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.
### SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Infant/Parent</td>
<td></td>
<td></td>
<td></td>
<td>11:45-12:15pm</td>
<td>9:30-10:00am</td>
<td>10:30-11:00am</td>
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<tr>
<td>Parent/Child</td>
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<td></td>
<td></td>
<td>11:15-11:45am</td>
<td>9:30-10:00am</td>
<td>10:30-11:00am</td>
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<tr>
<td>Preschool 1</td>
<td>6:00-6:30pm</td>
<td></td>
<td>9:00-9:30am</td>
<td>10:00-10:30am</td>
<td>12:30-1:00pm</td>
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<tr>
<td>Preschool 2</td>
<td>5:15-5:45pm</td>
<td></td>
<td>11:00-11:30am</td>
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<tr>
<td>Learn to Swim 1</td>
<td>5:45-6:15pm</td>
<td>12:15-12:45pm</td>
<td>11:30-12:00pm</td>
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<tr>
<td>Learn to Swim 2</td>
<td>6:15-6:45pm</td>
<td>12:45-1:15pm</td>
<td>12:00-12:30pm</td>
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<tr>
<td>Learn to Swim 3</td>
<td>6:30-7:00pm</td>
<td>10:45-11:15am</td>
<td>1:00-1:30pm</td>
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<tr>
<td>Sea Cubs</td>
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<td>7:15-8:00pm</td>
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<tr>
<td>Adults</td>
<td></td>
<td></td>
<td>7:00-7:30pm</td>
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*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 to get started.

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