



Seascope Sports Club Fall 2009 Group Swim Program

Register via fax (831) 688-1966, in person 8 a.m. to 8 p.m. or by US mail.
Class level descriptions & Registration forms available on SeascopeSportsClub.com
Tiffany Harmon, Swim Director (831) 688-1993 xt. 16



Member/Non-Member Pricing
\$119 / \$132

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

Weekday Afternoons 4 wks, 8 lessons	FALL Session I 8/31-9/24		FALL Session II 9/29-10/22	FALL Session III 10/27-11/19	*OPEN*
	M/W * No lessons 9/7 M/NM \$100/\$116	T/Th	T/Th	T/Th	
2:30-3:00	*OPEN*	*OPEN*	*OPEN*	*OPEN*	Additional group classes, private, semi-private swim lessons & custom classes will be created based on need and demand. If your choice of class/level/time is full & you can't make the other times provided, please add your name to the waiting list. Classes will be formed based off of these lists.
3:00-3:30	Level 2	Level 1	Level 1	Level 1	
3:30-4:00	Level 3a	Level 2 Level 3a	Level 2 Level 3a	Level 2	
4:00-4:30	Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	
4:30-5:00	Level 4	Level 3b Level 4	Level 3b Level 4	Level 4	
5:00-5:30	Level 2	Level 2	Level 2	Level 2	
5:30-6:00	Level 1	Level 1	Level 1	Level 1	

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

SATURDAY Mornings 4 weeks, 4 lessons	SAT Session A 9/12-10/3	SAT Session B 10/10-10/31	SAT Session C 11/7-11/21* 3 week Session \$46/\$51
10:00-10:30	P-Tot		
10:30-11:00	Level 4	Level 4	Level 4
11:00-11:30	Level 3a Level 3b	Level 3a Level 3b	Level 3b
11:30-12:00	Level 3a Level 3b	Level 3a Level 3b	Level 3a
12:00-12:30	Level 2	Level 2	Level 2
12:30-1:00	Level 1	Level 1	Level 1

Schedule subject to change. Last updated (8/13/09)

Swimteam

Monthly fee: \$95 (M) /\$105 (NM)

Team workouts emphasize swimming for fitness while providing individual attention, instruction and assistance to aid in streamlining each individual's stroke. Participants should be comfortable swimming multiple lengths of the pool to join.

Swimteam workout days/times

**Tuesday/Thursday 5:00-6:00 p.m.
& Saturdays 10-11:00 a.m.**

Session 1	9/1 – 9/29*
Session 2	10/1 – 10/24
Session 3	10/27 – 11/21

** No workout Saturday 9/5 Labor Day Weekend.
Drop-in's & late starts available.
Level 4 graduates welcome to join Swimteam.*

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, contact Tiffany Harmon directly.

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

**Tiffany Harmon, American Red Cross Instructor Trainer in Water Safety
(831) 688-1993 xt. 16 or Tiffany@SeascopeSportsClub.com to register.**



Learn-to-Swim Level Descriptions

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



Parent Tot (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.

Swim diapers & plastic pants required if not yet potty trained.

Level 3: Stroke Development (4 & up)

3a: Student's are beginning to combine arm and leg actions. Introduction to side breathing. Development of freestyle and backstroke. Introduction to elementary backstroke. Water safety.

Takes place in shallow end of lap pool.

3b: Comfortable swimming at least 1/2 way across the pool. Freestyle and backstroke coordination continued, introduction to breaststroke and butterfly kick and body motion.

Treading water and water safety.

Level 1: Adaptation to the water (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.

Level 4: Stroke Improvement (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.

Treading water & water safety.

Level 4 will prepare for Swimteam.

Level 2: Fundamental Skills (3 & up)

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

Water safety.

Swimmers should be comfortable at the lap pool stairs to move to 3a.

Not sure which level is appropriate for your child?

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.

(831) 688-1993 xt. 16

Registration forms are available at www.SeascapeSportsClub.com

~ Specialty Swim Classes available upon arrangement ~

Private/Semi-Private Lessons & Custom Classes

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.

(Member/Non-Member pricing)

Private lesson - \$40/\$44

Semi-Private - \$25/\$28 (per student).

Private/semi-private lesson times determined by student & instructor availability.

Adult 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.



For clarification on any of the programs offered, to schedule a level assessment, private, semi-private swim lesson, custom classes or adult swim lessons contact Tiffany Harmon, Swim Director via phone (831) 688-1993 ext. 16 or email Tiffany@SeascapeSportsClub.com

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 and float supine for 1 minute.

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

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

Aquatic Program Policies

• Cancellations for sessions must be received **48 hours prior** to start of session or scheduled private lesson to receive a refund.

****No refunds will be given once session has begun.****

• **ONE** make-up is allowed per Session. Make-ups depend on availability of space in class, need to be completed prior to end of session and must be arranged with Tiffany Harmon in advance.

• **Drop-in's and late enrollments welcome if space in class is available (\$18/class for both M & NM). Confirmed poolside.**

• **Classes may be added according to demand.** Additional classes will be formed from waiting lists.

(See * "OPEN" * notations.)

SSC reserves the right to cancel any class that is under-subscribed.

• **All Swim classes & Swimteam will occur rain or shine!**