



# Seahorse Swim School, Inc. SPRING 2019 Swim Program @ Seascope Sports Club

Tiffany Harmon, Swim Director (831) 476-7946

Members & Non-Members welcome to join Programs.




Register in advance of sessions **ONLINE** [SeahorseSwimSchool.com](http://SeahorseSwimSchool.com)

| Tu/Th<br>4 weeks<br>8 lessons | Session I<br>3/5 – 3/28 | Session II<br>4/2 – 4/25<br>Session III<br>4/30 – 5/23 |
|-------------------------------|-------------------------|--|
| 2:30 – 2:55                   | PVT                     | PVT  |
| 3:00-3:25                     | PVT                     | PVT  |
|                               |                         | Level 1  |
| 3:30-3:55                     | PVT                     | PVT  |
|                               |                         | Level 2  |
| 4:00-4:25                     | PVT                     | PVT  |
|                               |                         | Level 3  |
| 4:30-4:55                     | PVT                     | PVT  |
|                               |                         | Level 4<br>(JG PREP)                                   |
| 5:00-5:25                     |                         |  |
| 5:30-5:55                     |                         |  |



| SATURDAY<br>Mornings<br>4 weeks<br>4 lessons           | SAT Sessions<br>A 3/2 – 3/23<br>B 3/30– 4/20<br>C 4/27 – 5/18 |
|--|---|
| 10:00-10:25  | PVT   |
|  | Level 2   |
| 10:30-10:55  | PVT   |
|  | Level 1   |
| 11:00 -11:25   | Parent Tot  |
|  | Level 3   |
| 11:30-11:55  | Level 2   |
|  | Level 4<br>(JG PREP)  |
| 12:00-12:25  | Level 3   |
|  | PVT   |
| 12:30-12:55  | PVT   |
|  | PVT   |
| <i>Learn-to-Swim<br/>level descriptions on reverse</i> |   |

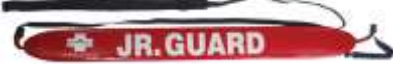
**“Sharks” Non-Competitive Swimteam**  
 Team workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual’s stroke.  
 Participants should be comfortable swimming multiple lengths of the pool to join. Level 4 swimmers &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



|            |           |             |
|------------|-----------|-------------|
| Session I  | Session 2 | Session 3   |
| 3/2 – 3/28 | 3/30 – 25 | 4/27 – 5/23 |

**Tues/Thurs 5:00-6:00 p.m. & Saturdays 10-11am**  
 ~ Drop in’s welcome. ~

**Jr. Guard/Little Guard Prep Classes**  
 For Little Guard preparation - register for **level 3a**  
 For Junior Guard Preparation - register for **level 4**.  
**To accelerate preparedness – Register for PVT.**  
 We will help prepare kids to successfully to pass the tests!



**Jr. & Little Guard Seahorse Summer Camp**  
 Introduction / practical application of: rescue/guarding skills, CPR & First Aid. Strokes improve daily with stroke refinement. Team Building games & fun in the sun!

| Type of lesson   |  | Member (M)                         | Non-member (NM)                    |              |
|------------------|--|------------------------------------|------------------------------------|--------------|
| Group lessons    | Tues/Thurs (8 lessons)   | <b>\$132</b>                       | <b>\$145</b>                       |              |
|                  | Saturdays (4 lessons)  | <b>\$76</b>                        | <b>\$84</b>                        |              |
| PVT              | Private lessons<br>(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal. | <b>\$56</b>                        | <b>\$62</b>                        |              |
|                  | Semi-private lessons<br>(2:1) Offered for 2 participants at/or near the same level.<br>-- Pricing is split between participants.-- | <b>\$65</b>                        | <b>\$72</b>                        |              |
|                  | Package of 8 Booked in advance consistent w. sessions.<br>Consistent enrollment. No makeups for missed lesson in series.           | 1:1                                | <b>\$432</b>                       | <b>\$480</b> |
|                  |  | 2:1                                | <b>\$504</b>                       | <b>\$560</b> |
| Custom Classes   | (3+ : 1) Consists of 3 participants at/or near the same level. <i>Great for siblings &amp; friends!</i>                            | <b>\$25</b><br>(per class/student) | <b>\$28</b><br>(per class/student) |              |
| Sharks Swim Team | Tues/Thurs 5-6pm & Saturdays 10-11am   | <b>\$108</b>                       | <b>\$120</b>                       |              |

**Late registrations, drop-in’s available when there is space in the class. Call our SWIM line to check availability to join a session.**








**Drop- in’s \$22/\$25 (M/NM).**  
*Drop-in’s confirmed poolside*

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

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\$ 4 registration fee  
*Schedule Subject to Change Rev 2/26/19*



|  |   |  |
|--|---|--|
| <p><b>Parent Tot (6 mon - 3 yrs.)</b></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) 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) 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: SEA TURTLE (5 &amp; up) Stroke Development Little Guard Preparation</b></p>  <ul style="list-style-type: none"> <li>· Combine arm/leg actions.</li> <li>· Freestyle side breathing.</li> <li>· Development of free/backstroke.</li> <li>· Introduction to elementary Backstroke, Breaststroke basics.</li> <li>· Underwater swimming.</li> <li>· Treading water &amp; water safety.</li> </ul>  | <p><b>Level 4: OCTOPUS (6 &amp; up) Stroke Improvement Swimteam / Jr. Guard Preparation</b></p>  <ul style="list-style-type: none"> <li>· Building endurance to swim multiple lengths to improve all competitive strokes: free/back/breastroke/butterfly.</li> <li>· Perfecting timing of breathing, body motion, arm/leg actions.</li> <li>· Flip turns.</li> <li>· Treading water &amp; water safety.</li> </ul> | <p><b>To ensure correct placement in swim classes, follow these steps:</b></p> <ul style="list-style-type: none"> <li>· <u>Review</u> level flowchart online.</li> <li>· <u>Call</u> for an over the phone assessment to schedule a drop in.</li> <li>· <u>Drop-in*</u> to a level class. *fees apply</li> </ul> <p>To prepare for our SHARKS swimteam, register for level 3b or 4,</p> <p style="text-align: center;"><a href="#">Register Online</a></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.



 **AMERICAN RED CROSS COURSES WATER SAFETY INSTRUCTOR (WSI) (rev.'14) & LIFEGUARDING, CPR PRO & FIRST AID (rev.'17)**  
 WSI certification classes prepares instructor candidates to teach Learn-to-Swim swimming lessons.  
 Lifeguarding course prepares guard for job as Lifeguard.  
 Course certifications earned at conclusion of LG course: Lifeguarding CPR PRO & First Aid.  
 See website for prerequisites, pre-course & course dates as well as fees for each certification course.  
*Job opportunities await Swim Instructors with WSI & Lifeguard Training certifications.*

**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 In's are Confirmed poolside.
  - Classes may be added according to demand.

Custom classes can be made with friends and family members or groups of students at or near the same level. Call to arrange your classes.

- **All Swim classes & Swimteam occur rain or shine!**

*Seahorse Swim School reserves the right to cancel/reorganize any class that is under-subscribed.*

In an effort to reduce accidental drownings, Seahorse Swim School, in partnership with the Make A Splash Foundation, will offer FREE swim instruction / level assessments.

**Saturdays March 2, 30, April 27, May 4 from 1-2pm.**

Groups organized poolside. No appointment needed. No former swim experience required.

