

Swim Lessons & Swimteam begin FEBRUARY 4, 2012

Register online www.SeahorseSwimSchool.com

you can also Fax Registration forms to (831) 688-1966, or send by US mail.
1505 Seascape Blvd. Aptos, Ca. 95003

Registration open January 2, 2012



WINTER WARM – UP Saturdays, February 4 - 25, 2012

4 weeks, 4 lessons

Member/Non-Member group lesson & Swimteam pricing: \$66/\$73

Drop in's available depending on space in the class: \$20/class.

Members and Non-Members welcome to join our programs!

<p>10 - 11 a.m. Swimteam (Level 4's welcome!)</p> <p><i>Swimteam workouts will continue 3 days a week: T/Th & Saturdays beginning March 6, 2012.</i></p>	<p>Swim Team <i>Stroke clinic Saturdays – drills, drills, drills.</i> The workouts emphasize swimming for fitness while providing individual attention, instruction and assistance to aid in streamlining each individual's stroke. Saturday "drills, drills, drills" focuses in on each competitive stroke. <i>Level 4 swimmers welcome.</i></p>
<p>11 – 11:30 a.m. Level 3a/ Level 3b</p>	<p>Level 3: Stroke Development (4 & up) <u>3a</u>: 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. <u>3b</u>: Comfortable swimming at least ½ way across the pool. Freestyle and backstroke coordination continued, introduction to breaststroke and butterfly kick and body motion. Treading water & water safety.</p>
<p>11:30 a.m. - 12 p.m. Level 2</p>	<p>Level 2: Fundamental Skills (3 & up) Floating and gliding on front and back. Swimming on front and back, using combined arm and leg actions. Introduction to side breathing & coordination with arms & legs. Water safety.</p>
<p><i>Private/semi-private lessons & custom classes are available on the half hour upon arrangement.</i> Private (1:1) lessons → \$40(M)/\$44(NM) Semi-Private (2:1) lessons → \$25(M)/\$28(NM) each student. Custom classes (3 or more similar leveled participants) → \$20/student/class.</p>	

Not sure which level to sign up for?

Check for appropriate level placement for all Swim Programs.

Saturdays: February 4, 11, 18 & 25 from 10:00 a.m. - 12 noon (by appointment).

Seahorse Swim School's SPRING 2012 Swim Program begins March 3, 2012.

Tiffany Harmon, Swim Director

(831) 688-1993 ext. 16 or (831) 476-SWIM (7946)

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www.SeahorseSwimSchool.com

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Updated 12/14/11