



Seascope Sports Club ~ Fall 2011 Swim Program

1505 Seascope Blvd. Aptos, Ca. 95003

REGISTRATION AVAILABLE ONLINE! *

Register in advance of sessions ~ SeahorseSwimSchool.com

Tiffany Harmon, Swim Director (831) 688-1993 ext. 16 or (831) 476-7946 (SWIM)

Members & Non-Members welcome to join Programs



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

Member/Non-Member Pricing **\$122 / \$135**

Weekday Afternoons 4 weeks, 8 lessons	Session I 9/6 – 10/3 <i>*No lessons Labor Day 9/5</i>		Session II 10/4 – 10/27	Session III 11/1 – 11/29 <i>*skip 11/24</i>
	M/W	T/TH	T/TH	T/TH
2:30 – 3:00	Level 1	Level 1	Level 1	*
3:00 – 3:30	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	Swimteam 5-6pm
5:30 - 6:00	*	*	*	

** Private, Semi-Private Lessons are available afternoons, Saturday mornings & upon request. ~ To inquire call 831-688-1993 xt. 16.~*

Private lessons: Adults & Children ~ Perfect for swimmers 'stuck' at a level, challenged by distractions, or working to achieve a specific goal.

Semi-private lessons: Offered for 2 participants at or near the same level.

Custom Classes: Consists of 3 or more participants at or near the same level.

(Member/Non-Member pricing)

Private lesson (1:1) - \$40/\$44

Semi-Private (2:1) - \$50/\$56

Semi-private price split between clients

Custom Classes: \$20/student/class.

Great for siblings & friends!

SATURDAY GROUP Lessons \$61 (Member) / \$68 (Non-Member)

SATURDAY Mornings 4 weeks, 4 lessons	SAT Session A 9/10 - 10/1	SAT Session B 10/8 - 10/29	SAT Session C 11/5 - 12/3* <i>*No lessons 11/26</i>
10:00 – 10:30	Level 4	Level 4	Level 4
10:30 – 11:00	Level 2	Level 2	Level 2
11:00 – 11:30	Parent- Tot Level 3a	Parent- Tot Level 3a	Level 3a
11:30 – 12:00	Level 3a Level 3b	Level 3a Level 3b	Level 3b
12:00 – 12:30	Level 2	Level 2	Level 2
12:30-1:00	Level 1	Level 1	Level 1

Swimteam "SHARKS"

Monthly fee: \$100 (M) /\$110 (NM)

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.

Level 4 graduates welcome!

Work Out Days & Times

Tues/Thurs 5 - 6 p.m. &

~Saturdays Stroke Clinic 10 - 11 a.m.~

Session 1 9/6 – 10/1

Session 2 10/4 – 10/29

Session 3 11/1 – 12/3*

* No Workouts 11/24, 11/26 Happy Thanksgiving!

Drop-in's & late starts welcome (\$20/class)

Stroke clinic Saturdays – drills, drills, drills.

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 (831) 476-7946 or email Tiffany@SeahorseSwimSchool.com

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

* On-line processing fee applies

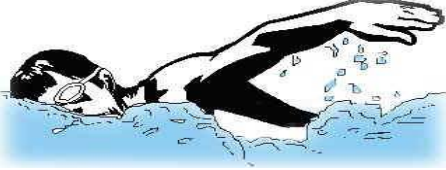
Drop in's, late starts available \$20/class/student (M/NM)

Schedule Subject to change
Last Updated (8/2/11)



<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 ½ 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. Online registration available through the our website, 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.SeahorseSwimSchool.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@SeahorseSwimSchool.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> Email resume to Tiffany@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 or for children who choose not to participate in class at class time. • NO Makeups. Lessons cancelled by Seahorse Swim School or Seascope 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. <ul style="list-style-type: none"> • Classes may be added according to demand. <p>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.</p> <ul style="list-style-type: none"> • All Swim classes & Swimteam occur rain or shine! Seahorse Swim School reserves the right to cancel/reorganize Any class that is under-subscribed. www.SeahorseSwimSchool.com
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