

MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

4-Week Sessions

April 1 - 28 | April 29 - May 26

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.

4-Week Session: \$48 Members / \$72 Non-members

If you are new to the program, contact Amanda Bonnell at 513-624-1886 or abonnell@mercyhealthplex.com for more information.



MON	TUE	WED	THU	FRI	SAT	SUN
	9:00 AM PARENT/ CHILD	9:00 AM PARENT/ CHILD			10:00 AM PARENT/ CHILD	10:00 AM ANGEL FISH
	9:30 AM SEA STAR	9:30 AM SEA STAR			10:30 AM PARENT/ CHILD	10:30 AM BETTA FISH
	10:00 AM SEA HORSE	10:00 AM SEA HORSE			10:30 AM SEA STAR	11:00 AM CLOWN FISH
	10:30 AM SEA TURTLE	10:30 AM SEA TURTLE			11:00 AM SEA HORSE	11:30 AM SEA PUPS
					11:00 AM ANGEL FISH	
					11:30 AM SEA TURTLE	
			5:30 PM ANGEL / SEA STAR AGES 4-7		11:30 AM BETTA FISH	
4:00 PM ANGEL/BETTA STAR/HORSE AGES 4-7			6:00 PM BETTA / SEA HORSE AGES 4-7		12:00 PM CLOWN FISH	
5:00 PM BETTA/CLOWN HORSE/TURTLE AGES 4-7			6:30 PM CLOWN / SEA TURTLE AGES 4-7		12:30 PM SEA PUPS	

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.

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.

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.

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