

# Mercy HealthPlex Sea School

Small classes.  
Giant learning opportunities.



## OUR PHILOSOPHY

We provide a safe and fun environment for children to explore and learn. Swimmers are challenged through structured lessons and guided play. Plus, their milestones are celebrated along the way. Through forward movement and growth, children will learn that they can accomplish great things with confidence and self-esteem.

### Parent/Child Ages 6 months–3 years

Water acclimation and comfort. Parents will 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 his or her child.

### Preschool Ages 3–5 years

**Sea Star Beginner**  
Water acclimation and comfort. Students will learn how to put their faces in the water while blowing bubbles from their nose and mouth. Students will be introduced to freestyle, backstroke, flip swimming as well as floating.

**Sea Horse Intermediate**  
Water safety skills, flip swimming, floating. Students are more comfortable with floating and flip swimming. They begin to independently swim with face in the water and learn to breathe by rolling onto the back. Students in this class will know how to jump into water over their heads and swim back to “safety” (the wall) independently.

**Sea Turtle Advanced**  
Freestyle and backstroke, introduction to elementary backstroke and whip kicks. Students at this level are independent floaters and are comfortable with flip swimming. Students will start to learn whip kicks.

### Learn to Swim Ages 5+

**Angel Fish Beginner**  
Water acclimation and comfort. Students will learn how to put their faces in the water while blowing bubbles from their nose and mouth. Students will also be introduced to freestyle, backstroke, flip swimming as well as floating.

**Betta Fish Intermediate**  
Stroke introduction. Students will continue to work on freestyle, backstroke and become acquainted with the breaststroke, elementary backstroke and butterfly. Students will learn about body positioning and proper stroke technique.

**Clown Fish Intermediate–Advanced**  
Stroke development. Students will work on further stroke development through drills. By

the end of this level, students will know all four competitive strokes. Plus, they will begin to work on flip turns and open turns as well as how to touch the wall on turns and finishes.

**Sea Pups Advanced**  
Stroke refinement. Students will begin to prepare for the swim team or swimming for endurance and enjoyment. Strokes will be refined through drills and sets. Students will swim laps while working on flip turns and open turns. Participants should have a strong knowledge of the strokes and be ready to join the swim team, if they choose, at the end of this level.

### Adults Ages 18+

Water safety to lap swimming. Adult lessons will cover everything from becoming comfortable in the water to stroke development. Learn how your body works in the water, improve technique or gain confidence swimming laps.

Private and group lessons  
available.

Contact us at [meoinquiry@mercyhealthplex.com](mailto:meoinquiry@mercyhealthplex.com)  
or 513-942-7539 to get started with a private  
placement session.

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



**MERCYHEALTH**  
HealthPlex