



Seascope Sports Club Fall 2010 Swim Program

Register via fax (831) 688-1966, in person 8 a.m. to 7 p.m. or by US mail.

1505 Seascope Blvd. Aptos, Ca. 95003

Members & Non-Members welcome to join all Programs.

Class level descriptions & Registration forms available on SeascopeSportsClub.com

Tiffany Harmon, Swim Director (831) 688-1993 ext. 16.



Member/Non-Member Pricing

\$119 / \$132

GROUP LESSONS *(Learn-to-Swim level descriptions on reverse)*

Weekday Afternoons 4 weeks, 8 lessons	Session I 8/30 - 9/27* <small>*No lessons Labor Day 9/6</small>		Session II 9/28 - 10/21	Session III 10/26 - 11/18	<p style="text-align: center;">*OPEN*</p> <p style="text-align: center;">Time spots available for Private/Semi-Private Lessons & Custom Classes:</p> <p><i>Private lessons:</i> Adults and Children ~ One-on-One attention to the adult or child makes a world of difference. Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal.</p> <p><i>Semi-private lessons:</i> offered for 2 participants at/near the same level. Great for siblings & friends.</p> <p><i>Custom classes:</i> consist of 3 or more participants at or near the same level.</p> <p style="text-align: center;">Great for siblings & friends!</p> <p style="text-align: center;">Additional openings by request.</p> <p style="text-align: center;">Late starts, drop-in's (\$18) & partial sessions for groups welcome!</p>
	M/W	T/TH	T/TH	T/TH	
2:00 - 2:30	OPEN	OPEN	OPEN	OPEN	
2:30 - 3:00	Level 1	Level 1	Level 1	Level 1	
3:00 - 3:30	Level 2	Level 2	Level 2	Level 2	
3:30 - 4:00	Level 3a	Level 3a	Level 3a	Level 3a	
4:00 - 4:30	Level 3b	Level 3b	Level 3b	Level 3b	
4:30 - 5:00	Level 4	Level 4	Level 4	Level 4	
5:00 - 5:30	Level 2	Level 2	Level 2	Level 2	

Saturday GROUP Lessons *(level descriptions on reverse)* \$61 / \$68

SATURDAY Mornings 4 weeks, 4 lessons	SAT Session A 9/11 - 10/2	SAT Session B 10/9 - 10/30	SAT Session C 11/6 - 12/4* <small>*No lessons 11/27</small>	<p style="text-align: center;">Swimteam</p> <p style="text-align: center;">SHARKS</p> <p style="text-align: center;">Monthly fee: \$95 (M) /\$105 (NM)</p> <p>Team workouts emphasize swimming for fitness while providing individual attention to streamlining each individual's stroke. Participants should be comfortable swimming multiple lengths of the pool & know the 4 competitive strokes to join.</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">Work Out Days & Times</p> <p style="text-align: center;"><i>Tues/Thurs 5 - 6 p.m. & ~Saturdays Stroke Clinic 10 - 11 a.m.~</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Session 1</td> <td style="width: 50%;">8/31 - 9/30 *</td> </tr> <tr> <td>Session 2</td> <td>10/2 - 10/30</td> </tr> <tr> <td>Session 3</td> <td>11/2 - 12/4*</td> </tr> </table> <p style="text-align: center;"><small>* No Workouts 9/4, 11/25 & 11/27</small></p> </div> <p style="text-align: center;"><i>Drop-in's & late starts welcome (\$18/class)</i></p> <p style="text-align: center;">~~NEW~~ Stroke clinic Saturdays - drills, drills, drills.</p>	Session 1	8/31 - 9/30 *	Session 2	10/2 - 10/30	Session 3	11/2 - 12/4*
Session 1	8/31 - 9/30 *									
Session 2	10/2 - 10/30									
Session 3	11/2 - 12/4*									
10:00 - 11:00	Swimteam Stroke Clinic									
10:30 - 11:00	Level 4	Level 4	Level 4							
11:00 - 11:30	Level 2 Level 3a	Level 2 Level 3a	Level 2 Level 3a							
11:30 - 12:00	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b							
12:00 - 12:30	Level 2 OPEN	Level 2 OPEN	Level 2 OPEN							
12:30-1:00	Level 1 P-tot	Level 1 P-tot	Level 1 P-tot							

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE (WSI)

This 33 hour certification class prepares instructor candidates to teach swimming lessons.

