

# MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

## 6-Week Sessions

August 21 - October 1 | October 2 - November 12

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 Amanda Bonnell, Aquatics Manager, at 513-624-1886 or [abonnell@mercyhealthplex.com](mailto:abonnell@mercyhealthplex.com) for a private placement session.*



MON	TUE	WED	THU	FRI	SAT	SUN
	9:00 AM <b>PARENT/ CHILD</b>		9:00 AM <b>PARENT/ CHILD</b>		10:00 AM <b>PARENT/ CHILD</b>	10:00 AM <b>ANGEL FISH</b>
	9:30 AM <b>SEA STAR</b>		9:30 AM <b>SEA STAR</b>		10:30 AM <b>SEA STAR</b>	10:30 AM <b>BETTA FISH</b>
	10:00 AM <b>SEA HORSE</b>		10:00 AM <b>SEA HORSE</b>		10:30 AM <b>ANGEL FISH</b>	11:00 AM <b>CLOWN FISH</b>
	10:30 AM <b>SEA TURTLE</b>	12:00 PM <b>ANGEL / SEA STAR</b> <small>AGES 4-7</small>	10:30 AM <b>SEA TURTLE</b>		11:00 AM <b>SEA HORSE</b>	11:30 AM <b>SEA PUPS</b>
		12:30 PM <b>BETTA / SEA HORSE</b> <small>AGES 4-7</small>			11:00 AM <b>BETTA FISH</b>	
4:00 PM <b>ANGEL FISH</b>		1:00 PM <b>CLOWN / SEA TURTLE</b> <small>AGES 4-7</small>			11:30 AM <b>SEA TURTLE</b>	
4:30 PM <b>BETTA FISH</b>					11:30 AM <b>CLOWN FISH</b>	
5:00 PM <b>CLOWN FISH</b>					12:00 PM <b>SEA PUPS</b>	

**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**

Students learn how to put their face in the water and blow bubbles from the nose and mouth. Freestyle, backstroke, flip swimming and floating are introduced at this level.

**Sea Horse Intermediate**

Students begin to swim independently with face in the water and learn to breath by rolling onto the back. Students can jump into water over their head and swim back to "safety" (the wall) independently.

**Sea Turtle Advanced**

Students can float independently and are comfortable with flip swimming. They 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**

Students learn how to put their faces in the water while blow bubbles from the nose and mouth. Freestyle, backstroke, flip swimming and floating are introduced at this level.

**Betta Fish Intermediate**

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

**Clown Fish Intermediate/Advanced**

Drills help students develop their stroke skills so that by the end of this level, they have knowledge of all four competitive strokes. They begin to work on flip turns, open turns and wall finishes.

**Sea Pups Advanced**

Students prepare for swim team or advance their skills for swimming endurance and enjoyment. Strokes and turns are refined through drills and sets. Swimmers have a strong knowledge of the strokes and are ready to join swim team by the end of this level.

# Registration

Drop completed form at the Front Desk.

NAME \_\_\_\_\_

DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

EMERGENCY CONTACT PHONE \_\_\_\_\_

**HEALTHPLEX MEMBER?**

YES  NO

## Class Enrollment

CLASS NAME \_\_\_\_\_

DAY & TIME \_\_\_\_\_

## Payment

CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

BILLING ADDRESS (IF DIFFERENT THAN ABOVE) \_\_\_\_\_

## Notes

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