



# Seahorse Swim School, Inc. at Seascope Sports Club SPRING 2023 Swim Program

Tiffany Harmon, Swim Director (831) 661-5110

Register Online in advance of session  
[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)



## TUES/THURS AFTERNOONS

SPRING I: March 7 - 30

SPRING II: April 4 - 27

SPRING III : May 2 -25

### TUES/THURS

2	Private, semi-pvt, POD
2:30	Private, semi-pvt, POD
3	Level 2
3:30	Level 3a
4	Level 3b
4:30	Level 3a
5	JG Prep (40 mins)



## SATURDAY

SAT A March 4 – 25

SAT B April 1 – 22

SAT C April 29 – May 20

9:00	Private, semi-pvt, POD
9:30	SHRIMP (Ptot) Level 3a (added B&C)
10:00	Level 2
10:30	Level 2
11:00	Level 1
11:30	Level 1
12:00	JG Prep (40 mins)

### SEAHORSE SWIM CHECKLIST

- ✓ If your desired class is full, please add swimmers in online portal for waiting list
- ✓ Level descriptions on reverse
- ✓ Set it and don't forget it. No rescheduling, or makeups for missed lessons.
- ✓ Arrive early to your first lesson to complete paperwork at the front desk required by the Club.

Most 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.

Jr. Guard Prep clinics are 40 mins long Spring 2023.

PODs of 3 or more 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. Complete Swim Lesson Interest Form to arrange your POD.



### Members and Non-members are welcomed to join our program

Pricing listed is per swimmer.

		Seascope Member	Non-Member	
Group lessons SATURDAY	Pricing based on 4 or more swimmers Register online in advance of the session.	4 lessons	\$136	\$168
Group lessons TUES/THURS		8 lessons	\$270	\$336
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	\$56	\$70
POD of 3 or 4	Custom class: 3 or 4swimmers at/or near the same level. Class put together by the client	1 lesson	\$40	\$50
JG Prep Clinic (40 minutes)	Prepares the swimmer for County Wide Jr. Guard Programs. Level 3b/4 combo class.	SAT	\$202	\$252
		Tu/Th	\$384	\$480

Register for Group level classes ONLINE. [www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)

Private/semi-private lessons & PODs (custom classes) are booked by emailing [SeahorseSwimmers@gmail.com](mailto:SeahorseSwimmers@gmail.com)  
(831) 661-5110 Schedule /Pricing/Instructors are Subject to Change | Registration Fee: \$5/swimmer | Revised 1/31/2023 | SHSS



# 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 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> <li>· Treading water &amp; water safety.</li> </ul>  <p><b>3b: SEAL (JG PREP)</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 (6 &amp; up)</b> <b>JUNIOR GUARD</b> <b>PREP 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 Prep</b> (Level 3b &amp; 4's welcome to join) This <b>40 minute class</b> prepares participants in the requirements for Summer Jr. Guard Programs County wide!</p> <p><u>Students must be able to swim 25 yards</u> on front &amp; back to join &amp; not be afraid of swimming in deep water.</p> <p>This class aims to correct form &amp; build endurance to prepare swimmers to continuously swim 200 yards &amp; tread water 3-5 minutes. Students will practice water safety skills as part of this class. Underwater swimming, deep water retrieval of objects, team building and fun! <i>More details on website.</i></p> <p><small>More details/dates on our website.</small></p>

**Private, Semi-Private Swim lessons**

**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. Students should not be more than a level apart.


**PODS of 3, 4 or more (aka custom class)**  
Clients create the class with swimmers at or near the same level. Create a class with your own family and friends!

**Request your POD lessons via Swim Lesson Interest form on our 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. Usually these lessons are booked as private or semi-private. We welcome PODS of teens; PODS are great for friends and family.




**Complete our Swim Lesson Interest form on our website to request private, semi-private swim lessons or custom classes (POD). For clarification on any of the programs offered, to schedule a level assessment (extra fee) or get your questions answered, call our SWIM officeline.**  
**Seahorse Swim School, Inc. Tiffany Harmon, Owner, Lead Water Safety Instructor.**  
**(831) 661-5110 email SeahorseSwimmers@gmail.com**