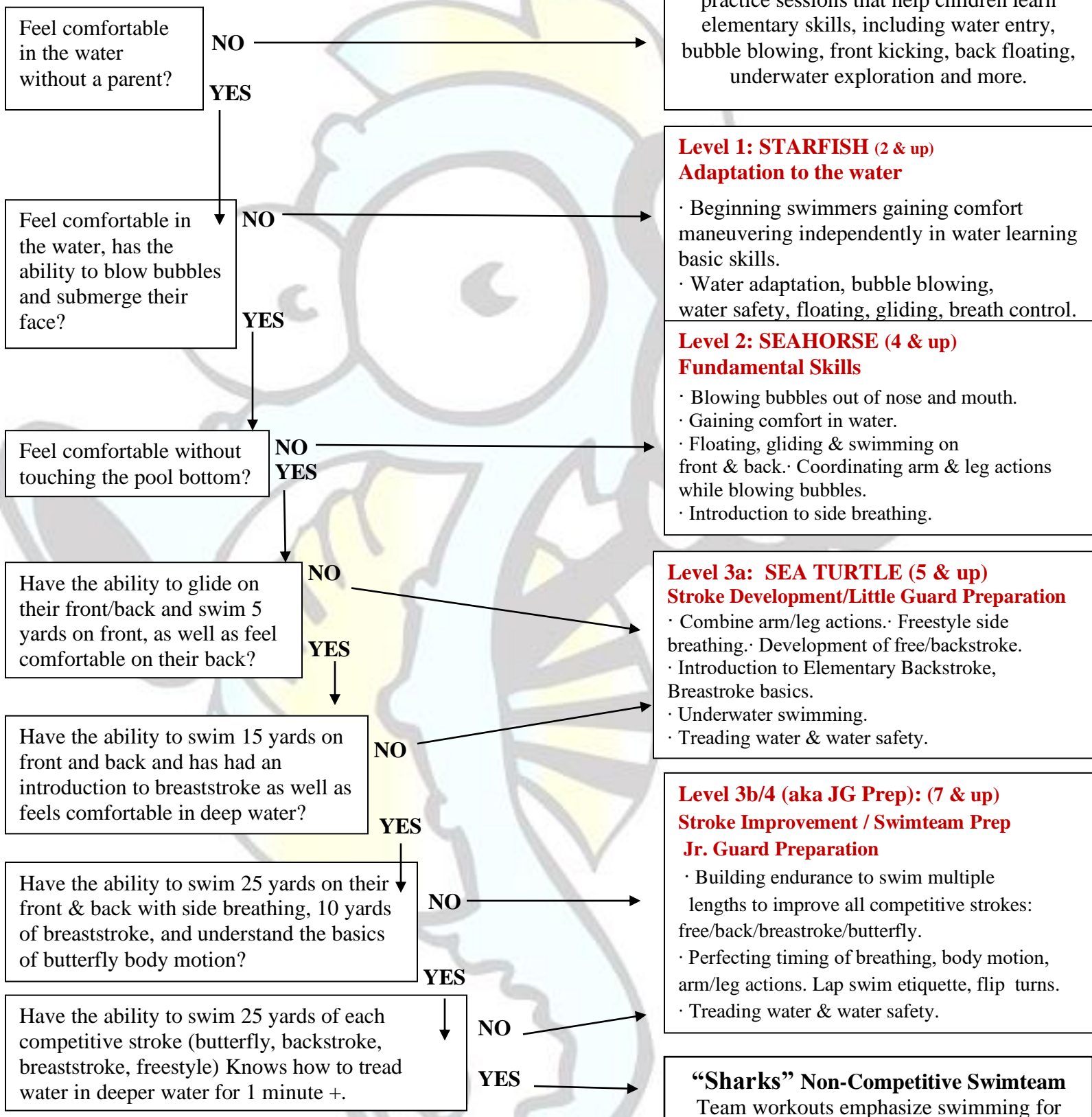


DOES YOUR CHILD...



Parent Tot (6 mon - 3 yrs.)
 Parents and children participate in guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Level 1: STARFISH (2 & up)
Adaptation to the water
 · Beginning swimmers gaining comfort maneuvering independently in water learning basic skills.
 · Water adaptation, bubble blowing, water safety, floating, gliding, breath control.

Level 2: SEAHORSE (4 & up)
Fundamental Skills
 · Blowing bubbles out of nose and mouth.
 · Gaining comfort in water.
 · Floating, gliding & swimming on front & back.
 · Coordinating arm & leg actions while blowing bubbles.
 · Introduction to side breathing.

Level 3a: SEA TURTLE (5 & up)
Stroke Development/Little Guard Preparation
 · Combine arm/leg actions.
 · Freestyle side breathing.
 · Development of free/backstroke.
 · Introduction to Elementary Backstroke, Breaststroke basics.
 · Underwater swimming.
 · Treading water & water safety.

Level 3b/4 (aka JG Prep): (7 & up)
Stroke Improvement / Swimteam Prep Jr. Guard Preparation
 · Building endurance to swim multiple lengths to improve all competitive strokes: free/back/breaststroke/butterfly.
 · Perfecting timing of breathing, body motion, arm/leg actions. Lap swim etiquette, flip turns.
 · Treading water & water safety.

“Sharks” Non-Competitive Swimteam
 Team workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual’s stroke. Participants should be comfortable swimming multiple lengths of the pool to join. Level 4 swimmers & up!



Seahorse Swim School, Inc.
(831) 661-5110
SeahorseSwimSchool.com