SWIM LESSONS
For Ages 6 Months - Adults

Winter 2020

Session 1
Jan 16 - Feb 12*
*4-Weeks: $40 M / $64 NM

Session 2
Feb 13 - Mar 18

Session 3
Mar 19 - Apr 22

Certified and experienced Water Safety Instructors teach the American Red Cross Learn to Swim Program for ages 6 months through adults. Group lessons offer one lesson per week with a small student to teacher ratio.

5 Weeks (one class per week): $50 Members, $80 Non-Members

Register for Group lessons at the Front Desk or call 513.682.1212. Sign up early to save your spot in class!

MERCYHEALTH
Fairfield HealthPlex

513-682-1212
mercyhealthplex.com
### CLASS DESCRIPTIONS

**Parent /Tot**  
(6 months-3 years)

Help your child get familiar with the water by guiding him or her through various movements while you sing along with the instructor to classics like Row, Row, Row Your Boat! This course requires an adult caregiver in the water with each child.

**Preschool Level 1: Let's Explore the Pool!**  
(3 – 5 years)

This first level teaches your child to be comfortable with the water. Skills include water entry and exit, breath control and submerging, beginning strokes on the front and back with a flotation device, and water safety.

**Preschool Level 2: Look at Me!**  
(3 – 5 years)

This class builds on the basics learned in level one. This is a transitional class from swimming on the front and back with a flotation device to swimming without it.

**Preschool Level 3: I Can Do It!**  
(3 – 5 years)

This class increases proficiency and builds on the basic aquatic skills learned in Level 2 by providing additional guided practice with increased distances and times. More advanced skills are introduced.

**Learn to Swim Level 1: Water Exploration**  
(5 – 10 years)

This class is designed for school age children who have had little water experience and need to get comfortable in the pool. Elementary aquatic skills and good swimming habits stressed.

**Learn to Swim Level 2: Primary Skills**  
(5 – 10 years)

In this class, your child develops stronger skills on the front and back, rotary breathing, arm strokes and kicks.

**Learn to Swim Level 3: Stroke Readiness**  
(5 – 10 years)

Students learn front/back crawl, elementary backstroke, dolphin kick, scissor kick and the fundamentals of treading water.

**Learn to Swim Level 4: Stroke Development**  
(7 – 12 years)

Stroke technique is fine-tuned while improving endurance. This class is a great prerequisite for competitive swimming.

**Adult Swim Lessons**

It’s never too late to learn how to swim! Improve your aquatics skills and learn how to be more comfortable in the water.

### SCHEDULE

<table>
<thead>
<tr>
<th>Level</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent / Tot</td>
<td>5:30-6:30 pm</td>
<td>9:00-9:30 am</td>
</tr>
<tr>
<td>Preschool 1</td>
<td>6:00-6:30 pm</td>
<td>9:30-10:00 am</td>
</tr>
<tr>
<td>Preschool 2 &amp; 3</td>
<td>6:00-6:30 pm</td>
<td>9:30-10:00 am</td>
</tr>
<tr>
<td>Learn to Swim 1</td>
<td>6:30-7:00 pm</td>
<td>10:00-10:30 am</td>
</tr>
<tr>
<td>Learn to Swim 2</td>
<td>6:30-7:00 pm</td>
<td>10:00-10:30 am</td>
</tr>
<tr>
<td>Learn to Swim 3</td>
<td>7:00-7:30 pm</td>
<td>10:30-11:00 am</td>
</tr>
<tr>
<td>Learn to Swim 4</td>
<td>7:00-7:30 pm</td>
<td>11:00-11:30 am</td>
</tr>
<tr>
<td>Adult Beginner</td>
<td>7:30-8:00 pm</td>
<td>11:30-12:00 pm</td>
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</tbody>
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### PRIVATE LESSONS AVAILABLE

Personalized 30-minute swim lessons scheduled at your convenience. Contact Kathy Winters at 513-682-1214 or kawinters@mercy.com to get started.

<table>
<thead>
<tr>
<th>Lesson Type</th>
<th>Per Lesson</th>
<th>10 Lesson Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons (one-on-one)</td>
<td>$23 M / $32 NM</td>
<td>$196 M / $280 NM</td>
</tr>
<tr>
<td>Partner Lessons (2 Participants)</td>
<td>$15 M / $19 NM (per participant)</td>
<td>$135 M / $171 NM (per participant)</td>
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<tr>
<td>Partner Lessons (3 Participants)</td>
<td>$12 M / $15 NM (per participant)</td>
<td>$108 M / $142.50 NM (per participant)</td>
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