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<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>Level 4: OCTOPUS (5 & up) Stroke Improvement</p>  <ul style="list-style-type: none"> · Swim team 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 length's of the pool. · Treading water & water safety. 	<p>To ensure correct placement in swim classes, follow these steps:</p> <ul style="list-style-type: none"> · Review level flowchart online. · Call for an over the phone assessment. · Come in for a level assessment. · Drop-in to one of our classes to get a sample of our instruction & a level assessment. · To check for readiness for our Swimteam drop-into any of our level 4 classes. Drop-in's depend on availability in the class & are confirmed poolside.

SPECIALTY SWIM CLASSES

<p>Private/Semi-Private Lessons & Custom Classes</p> <p>Individual attention to the adult or child can make a world of difference in a short period of time.</p> <p>Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal.</p> <p>Semi-private lessons and custom classes offered to 2 or more swimmers at equal or similar skill level.</p> <p><i>Private/semi-private lesson times determined by student & instructor availability.</i></p>	<p>Adult/Teen Swim lessons: Beginning to the Advanced</p> <p>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.</p> 
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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

<p>AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE (WSI)</p> <p>This 33-hour certification class prepares instructor candidates to teach Learn-to-Swim swimming lessons. Instructor candidates must be 16 yrs. old by the end of the scheduled class & pass the pretest to enroll.</p> <p>For more information on the pre-test or to register for the next WSI class, contact Tiffany Harmon directly.</p> <p><i>Job opportunities await Swim Instructors with WSI & Lifeguard Training certifications.</i></p> <p>www.SeahorseSwimSchool.com</p>	<p>Seahorse Swim School Program Policies</p> <ul style="list-style-type: none"> • Cancellations for sessions must be received 48 hours prior to start of session or scheduled private lesson to receive a refund. • <i>Refunds will not be given once session has begun or for children who choose not to participate in class at class time.</i> <ul style="list-style-type: none"> • NO Makeups. Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session. • Drop-in's and late enrollments welcome if space in class is available (\$20/class for both M & NM). Confirmed poolside. • Classes may be added according to demand. See "OPEN" notations. Custom classes can be made with friends and family members or groups of students at or near the same level. Call Tiffany to arrange your classes. <ul style="list-style-type: none"> • All Swim classes & Swimteam occur rain or shine! <p><i>Seahorse Swim School reserves the right to cancel/reorganize Any class that is under-subscribed.</i></p>
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