

# MERCY HEALTHPLEX SEA SCHOOL

Small classes. Giant learning opportunities.

**New Program!**  
**March 15 - April 18**

Our brand-new 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.

5-Week Session: \$50 Members / \$80 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.*



**MERCYHEALTH**  
Anderson HealthPlex

**513-624-1871**  
**[mercyhealthplex.com](http://mercyhealthplex.com)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	9:00 AM <b>PARENT/CHILD</b> 6 MO - 3 YR		9:00 AM <b>PARENT/CHILD</b> 6 MO - 3 YR	9:30 AM <b>SEA STAR</b> PS1	
	9:30 AM <b>SEA STAR</b> PS1		9:30 AM <b>SEA STAR</b> PSL1	9:45 AM <b>SEA PUPS</b> LTS4	
	10:00 AM <b>SEA HORSE</b> PS2		10:00 AM <b>SEA HORSE</b> PSL2	10:00 AM <b>SEA HORSE</b> PS2	
12:30 PM <b>SEA STAR</b> PS1	10:30 AM <b>SEA TURTLE</b> PS3		10:30 AM <b>SEA TURTLE</b> PSL3	10:30 AM <b>SEA TURTLE</b> PS3	
1:00 PM <b>SEA HORSE</b> PS2		4:30 PM <b>ANGEL FISH</b> LTS1		10:30 AM <b>PARENT/INFANT</b> 6 -24 MO	10:30 AM <b>ANGEL FISH</b> LTS1
1:30 PM <b>SEA TURTLE</b> PS3		5:00 PM <b>BETTA FISH</b> LTS2		11:00 AM <b>PARENT/CHILD</b> 2-3 YR	11:00 AM <b>BETTA FISH</b> LTS2
4:30 PM <b>ANGEL FISH</b> LTS1		5:30 PM <b>CLOWN FISH</b> LTS3		11:00 AM <b>ANGEL FISH</b> LTS1	11:30 AM <b>CLOWN FISH</b> LTS3
5:00 PM <b>BETTA FISH</b> LTS2	5:00 PM <b>BETTA FISH</b> LTS2	5:30 PM <b>SEA TURTLE</b> PS3		11:30 AM <b>BETTA FISH</b> LTS2	12:00 PM <b>SEA PUPS</b> LTS4
5:30 PM <b>CLOWN FISH</b> LTS3	5:30 PM <b>CLOWN FISH</b> LTS3	6:00 PM <b>SEA HORSE</b> PS2		12:00 PM <b>CLOWN FISH</b> LTS3	
		6:30 PM <b>SEA STAR</b> PS1			<div> <div></div> Parent/Child <div></div> Preschool <div></div> Learn to Swim <div></div> Adult </div>
7:30 PM <b>ADULT</b> BEGINNER		7:30 PM <b>ADULT</b> BEGINNER/INTERMEDIATE			

## **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. **Parent/Child classes are complimentary for Members.**

## **PRESCHOOL** Ages 3-5 years

### **Sea Star Beginner**

Formerly Preschool Level 1

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

### **Sea Horse Intermediate**

Formerly 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**

Formerly 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 Beginner**

Formerly Learn to Swim Level 1

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

### **Betta Fish Intermediate**

Formerly 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 Intermediate/Advanced**

Formerly 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**

Formerly 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.