

# MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

**6-Weeks:      October 17 - November 28**

No classes 10/31, 11/23, 11/25

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, \$120 Non-members

*If you are new to the program, contact Larry Mestel at 513-513-682-1263 or [lmestel@mercyhealthplex.com](mailto:lmestel@mercyhealthplex.com) for a private placement session.*



**MERCYHEALTH**  
Fairfield HealthPlex

**513-682-1212**  
**[mercyhealthplex.com](http://mercyhealthplex.com)**

TUES	WED	THUR	FRI	SAT
		<div>Please note: Classes in blue will not meet on 11/11 or 11/25. Session will be 5 Weeks: \$50 M / \$100 NM.</div>		9:30 AM <b>SEA STAR</b> PSL 1 • DIANE
				10:00 AM <b>SEA HORSE / SEA TURTLE</b> PSL 2 & 3 • DIANE
				10:30 AM <b>PARENT/CHILD</b> 6 MO - 3 YR • KATHY
				10:30 AM <b>SEA PUPS</b> LTSL4 • DIANE
4:00 PM <b>PARENT/CHILD</b> 6 MO - 3 YR • DIANE				11:00 AM <b>CLOWN FISH</b> LTSL3 • DIANE
4:30 PM <b>SEA HORSE</b> PSL 2 • DIANE				11:00 AM <b>ADULT BEGINNER</b> KATHY
5:00 PM <b>SEA PUPS</b> LTSL4 • DIANE				11:30 AM <b>ANGEL FISH</b> LTSL1 • DIANE
5:30 PM <b>SEA STAR</b> PSL 1 • DIANE				11:30 AM <b>ADULT INTERM</b> KATHY
6:00 PM <b>BETTA FISH</b> LTSL2 • DIANE		6:00 PM <b>PARENT/CHILD</b> 6 MO - 3 YR • KATHY		12:00 PM <b>BETTA FISH</b> LTSL2 • DIANE
6:30 PM <b>CLOWN FISH</b> LTSL3 • DIANE		6:30 PM <b>ADULT BEGINNER</b> KATHY		12:30 PM <b>ADULT BEGINNER</b> DIANE
7:00 PM <b>ANGEL FISH</b> 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 • 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 • 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 • 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 • 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 • 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)