



# Seahorse Swim School, Inc.

## SUMMER 2021 Swim Program @ Seascope Sports Club

Tiffany Harmon, Swim Director (831) 661-5110

*Members & Non-Members welcome.*

*American Red Cross Learn-to-Swim level descriptions on reverse*

**Register in advance of sessions**    [www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)



LANE #1		
Ages 6 & up: Level 3a, 3b, 4 & teens/adults.		
MONDAY and/or WEDNESDAY TUESDAY and/or THURSDAY afternoons		
Session I	<u>Mon*/Wed PM</u>	<u>Tues/Thurs PM</u>
<b>June 2 – June 24</b> (M/W, T/Th) (*no lessons Mon 5/31)	2	2:45
	2:30	3:15
<b>Session II</b>	3	3:45
<b>June 28 – July 22</b> (M/W, T/Th)	3:30	4:15
<b>Session III</b>	4	4:45
<b>July 26 – Aug 19</b> (M/W, T/Th)	4:30	5:15

JUNIOR POOL	
Ages 6 & under. Level 1, 2, beginning level 3a's	
WEDNESDAY 10am - noon	SATURDAY 9am - noon
WED AM I June 9 – 30	SAT A June 5 – 26
WED AM II July 7 – 28	SAT B July 10 – 31
WED AM III Aug 4 – 25	SAT C Aug 7 – 28

**Private, semi-private lessons, custom classes for those living in the same household or in the same play or learning POD.** Lessons are 25 mins, 5 mins in-between for discussion w. parents on progress, social distancing & short break for the instructor. Check our level chart to ensure that the appropriate pool time you want to sign up for is good for your swimmers. No refunds for students unable to participate at class time due to being in the “wrong pool”. Set it and don't forget it - Lessons scheduled w/in session dates get package of 8 special discounted rate: No make-ups, rescheduling or rebooking. All lessons are set once booked/confirmed.

**COVID Restrictions:** Students taking lessons together must be living under the same roof or in the same learning/play POD.

**COVID Precautions:** Instructor wears face shield secured to baseball cap. Teaching tools changed out for each class/student and disinfected w. UV light after each shift. In addition, lessons are taught outdoors in properly chlorinated pools.

### PRICING CHART

Non Members add 20%. Members & Non-Members welcome.

Package rate of 8 lessons saves \$2/lesson. No rescheduling or makeups.		Seascope Member Rate	Non-Member Rate
<b>Private lessons</b> (1: 1)	Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	<b>1 lesson</b>	<b>\$70</b>
		Pkg of 8	\$544
<b>Semi-private lessons</b> (2:1)	Offered for 2 participants at/or near the same level. <i>COVID restrictions apply</i> Pricing is split between participants.	<b>1 lesson</b>	<b>\$85</b>
		Pkg of 8	\$664
<b>Custom Classes</b> (3 : 1)	Consists of 3 participants at/or near the same level. <i>COVID restrictions apply</i> Pricing is split between participants.	<b>1 lesson</b>	<b>\$105</b>
		Pkg of 8	\$824
<b>Custom Classes</b> (4 : 1)	Consists of 4 participants at/or near the same level. <i>COVID restrictions apply</i> Pricing is split between participants.	<b>1 lesson</b>	<b>\$120</b>
		Pkg of 8	\$944



Private/semi-private lessons & custom classes are booked by calling (831) 661-5110 or by emailing Tiffany Harmon  
[Tiffany@SeahorseSwimSchool.com](mailto:Tiffany@SeahorseSwimSchool.com)  
[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)

*Schedule Subject to Change*  
*Updated 5/3/2021 Seahorse copy.*




<p><b>Parent Tot</b> (6 mon - 3 yrs.)</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. (Parent tot lessons not offered at this time)</i></p>	<p><b>Level 1: STARFISH (2 &amp; up)</b></p>  <p><b>Adaptation to the water (Warm Water Pool)</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 (Warm Water Pool)</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 (WWP or Lap Lane)</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 Lap lane</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) Lap Lane 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.</li> <li>· <b>Drop-in*</b> - NOT avail at this time.</li> </ul> 

**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.  
See COVID guidelines on website.

**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) 661 - 5110 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 Package of 8 or scheduled single private lesson to receive a refund/credit. No Makeups or reschedules for package of 8 rate lessons.
- Refunds will not be given once session has begun or for children who choose not to participate in class at class time.
- Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session.
- Teaching days may be added according to demand and instructor availability. Custom classes can be made with friends and family members or groups of students at or near the same level. Due to COVID-19, current restrictions apply. Swimmers must be from same household or in a consistent learning/play POD.
  - **All Swim lessons occur rain or shine!**

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