

MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

6-Weeks: September 5 - October 14

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.

Cost per Session: \$60 Members Only

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



TUES	WED	THUR	FRI	SAT
				10:30 AM PARENT/ CHILD 6 MO - 3 YR • KATHY
4:00 PM PARENT/ CHILD 6 MO - 3 YR • DIANE				11:00 AM ADULT BEGINNER KATHY
4:30 PM SEA HORSE PSL 2 • DIANE				11:30 AM ADULT INTERM KATHY
5:00 PM PARENT/ CHILD 6 MO - 3 YR • DIANE				
5:30 PM SEA STAR PSL 1 • DIANE				
6:00 PM BETTA FISH LTSL2 • DIANE		6:00 PM PARENT/ CHILD 6 MO - 3 YR • KATHY		
6:30 PM CLOWN FISH LTSL3 • DIANE		6:30 PM ADULT BEGINNER KATHY		
7:00 PM ANGEL FISH LTSL1 • DIANE				

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 • Preschool Level 1

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

Sea Horse Intermediate • 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 • 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 • Learn to Swim Level 1

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

Betta Fish Intermediate • 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 • 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 • 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.

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

