



Seascape Sports Club Spring 2010 Swim Program

Register via phone, (831) 688-1993 8a.m – 7p.m.,
fax (831) 688-1966, in person or via US mail.
1505 Seascape Blvd. Aptos, CA 95003

Class level descriptions & Registration forms available on www.SeascapeSportsClub.com
Tiffany Harmon, Swim Director (831) 688-1993 ext. 16



Member (M)/Non-Member (NM) Pricing

GROUP LESSONS

(Learn-to-Swim level descriptions on reverse)

\$119/\$132

Weekday Afternoons 4 wks, 8 lessons	SPRING Session I 3/1 - 3/25		SPRING Session II 3/29 - 4/22		SPRING Session III 4/26 - 5/20	
	M/W	T/Th	M/W	T/Th	M/W	T/Th
2:30-3:00	*OPEN*	Level 1	Level 1	Level 1	Level 1	Level 1
3:00-3:30	*OPEN*	Level 2	Level 2	Level 2	Level 2	Level 2
3:30-4:00	*OPEN*	Level 3a Level 3b	Level 3a	Level 3a Level 3b	Level 3a	Level 3a Level 3b
4:00-4:30	*OPEN*	Level 3a Level 3b	Level 3b	Level 3a Level 3b	Level 3b	Level 3a Level 3b
4:30-5:00	*OPEN*	Level 4	Level 4	Level 4	Level 4	Level 4
5:00-5:30	*OPEN*	Level 2	Level 2	Level 2	Level 2	Level 2
5:30-6:00	*OPEN*	*OPEN*	Level 1	*OPEN*	Level 1	*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.

GROUP LESSONS

(level descriptions on reverse) \$61/\$68

SATURDAY Mornings 4 wks, 4 lessons	SAT Session A 3/6 - 3/27	SAT Session B 4/3 - 4/24	SAT Session C 5/1 - 5/22
10:00-10:30	P-Tot	P-Tot	P-Tot
10:30-11:00	Level 2	Level 2	Level 2
11:00-11:30	Level 3a Level 4	Level 3a Level 4	Level 3a Level 4
11:30-12:00	Level 3a Level 3b	Level 3a Level 3b	Level 3a Level 3b
12:00-12:30	Level 2 Level 3b	Level 2 Level 3b	Level 2 Level 3b
12:30-1:00	Level 1	Level 1	Level 1

Schedule subject to change

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.

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

Session 1	3/2 - 3/27
Session 2	3/30 - 4/24
Session 3	4/27 - 5/22

Level 4 graduates are encouraged to join Swimteam. Drop-in's welcome \$18/workout (M&NM). Late starts will be prorated at \$10/workout remaining in Session.

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. of age on on before the last day of the course.& pass the pretest to participate. 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 ext. 16 or Tiffany@SeascapeSportsClub.com to register.

Additional WSI classes to be formed based on demand & instructor availability.



Learn-to-Swim Level Descriptions

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



Parent Tot (6 mon - 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)

Floating and gliding on front and back. Swimming on front and back, using combined arm and leg actions. Introduction to side breathing and coordination with arms and legs. Water safety.
Swimmers should be comfortable at the lap pool stairs to move to next level.

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 the ProShop via phone, fax (831) 688-1966, walk-in, by U.S mail or with Tiffany Harmon directly. (831) 688-1993 ext. 16

SPECIALTY SWIM CLASSES

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, or to schedule private, semi-private swim lessons, 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 the scheduled class & pass the pretest to enroll.

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.
www.SeahorseSwimSchool.com

Seahorse Swim School, Inc. Policies

- Full payment is required to confirm spot in class. 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.)
 - **All Swim classes & Swimteam will occur rain or shine!**
- SSC & SHSS reserve the right to cancel any class that is under-subscribed.**