









<p>Parent Tot (6 mon - 3 yrs.)</p>  <ul style="list-style-type: none"> · Guided practice sessions teaching infants/toddlers to swim. · Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and water safety. <p><i>All children who are not potty trained must wear swim diapers & plastic pants.</i></p>	<p>Level 1: STARFISH (2 & up) Adaptation to the water</p>  <ul style="list-style-type: none"> · Beginning swimmers gaining comfort maneuvering independently in water learning basic skills. · Water adaptation, bubble blowing, water safety, floating, gliding, breath control & fun. 	<p>Level 2: SEAHORSE (3 & up) Fundamental Skills</p>  <ul style="list-style-type: none"> · Blowing bubbles out of nose and mouth. · Gaining comfort in water. · Floating, gliding & swimming on front & back. · Coordinating arm & leg actions while blowing bubbles. · Introduction to side breathing.
<p>Level 3: (5 & up) Stroke Development</p> <p>3a : SEA TURTLE</p>  <ul style="list-style-type: none"> · Combine arm/leg actions. Focusing on side breathing/gliding. · Development of free/backstroke. · Treading water & water safety. · Introduction to elementary backstroke. <p>3b: SEAL (JG PREP)</p>  <ul style="list-style-type: none"> · Can already 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 (6 & up) JUNIOR GUARD PREP</p> <p>Stroke Improvement</p>  <ul style="list-style-type: none"> · Jr. Guard 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 lengths of the pool. · Treading water & water safety. 	<p>Jr. Guard preparation class (Level 3b & 4's welcome) BACK by DEMAND!</p> <p>This class prepares participants to for successful entry for requirements for all Summer Jr. Guard Programs / Pool Guard Programs County wide! Students must be able to swim 25 yards on front and back to join this class.</p> <p>Goal is to have all swimmers swim 8 laps without stopping and tread water from 3 - 5 minutes continuously. Students will practice underwater swimming as well as picking up objects in 5 – 6 ft of water. Additional competitive strokes refined.</p>

Seahorse Swim School, Inc. Registration & Policies (more details on website).

Lessons are 25 mins in length unless otherwise arranged in advance.

Set it and don't forget it. Once the lessons have been confirmed we have added you/your child(ren) in our schedule; please be sure you can make all the classes prior to booking a spot in our program.

No make-ups, rescheduling or rebooking; lessons are set once booked/confirmed.

No refunds for students unable/unwilling to participate in class at class time.

Private/Semi-Private Lessons
Custom Classes (PODS)

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.

POD of 3 or 4 or more (Custom Classes): Clients create the class with swimmers at or near the same level. Can pair 2 pairs of siblings to make a great POD. Create a POD with your own family and friends!

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.



Most adults/teens register for private lessons.
Group adult lessons can be created if swimmers schedules match.

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) 661-5110 or email Tiffany@SeahorseSwimSchool.com