



# Seahorse Swim School, Inc. FALL 2019 Swim Program

@ Seascope Sports Club 1505 Seascope Blvd Aptos, Ca. 95003

Tiffany Harmon, Swim Director (831) 476 - 7946



Non-Members welcome to join Programs.

**Register in advance of group level classes ONLINE**

[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)



<b>Tu/Th</b> (4 weeks/ 8 lessons)	<b>Session I</b> 8/27 – 9/19	<b>Session II</b> 9/24 - 10/17	<b>SATURDAY</b> (4 weeks / 4 lessons)	<b>SAT A</b> 9/7 – 9/28	<b>SAT B</b> 10/5 – 10/26
Private, Semi-Private Lessons & Custom Classes Available upon request.			<b>10:00 - 10:25</b>	Level 1	
			<b>10:30 - 10:55</b>	Level 2	
<b>3:30 - 3:55</b>	Level 2		<b>11:00 - 11:25</b>	Parent Tot Level 3a	
<b>4:00 - 4:25</b>	Level 3a Level 3b		<b>11:30 - 11:55</b>	Level 2 Level 3b/4	
<b>4:30 - 4:55</b>	Level 2 Level 4		<b>12:00 - 12:25</b>	Level 3a	
<b>5 - 6</b>	Swimteam		<i>American Red Cross Learn-to-Swim level descriptions on reverse</i>		

<p><b>“Sharks” Non-Competitive Swimteam</b></p> <p>Team workouts emphasize swimming for fitness while providing individual attention, instruction &amp; assistance to aid in streamlining each individual’s stroke. Participants should be comfortable swimming multiple lengths of the pool to join. Level 4 graduates welcome to join swimteam. Swimteam resumes March 2020</p>	<p><i>Private, Semi-Private Lessons &amp; Custom Classes</i></p> <p>Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.</p> <p><b>Contact Tiffany Harmon to schedule your lessons now!</b></p>
 <p><b>Session I</b> 8/27–9/26</p>	<p><b>Session II</b> 9/28 – 10/26</p> 

**To ensure correct placement in group level swim classes, follow these steps**

1. Review level flow chart      2. Call for an over the phone assessment      3. Drop in for a level assessment

<b>Seascope Sports Club Members receive a 10% discount</b>		
<i>Group lessons (Lvl 1- 4, P-Tot)</i>	Tues/Thurs (8 lessons)	<b>\$149</b>
	Saturdays (4 lessons)	<b>\$88</b>
<b>Sharks Swim Team</b>	Tues/Thurs 5-6pm & Sat 10-11am	<b>\$130</b>
<i>Private lessons</i> * Arranged on instructor availability.	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	<b>\$62</b>
<i>Semi-private lessons</i>	(2:1) Offered for 2 participants at/or near the same level.	<b>\$72</b>
<i>Custom Classes</i> <i>Great for siblings &amp; friends!</i>	(3+ : 1) Consists of 3 participants at/or near the same level. <i>Custom group of 4 gets session group pricing</i>	<b>\$25</b> (per class/student)
<b>Drop in’s welcome if space in the class.</b> Confirmed poolside.		<b>\$22</b>







**Register Online**

[\*\*www.SeahorseSwimSchool.com\*\*](http://www.SeahorseSwimSchool.com)

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*Schedule Subject to Change  
updated 8/16/19*



 <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></p>  <p><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></p> <p><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: (4 &amp; up)</b></p> <p><b>Stroke Development/Jr. Guard Prep</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</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</b> (5 &amp; up)</p>  <p><b>Stroke Improvement</b></p> <ul style="list-style-type: none"> <li>· Swim team Preparation/Jr. Guard Prep class</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>· Review level flowchart online.</li> <li>· Call for an over the phone assessment.</li> <li>· Drop-in to one of our classes for a level assessment.</li> <li>· Pre-Comp Swimteam: Drop into Saturday workouts 10-11am.</li> <li>· Swimteam preparation – level 4.</li> </ul> <p>Drop-ins depend on availability in the class &amp; are confirmed poolside.</p>

**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.  
**Private/semi-private lesson times determined by student & instructor availability.**

**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) 476 – 7946 (SWIM) 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 certifies instructor candidates to teach Learn-to-Swim swimming lessons.  
Lifeguarding courses teach and certify to guard pools.  
Lifeguarding courses come w. CPR PRO & First Aid certifications. Course materials are included in the courses. See website for prerequisites, pre-course & course dates as well as course fees for certification courses offered.  
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 session or scheduled private lesson to receive a refund.
- Refunds will not be given once session has begun or for children who choose not to participate in class at class time.
- **NO Makeups.** Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session.
- Drop-ins and late enrollments welcome if space in class is available. Drop ins are Confirmed poolside.
- **Classes may be added according to demand. Add name to waiting lists to show interest.**

Custom classes can be made with friends/family members or groups of students at or near the same level.

- **All Swim classes & Swimteam occur rain or shine!** Seahorse Swim School reserves the right to cancel/reorganize any class that is under-subscribed.

