

# SWIM LESSONS

For Ages 6 Months - Adults



## 2020 Group Lessons

Session 1: Jan 11 - Feb 18  
Session 2: Feb 22 - Mar 31  
Session 3: Apr 4 - May 17\*

Session 4: May 30 - Jul 12\*  
Session 5: Jul 18 - Aug 23

Session 6: Sep 19 - Oct 24  
Session 7: Nov 7 - Dec 20\*

*\*No lessons April 11-12, Jul 4-5 & Nov 28-29*

- American Red Cross Learn to Swim Program
- Water introduction to perfecting strokes
- Small class sizes
- Private lessons available by appointment

Cost: \$76 Members, \$96 Non-members

For more information and registration, contact Annie at 513-389-5498 or [amacke@mercyhealthplex.com](mailto:amacke@mercyhealthplex.com).



**MERCYHEALTH**

Queen City HealthPlex

**513.389.5600**

**[mercyhealthplex.com](http://mercyhealthplex.com)**

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Infant/Parent					11:45-12:15pm	9:30-10:00am 10:30-11:00am
Parent/Child					11:15-11:45am	9:30-10:00am 10:30-11:00am
Preschool 1		6:00-6:30pm			9:00-9:30am	10:00-10:30am 12:30-1:00pm
Preschool 2		5:15-5:45pm			9:30-10:00am	11:00-11:30am
Learn to Swim 1		5:45-6:15pm			12:15-12:45pm	11:30-12:00pm
Learn to Swim 2		6:15-6:45pm			12:45-1:15pm	12:00-12:30pm
Learn to Swim 3		6:30-7:00pm			10:45-11:15am	1:00-1:30pm
Sea Cubs				7:15-8:00pm		
Adults				7:00-7:30pm		

*\*Lesson times are subject to change.*

## CLASS DESCRIPTIONS

### Infant/Parent

(6 – 24 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.

### Parent/Child

(2 - 4 years | Warm Water Pool)

Children learn the same swimming skills as Preschool Level 1 with the fun and safety of being with a parent. An adult caregiver is required to be in the water with each child.

### Preschool Level 1: Let's Explore the Pool!

(3 1/2 – 5 years | Warm Water Pool)

Preschoolers learn water comfort and safety and are introduced to basic swim skills including breath control, submersion and buoyancy on the front and back.

### Preschool Level 2: Look at Me!

(3 1/2 – 5 years | Warm Water Pool)

Preschoolers build on the basics and continue to learn with instructor assistance. Independent locomotion and alternating leg and arm action are introduced.

### Learn to Swim Level 1: Water Exploration

(5 – 10 years | Warm Water Pool)

Children learn water safety, breath control, supported floating and are introduced to the front and back crawl. Designed for school-age children who have little water experience.

### Learn to Swim Level 2: Primary Skills

(5 – 11 years | Warm Water Pool)

Children learn to float without assistance and start to develop alternating arm and leg action.

### Learn to Swim Level 3: Stroke Readiness

(5 – 10 years | Warm Water Pool)

Independent swimmers refine their strokes for the front and back crawl and learn rotary breathing, elementary backstroke, dolphin kick, scissor kick and treading water.

### Sea Cubs Developmental Swim Team

(6 – 13 years)

Children learn competitive strokes, safe diving and turns and compete in two swim meets. Participants must be able to swim one lap unassisted. Sea Cubs provides a great transition from swim lessons to swim team.

### Adult

(13+ years | Warm Water Pool)

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

## PRIVATE LESSONS AVAILABLE

Personalized 30-minute swim lessons scheduled at your convenience. Contact Annie Macke at 513-389-5498 or [asmacke@mercy.com](mailto:asmacke@mercy.com) to get started.

	Per Lesson	10 Lesson Package
<b>Private Lessons</b> (one-on-one)	\$24 M / \$33 NM	\$204 M / \$294 NM
<b>Partner Lessons</b> (2 Participants)	\$20 M / \$23 NM (per participant)	\$148 M / \$178 NM (per participant)
<b>Partner Lessons</b> (3 Participants)	\$17 M / \$20 NM (per participant)	\$112 M / \$140 NM (per participant)