



SWIM LESSONS

Start Any Time!

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.

Cost: \$50/month Member, \$75/month Non-Member

513.943.5050
westclermonthhealthplex.com



MERCYHEALTH
HealthPlex

POWERED BY:
**MIDTOWN
HEALTH**

SCHEDULE	Tuesday	Wednesday	Thursday	Saturday
Parent/Child/Infant				
Preschool 0.5				
Preschool 1	5:30-6:00pm		5:30-6:00pm	9:35-10:05am
Preschool 2	6:05-6:35pm		6:05-6:35pm	10:10-10:40am
Preschool 3				10:45-11:15am
Learn to Swim 1			6:40-7:25pm	9:00-9:45am
Learn to Swim 2	6:40-7:25pm			9:45-10:30am
Learn to Swim 3	7:30-8:15pm		7:30-8:15pm	
Learn to Swim 4				
Adult				

CLASS DESCRIPTIONS

Infant/Parent/Child COMBO (6 - 36 months | Warm Water Pool)

Parents learn how to teach their child to swim with a focus on the basics of water comfort, submersion and safety. An adult caregiver is required to be in the water with each child.

Preschool Level 0.5 (30 months - 4 years | Warm Water Pool)

Parent/Child graduates, "Pre-Preschool"

Preschool Level 1: Let's Explore the Pool! (3 - 5 years | Warm Water Pool)

Preschoolers learn water comfort and safety along with basic swim skills.

Preschool Level 2: Look at Me! (3 - 5 years | Warm Water Pool)

Preschoolers continue to get comfortable in the water while working on floating, locomotion, submersion and self-help safety skills.

Preschool Level 3: I Can Do It! (3 - 5 years | Warm Water Pool)

Preschoolers begin to learn independent swimming skills while continuing to focus on water comfort and safety.

Learn to Swim Level 1: Water Exploration (5 - 6 years | Warm Water Pool)

Children learn floating, locomotion, submerging and self-help safety skills.

Learn to Swim Level 2: Primary Skills (5 - 7 years | Warm Water Pool)

Children learn to float without assistance and are introduced to the front and back crawl.

Learn to Swim Level 3: Stroke Readiness (5 - 8 years | Warm Water Pool)

Children learn front and back crawl, elementary backstroke and treading water.

Learn to Swim Level 4: Stroke Development (5 - 10 years | Lap Pool)

Children learn breaststroke, sidestroke and turns while improving technique and endurance.

Adult (13+ years | Warm Water Pool)

USA Swimming Adult Certified Instructors.

Adults learn basic swimming strokes along with proper breathing skills, leg kicks and how to put everything together.