

MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

6-Week Sessions

Jan 13 - Feb 22 | Feb 24 - Apr 7 | Apr 13 - May 23

No lessons 3/30 & 3/31

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: \$92 Members / \$104 Non-members

Contact Annie at 513-389-5498 or amacke@mercyhealthplex.com for more information about swim lessons.

**PRIVATE LESSONS
ALSO AVAILABLE
WITH FLEXIBLE
DAYS AND TIMES**



MERCYHEALTH

Queen City HealthPlex

mercyhealthplex.com

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.

Thursday..... 6:15 pm
Saturday..... 11:15 am
Sunday..... 10:30 am

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.

Thursday..... 5:15 pm
Saturday..... 9:00 am
Saturday (Level TBD)..... 11:45 am
Sunday..... 10:00 am
Sunday (Level TBD)..... 11:30 am

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.

Thursday..... 5:45 pm
Saturday..... 9:30 am
Saturday (Level TBD)..... 11:45 am
Sunday..... 11:00 am
Sunday (Level TBD)..... 11:30 am

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.

Sunday (Level TBD)..... 11:30 am

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.

Thursday..... 6:45 pm
Saturday..... 12:15 pm
Sunday..... 12:00 pm

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.

Thursday..... 7:15 pm
Saturday..... 12:45 pm
Sunday..... 12:30 pm

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.

Saturday..... 1:15 pm

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.

Tuesday..... 7:30 pm

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.

Tuesday..... 7:00 pm

*Class times are subject to change based on registrations and swimmer needs.

Registration

Registration form fields: TODAY'S DATE, PARENT NAME, ADDRESS, EMAIL, PHONE, HEALTHPLEX MEMBER? (YES/NO)

HAVE YOUR CHILD(REN) PREVIOUSLY TAKEN LESSONS AT THE PLEX? (YES/NO)

Class Enrollment

Class Enrollment form fields: CHILD #1 NAME, CHILD #1 DOB, CHILD #1 - CLASS NAME / DAY / TIME, CHILD #2 NAME, CHILD #2 DOB, CHILD #2 - CLASS NAME / DAY / TIME, CHILD #3 NAME, CHILD #3 DOB, CHILD #3 - CLASS NAME / DAY / TIME

Payment

Payment form fields: CARD NUMBER, EXPIRATION DATE, NAME ON CARD, BILLING ADDRESS (IF DIFFERENT THAN ABOVE)