










# Learn-to-Swim Level Descriptions

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



<p><b>Parent Tot (SHRIMP)</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.</i></p>	<p><b>Level 1: STARFISH (2 &amp; up)</b> <b>Adaptation to the water</b></p>  <ul style="list-style-type: none"> <li>· Beginning swimmers gaining comfort</li> <li>· 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> <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: (5 &amp; up)</b> <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 (JG PREP)</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 (6 &amp; up)</b> <b>JUNIOR GUARD PREP</b></p>  <p><b>Stroke Improvement</b></p> <ul style="list-style-type: none"> <li>· 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><b>Jr. Guard preparation class</b> <b>BACK by DEMAND!</b> (Level 3b &amp; 4's combined)</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 3 – 6 ft of water.</p> <p>More details/dates on our website.</p>

<p><b>Private, Semi-Private Swim lessons</b></p> <p><b>Private (1:1):</b> 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.</p> <p><b>Semi-private (2:1):</b> Semi-private lessons and custom classes offered to 2 or more swimmers at equal or similar skill level. Students should not be more than a level apart.</p> <p><b>PODS of 3, 4 or more (aka custom class)</b></p> <p>Clients create the class with swimmers at or near the same level. Create a class with your own family and friends!</p> <p><b>Request your POD lessons via email.</b></p>	<p><b>Adult/Teen Swim lessons: Beginning to the Advanced</b></p> <p>First time adult swimmers will be introduced to the water slowly to ensure a positive learning experience.</p> <p>Intermediate/Advanced adult swimmers will learn different techniques that will enable you to swim with more ease, efficiency and power. Usually these lessons are booked as private or semi-private. We welcome PODS of teens, great for friends and family.</p> 
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**Seahorse Swim School, Inc. Tiffany Harmon, Owner, Lead Water Safety Instructor.**  
**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)**