



# 2012 Summer Swim Program

## Tiffany Harmon - Swim Director



American Red Cross Water Safety Instructor

### Session Schedule

Sessions run throughout the Summer. Levels may vary by Session. Drop-ins Welcome.

#### Mon/Wed or Tues/Thurs Mornings (4 weeks / 8 lessons)

Level 4	10:00 - 10:30 AM
Level 3b	10:30 - 11:00 AM
Level 3a	11:00 - 11:30 AM
Level 2	11:30 - 12:00 PM
Level 1	12:00 - 12:30 PM

#### Monday & Wednesday Afternoons (4 weeks / 8 lessons)

Level 2	3:00 - 3:30 PM
Level 3a	3:30 - 4:00 PM
Level 3ab	4:00 - 4:30 PM
Level 4	4:30 - 5:00 PM
Level P-Tot	5:00 - 5:30 PM

#### Tuesday & Thursday Afternoons (4 weeks / 8 lessons)

Level 2	3:00 - 3:30 PM
Level 3a, 3b	3:30 - 4:00 PM
Level 3a, 3b	4:00 - 4:30 PM
Level 2, 4	4:30 - 5:00 PM
Level 1	5:00 - 5:30 PM



American Red Cross



### Session Dates

- I 6/11-7/5
- II 7/9-8/2
- III 8/6-8/30

### Session Fees

Member	Non-Member
\$127	\$140
(\$20 drop-in fee)	

Schedules subject to change. For more information call (831) 688-1993 or email Tiffany @ SeascapeSportsClub.com

### Parent-Tot: (6mo-3yrs)

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. **Swim diapers and plastic pants required if not potty trained.**

### Level 1: Adaptation to the Water (2yrs +)

For beginning swimmers who are becoming comfortable in the water without a parent. Water adaptation, water safety, floating, breath control and fun.

### Level 2: Fundamental Skills (3yrs +)

For children who are comfortable in the water and can blow bubbles. Floating, gliding and swimming on front and back while coordinating arm and leg actions. Introduction to side breathing and water safety.

### Level 3: Stroke Development (4yrs +)

**3a:** Students are beginning to combine arm and leg actions. Introduction to side breathing. Development of freestyle and backstroke. Introduction to elementary backstroke. Water Safety.

**3b:** Comfortable swimming at least half way across the pool. Freestyle and backstroke coordination continued, introduction to breaststroke and butterfly kick and body motion. Treading water and water safety.

### Level 4: Stroke Improvement (5yrs +)

While developing water confidence, emphasis is on side breathing and overall stroke improvement. Freestyle, backstroke, elementary backstroke, breaststroke and introduction to butterfly. Underwater swimming. Open turns and introduction to flip turns. Introduction to treading water. Work on swimming multiple lengths of the pool. **Preparation for Swim Team.**

### Swim Team (Sharks):

Team workouts emphasize swimming for fitness while providing individual attention. To aid in streamlining each individual's stroke. **Participants must be able to swim multiple lengths of the pool and know the 4 competitive strokes to join.**

Based on demand, additional classes may be formed from waiting lists. Contact Tiffany Harmon for more information.

### Private and Semi-Private lessons available by appointment

**Private lessons:** (1/2 hr) Individual attention for an adult or child can make a world of difference. Perfect for swimmers who are stuck at a level, have a difficult time paying attention with too many distractions or need personal assistance to perfect their technique for a particular goal. Lessons are catered to meet the individual swimmer's needs. (Member-\$40, Non-Member-\$44)

**Semi-Private lessons:** (1/2 hr) Perfect for those who want to get personalized, individual attention with a close friend or relative. Swimmers must be at or near the same level. (Member-\$25/swimmer, Non-Member-\$28/swimmer)

### Adult lessons: Beginning / Intermediate / 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 to enable you to swim with more ease, efficiency and power.

### Saturday Lessons

(4 weeks / 4 lessons)

\$66-Member \$73-Non-Member (\$20 drop-in fee)

	Level 2	9:00 - 9:30 AM
Session I	Level 1	9:30 - 10:00 AM
Session II	P-Tot, L4	10:00 - 10:30 AM
Session III	Level 2	10:30 - 11:00 AM
	Level 3a, 3b	11:00 - 11:30 AM
	Level 3a, 2	11:30 - 12:00 PM

www.SeascapeSportsClub.com

### SWIM TEAM

\$100-Member \$110-Non-Member

Sessions: June, July, August

Tues & Thurs 5 - 6 PM

Saturday 10 - 11 AM

(\$20 drop-in fee) Pub-Swim 5/11/2012