

MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

6-Week Sessions

Jan 3 - Feb 12 | Feb 14 - Mar 26 | Mar 28 - May 7





Sea School provides a safe and fun environment for children to explore and learn. Swimmers are challenged through structured lessons and guided play and celebrated for milestones along the way.

Through forward movement and growth, children learn that they can accomplish great things with confidence and positive self-esteem.

6-Week Session: \$60 Members / \$96 Non-members

If you are new to the program, contact Larry Mestel at 513-513-682-1263 or lmestel@mercyhealthplex.com for a private placement session.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Parent/Child  Preschool  Learn to Swim  Adult		12:00 PM PARENT/CHILD 6 MO - 3 YR		12:00 PM SEA TURTLE PSL2	10:00 AM ANGEL FISH LTS1
		12:30 PM SEA STAR PSL1		12:30 PM SEA STAR PSL1	10:00 AM PARENT/CHILD 6 MO - 3 YR
	2:00 PM SEA STAR PSL1				10:30 AM SEA STAR PSL1
	2:30 PM SEA HORSE PSL2	4:00 PM PARENT/CHILD 6 MO - 3 YR		5:00 PM BETTA FISH LTS2	10:30 AM ADULT BEGINNER
	4:30 PM SEA STAR PSL1		5:30 PM ANGEL FISH LTS1		11:00 AM BETTA FISH LTS2
	5:00 PM SEA HORSE PSL2		6:00 PM CLOWN FISH LTS3		11:00 AM ADULT INTERMEDIATE
5:30 PM PARENT/CHILD 6 MO - 3 YR	5:30 PM SEA TURTLE PSL2		6:00 PM PARENT/CHILD 6 MO - 3 YR		11:30 AM SEA HORSE PSL2
6:00 PM ANGEL FISH LTS1	6:00 PM ANGEL FISH LTS1		6:30 PM ADULT BEGINNER		12:00 PM CLOWN FISH LTS3
	6:30 PM BETTA FISH LTS2		6:30 PM SEA TURTLE PSL2		12:30 PM SEA TURTLE PSL2
	7:00 PM CLOWN FISH LTS3		7:00 PM SEA STAR PSL1		
	7:30 PM SEA PUPS LTS4		7:30 PM SEA PUPS LTS4		

PARENT/CHILD Ages 6 mo – 3 yrs

Parents learn how to teach their children the basics of water comfort, submersion and safety. An adult caregiver is required to be in the water with each child.

PRESCHOOL Ages 3-5 years

Sea Star Beginner Formerly Preschool Level 1

Students learn how to put their faces in the water while blowing bubbles from the nose and from the mouth. Students are introduced to freestyle, backstroke, flip swimming as well as floating.

Sea Horse Intermediate Formerly Preschool Level 2

Students are more comfortable with floating and flip swimming. They begin to independently swim with face in the water and learn to breath by rolling onto the back. Students in this class know how to jump into water over their head and swim back to "safety" (the wall) independently.

Sea Turtle Advanced

Formerly Preschool Level 3

Students are independent floaters and are comfortable with flip swimming. They continue to learn freestyle and are introduced to whip kicks and elementary backstroke. By the end of this level, students are proficient in treading water.

LEARN TO SWIM Ages 5+ years

Angel Fish Beginner

Formerly Learn to Swim Level 1

Students learn how to put their faces in the water while blowing bubbles from the nose and from the mouth. Students are introduced to freestyle, backstroke, flip swimming as well as floating.

Betta Fish Intermediate

Formerly Learn to Swim Level 2

Students continue to work on freestyle and backstroke and become acquainted with the breaststroke, elementary backstroke and the butterfly. Students learn about body position and proper stroke technique and are proficient in treading water.

Clown Fish Intermediate/Advanced

Formerly Learn to Swim Level 3

Students work on further stroke development through drills. By the end of this level, students have knowledge of all four competitive strokes and begin to work on flip turns and open turns and how to touch the wall on finishes.

Sea Pups Advanced

Formerly Learn to Swim Level 4

Students are beginning to prepare for swim team or swimming for endurance and enjoyment. Strokes are refined through drills and sets and students swim laps while working on flip turns and open turns. Swimmers have a strong knowledge of the strokes and are ready to join swim team, if they choose, at the end of this level.

ADULTS

Adult lessons cover everything from beginners learning water comfort to stroke development. Learn how your body works in the water, improve your technique and gain confidence swimming laps.