



SPRING SESSION III **5/2 – 5/26**

	MON/WED	TUES/THURS
2:45	Private, semi-pvt, POD	Private, semi-pvt, POD
3:15	Private, semi-pvt, POD	Private, semi-pvt, POD
3:45	Private, semi-pvt, POD	Level 3a
4:15	JR Guard Prep Class	Level 3a
4:45	Level 3a	Level 3a
5:15	Level 3a	JR Guard Prep Class
5:45	Private, semi-pvt, POD	Private, semi-pvt, POD

SAT SESSION C
4/30-5/21

9:00	Private or POD
9:30	Parent Tot
10:00	Level 2
10:30	Level 2
11:00	Level 1
11:30	Private or POD
12:00	JR Guard Prep Class

PODs of 3 & 4 students are created by YOU with YOUR selected family/friends. PODs can be mixed levels, but swimmers should not be too far apart in skillset to ensure everyone gets the most out of their lessons.

Lessons are 25 mins long (unless otherwise arranged) with 5 mins in-between for discussion w. parents on progress & provides a short break for the instructor.

- SEAHORSE SWIM CHECKLIST**
- ✓ Group of 8 M/W, T/TH saves \$2 per lesson
 - ✓ If your desired class is full, please add swimmers in online portal for waiting list
 - ✓ Pricing is per student
 - ✓ Set it and don't forget it. No rescheduling, or makeups



Seascope Member \$ Non-Member \$

Members and Non-members are welcomed to join our program		Learn-to-Swim level descriptions on reverse		
SAT Group Lessons	Pricing based on 4 or more swimmers Register online in advance of the session.	4 lessons	\$136	\$168
Tues/Thurs Group lessons		8 lessons	\$256	\$320
Private lessons (1 : 1)	Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve specific goal	1 lesson	\$72	\$90
Semi-private lessons (2 : 1)	Offered for 2 swimmers at/or near the same level.	1 lesson	\$48	\$60
POD of 3 (3 : 1)	Custom class: 3 swimmers at/or near the same level put together by the client	1 lesson	\$40	\$50
POD of 4 or more (4+ : 1)	Custom class: 4+ swimmers at/or near the same level put together by the client	1 lesson	\$32	\$40



Learn-to-Swim Level Descriptions

Age limits are a guideline, not a pre-requisite.



<p>Parent Tot (6 mon - 3 yrs.)</p>  <ul style="list-style-type: none"> · Guided practice sessions teaching infants/toddlers to swim. · Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and water safety. <p><i>All children who are not potty trained must wear swim diapers & plastic pants.</i></p>	<p>Level 1: STARFISH (2 & up) Adaptation to the water</p>  <ul style="list-style-type: none"> · Beginning swimmers gaining comfort maneuvering independently in water learning basic skills. · Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun. 	<p>Level 2: SEAHORSE (3 & up) Fundamental Skills</p>  <ul style="list-style-type: none"> · 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.
<p>Level 3: (4 & up) Stroke Development</p> <p>3a : SEA TURTLE</p>  <ul style="list-style-type: none"> · Combine arm/leg actions. Focusing on side breathing. · Development of free/backstroke. · Introduction to elementary backstroke. <p>3b: SEAL</p>  <ul style="list-style-type: none"> · 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. 	<p>4: OCTOPUS (5 & up) JUNIOR GUARD PREP Stroke Improvement</p>  <ul style="list-style-type: none"> · Jr. Guard 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 lengths of the pool. · Treading water & water safety. 	<p>Jr. Guard preparation class (Level 3b & 4's welcome) BACK by DEMAND in Spring!</p> <p>This class prepares participants to for successful entry for requirements for all Summer Jr. Guard Programs County wide! Students must be able to swim 25 yards on front and back to join this class.</p> <p>Goal is to have all swimmers swim 8 laps without stopping and tread water from 3 - 5 minutes continuously. Students will practice underwater swimming as well as picking up objects in 5 – 6 ft of water.</p> <p>More details/dates on our website.</p>

Seahorse Swim School, Inc. Registration and class Policies (more details on website).

Lessons are 25 mins in length unless otherwise arranged in advance.

Group/POD Lessons scheduled w/in session dates (Tues/Thurs) get package of 8 special discounted rate.

Set it and don't forget it. Once the lessons have been confirmed we have added you/your child(ren) in our schedule; please be sure you can make all the classes prior to booking a spot in our program.

No make-ups, rescheduling or rebooking; lessons are set once booked/confirmed.

No refunds for students unable/unwilling to participate in class at class time.

Private/Semi-Private Lessons Custom Classes (PODS)


Private (1:1): 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 (2:1): Semi-private lessons and custom classes offered to 2 or more swimmers at equal or similar skill level.

POD of 3 or 4 (Custom Classes): Clients create the class with swimmers at or near the same level. Create a class with your own family and friends!

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