	Level 3a Parent Tot
4:00-4:25	PVT	PVT Level 3a		11:30-11:55	Level 2 Level 3b
4:30-4:55	PVT	PVT Level 3b/4		12:00-12:25	Level 3a PVT
5:00-5:25	Swimteam /JG Prep class	PVT		12:30-12:55	Level 1 PVT
5:30-5:55		PVT		<i>Learn-to-Swim level descriptions on reverse</i>	

To ensure correct placement in group level swim classes, follow these steps

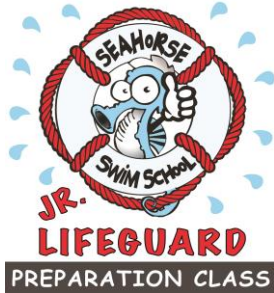
1. Review level flow chart      2. Call for an over the phone assessment      3. Drop in for a level assessment


## Jr. Guard Preparation & “Sharks” Non-Competitive Swimteam NEW class combination!

Workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual’s stroke while preparing the swimmer for all Jr. Guard courses. Lifesaving skills included.

**Tuesday/Thursday 5:00-5:55 p.m ~ Drop in’s welcome.**

Session I	Session 2	Session 3
3/3 – 3/26	3/31 – 4/23	4/28 – 5/21



PRICING CHART (Members Save 10%)		Member (M)	Non-member (NM)
<b>Group lessons</b> (25 mins)	Tu/Th (8 lessons)	<b>\$135</b>	<b>\$150</b>
	Saturdays (4 lessons)	<b>\$77</b>	<b>\$85</b>
<b>Private lessons</b> PVT	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	<b>\$59</b>	<b>\$65</b>
<b>Semi-private lessons</b> Pricing is split between participants.	(2:1) Offered for 2 participants at/or near the same level.	<b>\$68</b>	<b>\$75</b>
<b>Jr. Guard Prep &amp; Sharks Swim Team</b> <b>NEW class combo!</b>	Tues/Thurs 5-5:55pm (for Saturdays only> register for level 4)	<b>\$135</b>	<b>\$150</b>
<b>Custom Classes</b> (3+ : 1)	Consists of 3 participants at/or near the same level. <i>Great for siblings &amp; friends!</i>	<b>\$25</b> (per class/student)	<b>\$28</b> (per class/student)
<b>Private/semi-pvt lessons &amp; Custom Classes are available by calling (831) 476-7946. Members Save 10%</b>			<b>Drop-in’s \$20/\$22 (M/NM).</b> <i>Drop-in’s confirmed poolside</i>

Register Online

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

*Schedule Subject to Change  
Updated 1/1/20*



<p><b>Parent Tot (6 mon - 3 yrs.)</b></p>  <ul style="list-style-type: none"> <li>· Guided practice sessions teaching infants/toddlers to swim.</li> <li>· Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and 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)</b></p>  <p><b>Adaptation to the water</b></p> <ul style="list-style-type: none"> <li>· Beginning swimmers gaining comfort maneuvering independently in water learning basic skills.</li> <li>· Water adaptation, bubble blowing, water safety, floating, gliding, breath control &amp; fun.</li> </ul>	<p><b>Level 2: SEAHORSE (3 &amp; up)</b></p> <p><b>Fundamental Skills</b></p>  <ul style="list-style-type: none"> <li>· Blowing bubbles out of nose and mouth.</li> <li>· Gaining comfort in water.</li> <li>· Floating, gliding &amp; swimming on front &amp; back.</li> <li>· Coordinating arm &amp; leg actions while blowing bubbles.</li> <li>· Introduction to side breathing.</li> </ul>
<p><b>Level 3: (4 &amp; up)</b></p> <p><b>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 1/2 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)</b></p>  <p><b>Stroke Improvement</b></p> <ul style="list-style-type: none"> <li>· Swim team / Jr. Guard 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 lengths of the pool.</li> <li>· Treading water &amp; water safety.</li> </ul>	 <p>To ensure correct placement in swim classes, follow these steps:</p> <ul style="list-style-type: none"> <li>· <b>Review</b> level flowchart online.</li> <li>· <b>Call</b> for an over the phone assessment to schedule a drop in.</li> <li>· <b>Drop-in*</b> to a level class. *fees apply</li> </ul> <p><b>FREE swim lesson events.</b></p> <p>In an effort to reduce accidental drownings, Seahorse will give free swim lessons on selected Saturdays. See our Make a Splash Initiative Page on our website.</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 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 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.



*For clarification on any of the programs offered, to schedule a level assessment, or to schedule private, semi-private swim lessons, custom classes or adult swim lessons 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) (rev.'14) & LIFEGUARDING, CPR PRO & FIRST AID**

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

Lifeguarding course prepares guard for job as Lifeguard. Course certifications earned at conclusion of LG course: Lifeguarding CPR PRO & First Aid.

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 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.
- **NO Makeups.** Lessons cancelled by Seahorse Swim School or Seascope will be rescheduled before the end of the current session.
- Drop-ins and late enrollments welcome if space in class is available. Drop In's are 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 to arrange your classes.

- **All Swim classes & Swimteam occur rain or shine!**

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