Instructor candidates must be 16 yrs. old & be able to demonstrate all 6 swim strokes, tread water and float on your back.

For more information on the pre-test or to register, contact Tiffany Harmon directly.

Tiffany Harmon, American Red Cross Instructor Trainer in Water Safety

(831) 688-1993 ext. 16 or Tiffany@SeascopeSportsClub.com

Job opportunities with Seahorse Swim School await Swim Instructors with WSI and Lifeguard Training certifications.


Learn-to-Swim Level Descriptions

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



<p>Parent Tot SHRIMP (6 mo-3 yrs) Parents and children participate in guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. <i>Swim diapers & plastic pants required if not yet potty trained.</i></p>	<p>Level 1: Adaptation to the water STARFISH (2 & up) For beginning swimmers who are starting to become more comfortable in the water without parent/guardian. Bubble blowing, maneuvering in water independently & learning basic skills. Water adaptation, water safety, floating, breath control and fun.</p>	<p>Level 2: Fundamental Skills SEAHORSE (3 & up) Floating and gliding on front and back. Swimming on front and back, using combined arm and leg actions. Introduction to side breathing and coordination of arms and legs with breathing. Water safety.</p>
<p>Level 3: Stroke Development (Level 3a: 4 & up / Level 3b: 5 & up) SEA TURTLE 3a: Student's are beginning to combine arm and leg actions. Introduction to side breathing. Development of freestyle and backstroke. Introduction to elementary backstroke and water safety. SEA LION 3b: Comfortable swimming at least 1/2 way across the pool. Freestyle and backstroke coordination continued, introduction to breaststroke, butterfly kick & body motion. Treading water & water safety.</p>	<p>Level 4: Stroke Improvement SEAL (5 & up) While developing water confidence, emphasis is on side breathing and overall stroke improvement. Freestyle, backstroke, elementary backstroke, breaststroke and introduction of butterfly. Underwater swimming. Open turns and introduction to flip turns. Working on building endurance to swim multiple length's of the pool. This class prepares the swimmer for Swimteam. Treading water & water safety.</p>	<p><i>Not sure which level is appropriate for your child?</i> Come in for a FREE 5 minute level assessment to assure correct placement in swim classes or call Tiffany for an over the phone assessment. Check readiness for Swimteam. Registration available through the ProShop via fax (831) 688-1966, walk-in, by U.S mail or with Tiffany Harmon directly at (831) 688-1993 ext. 16 Registration forms are available at www.SeascapeSportsClub.com</p>

~ Specialty Swim Classes available upon arrangement ~

<p><i>Private/Semi-Private Lessons & Custom Classes</i> 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. <i>(Member/Non-Member pricing)</i> Private lesson - \$40/\$44 Semi-Private - \$25/\$28 (per student). <i>Private/semi-private lesson times determined by student & instructor availability.</i></p>	<p><i>Adult Swim lessons: Beginning to the Advanced</i> 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, private, semi-private swim lessons, custom classes or adult swim lessons contact Tiffany Harmon, Swim Director via phone (831) 688-1993 ext. 16 or e-mail Tiffany@SeascapeSportsClub.com

<p>AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE (WSI) 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 scheduled class & be able to demonstrate all 6 swim strokes, tread water & float supine for 1 minute. For more information on the pre-test or to register for the next WSI class, contact Tiffany Harmon directly. <i>Job opportunities with Seahorse Swim School await Swim Instructors with WSI & Lifeguard Training certifications.</i> www.SeahorseSwimSchool.com</p>	<p><u>Seahorse Swim School Program Policies</u></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. **Refunds will not be given once session has begun.** • As of 8/1/10 ~ Makeups will no longer be offered for missed lessons. Lessons cancelled by Seahorse Swim School or SSC will be rescheduled before the end of the current session. • Drop-in's and late enrollments welcome if space in class is available (\$18/class for both M & NM). Confirmed poolside. <ul style="list-style-type: none"> • Classes may be added according to demand. Additional classes will be formed from waiting lists. (See * "OPEN" * notations.) <p>SHSS reserves the right to cancel any class that is under-subscribed.</p> <ul style="list-style-type: none"> • All Swim classes & Swimteam will occur rain or shine!
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