



## Seascope Sports Club Summer 2009 Group Swim Program

**Register via phone, fax (831) 688-1966, in person 8 a.m. to 8 p.m. or by US mail.**

**Class level descriptions & Registration forms available on [www.SeascopeSportsClub.com](http://www.SeascopeSportsClub.com)**

*Tiffany Harmon, Swim Director (831) 688-1993 xt. 16*



### MORNINGS: Mon/Wed or Tues/Thurs

*3-week sessions, 6 lessons*

*For lessons everyday, sign up for both M/W & T/Th sessions!*

**Member/Non-Member**

**\$92/\$102**

AM M/W or T/Th 3 wks, 6 lessons	AM Session I 6/8 - 6/25		AM Session II 6/29 - 7/16		AM Session III 7/20- 8/6		<b>“OPEN”</b>  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.
	M/W	T/Th	M/W	T/Th	M/W	T/Th	
9:30-10:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	
10:00-10:30	Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	
10:30-11:00	Level 3b	Level 3b	Level 3b	Level 3b	Level 3b	Level 3b	
11:00-11:30	Level 3a	Level 3a	Level 3a	Level 3a	Level 3a	Level 3a	
11:30-12:00	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	
12:00-12:30	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	

### AFTERNOONS: Mon/Wed or Tues/Thurs

*3-week sessions, 6 lessons*

*For lessons everyday, sign up for both M/W & T/Th sessions!*

**Member/Non-Member**

**\$92 / \$102**

PM M/W or T/Th 3 wks, 6 lessons	PM Session I 6/8 - 6/25		PM Session II 6/29 - 7/16		PM Session III 7/20 - 8/6		PM Session IV 8/10 - 8/27	
	M/W	T/Th	M/W	T/Th	M/W	T/Th	M/W	T/Th
2:15-2:45	Level 1 OPEN	Level 1 Level 3a	Level 1 Level 3a	Level 1 Level 3a	Level 1 Level 3a	Level 1 Level 3a	Level 1 OPEN	Level 1 OPEN
2:45-3:15	Level 2 OPEN	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 OPEN	Level 2 OPEN
3:15-3:45	Level 3a OPEN	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a OPEN	Level 2 Level 3a
3:45-4:15	Level 3b OPEN	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3b OPEN	Level 3a Level 3b
4:15-4:45	Level 4 OPEN	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b	Level 4 OPEN	Level 3a Level 3b
4:45-5:15	Level 2 OPEN	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 Level 4	Level 2 OPEN	Level 2 Level 4
5:15-5:45	Level 1	P-Tot	Level 1	P-Tot	Level 1	P-Tot	Level 1	OPEN

### SATURDAY: Mornings

*4-week sessions, 4 lessons*

**Member/Non-Member**

**\$61 / \$68**

SAT 4 wks, 4 lessons	Saturday A 6/6 - 6/27	Saturday B 7/11 - 8/1	Saturday C 8/8 - 8/29
9:00 - 9:30	Level 1		
9:30-10:00	P-Tot		
10:00-10:30	Level 4	P-Tot	P-Tot
10:30-11:00	Level 2	Level 2	Level 2
11:00-11:30	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b
11:30-12:00	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b
12:00-12:30	Level 2 OPEN	Level 2 Level 4	Level 2 Level 4
12:30-1:00	OPEN	Level 1 OPEN	Level 1 OPEN

#### Swimteam

**Monthly fee: \$95(M)/\$105(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 and know the 4 competitive strokes to join.

Level 4 prepares for Swimteam.

**Tues/Thurs 5 - 6 p.m.**

**Saturdays 10 - 11 a.m.**

<b>Session 1</b>	<b>6/6-7/2</b>
<b>Session 2</b>	<b>7/7-7/30</b>
<b>Session 3</b>	<b>8/4 - 8/29</b>

Members and Non-Members welcome to join Swimteam.

*Drop-in's available (\$18 M/NM)*



## 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 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 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.**

### 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 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. Class will prepare for Swimteam.

### 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 Seascape's ProShop (831) 688-1993, via fax (831) 688-1996, walk-in, U.S mail or with Tiffany Harmon directly.

**Registration forms & other program information can be found at [www.SeascapeSportsClub.com](http://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. See 'OPEN' notations.**

### 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](mailto: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 WSI contact Tiffany Harmon directly.

**Job opportunities await Swim Instructors with WSI and Lifeguard Training certifications. Seasonal Lifeguarding positions available.**

### Seahorse Swim School, Inc. Policies

- Cancellations for sessions must be received **48 hours prior** to start of session or scheduled private lesson to receive a refund. No refunds for children who choose not to participate at class time. **\*\*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.)
- We reserve the right to cancel any class that is under-subscribed.**
- **All Swim classes & Swimteam will occur rain or shine!**

