Learn to Swim
Winter 2016

Certified and experienced Water Safety Instructors teach the American Red Cross Learn to Swim Program for ages 6 months through adults.

**Group Lessons**

<table>
<thead>
<tr>
<th>Session Dates</th>
<th>6-Week Session</th>
<th>7-Week Session</th>
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</thead>
<tbody>
<tr>
<td>January 11 - February 21</td>
<td>$72 M, $102 NM</td>
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<tr>
<td>February 22 – April 10</td>
<td>$72 M, $102 NM (No Classes March 21-27 Spring Break)</td>
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<tr>
<td>April 11 – May 29</td>
<td>$84 M, $120 NM (No Classes Sunday May 8th Mother's Day prorated)</td>
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### Parent/Infant

- **Sat or Sun**: 11:00-11:30 am

### Parent/Child

- **Sat**: 11:30-12:00 pm
- **Sun**: 10:30-11:00 am

### Infant/Parent/Child Combo

- **Mon**
  - 5:30-6:00 pm
- **Tue**
  - 9:00-9:30 am
- **Tue**
  - 6:30-7:00 pm
- **Wed**
  - 9:30-10:00 am
- **Thu**
  - 5:00-5:30 pm

### Preschool Level 1

- **Mon**, **Tue**, **Thu**, **Sat**: 9:30-10:00 am
- **Tue**: 5:00-5:30 pm
- **Wed**: 10:00-10:30 am
- **Thu**: 6:30-7:00 pm
- **Fri**: 10:30-11:00 am
- **Sun**: 12:00-12:30 pm

### Preschool Level 2

- **Mon**, **Tue**, **Thu**, **Fri**, **Sat**: 10:00-10:30 am
- **Tue**: 5:30-6:00 pm
- **Wed**: 10:30-11:00 am
- **Thu**: 6:00-6:30 pm
- **Sun**: 11:30-12:00 pm

### Preschool Level 3

- **Mon**, **Tue**, **Thu**, **Sat**: 10:30-11:00 am
- **Tue**: 6:00-6:30 pm
- **Thu**: 5:30-6:00 pm
- **Fri**: 9:30-10:00 am
- **Sat**: 10:30-11 am
- **Sun**: 11:00-11:30 pm

### Learn to Swim Level 1

- **Mon**, **Tue**, **Thu**, **Sat**: 10:00-10:30 am
- **Tue**: 5:30-6:00 pm
- **Wed**: 10:30-11:00 am
- **Thu**: 6:00-6:30 pm
- **Fri**: 10:30-11:00 am
- **Sat**: 10:45-11:15 am
- **Sun**: 12:00-12:30 pm

### Learn to Swim Level 2

- **Mon**: 4:30-5:00 pm
- **Tue**, **Wed** or **Thu**: 5:30-6:00 pm
- **Sat**: 10:15-10:45 am
- **Sun**: 11:30-12:00 pm

### Learn to Swim Level 3

- **Tue**: 6:00-6:30 pm
- **Wed**: 4:30-5:00 pm
- **Thu**: 5:00-5:30 pm
- **Sat**: 9:45-10:15 am
- **Sun**: 12:00-12:30 pm

### Learn to Swim Level 4

- **Tue or Thu**: 6:00-6:30 pm
- **Sat**: 9:00-9:45 am
- **Sun**: 12:00-12:30 pm

### Learn to Swim Level 5 Sea Cubs

- **Tue and Thu**: 6:15-7:00 pm
- **Sat**: 9:00-9:45 am

### Learn to Swim Adult: Primary Skills

- **Mon**: 5:15-6:00 pm
- **Fri**: 9:45-10:30 am

### Learn to Swim Adult Stroke Development/Refinement

- **Mon**: 6:00-6:45 pm
- **Fri**: 9:00-9:45 am

**Private Lessons** – Personalized 30-minute lessons scheduled at your convenience.

- **Private or Adaptive Lessons (1 Participant)**: $23 M / $35 NM for 1 Session; $196 M / $279 NM for 10 Sessions
- **Semi-Private Lessons (2 Participants)**: $17 M / $22 NM for 1 Session; $123 M / $166 NM for 10 Sessions
- **Semi-Private Lessons (3 Participants)**: $12 M / $15 NM for 1 Session; $82 M / $112 NM for 10 Sessions

Get started today! **Sign up for swim lessons at the Front Desk or call 513-624-1871.**

For more information about the Learn to Swim Program, contact Swim Lesson Coordinator, Sarah Davis, at 513-624-1886 or sarahdavis@mercy.com.
Learn to Swim Class Descriptions

**Infant/Parent (6 – 24 months)**
We teach parents how to teach their child to swim. This class introduces the basics of water comfort, fun, water submersion and safety. Classes are held in the warm water pool. An adult caregiver is required to be in the water with each child.

**Parent/Child (2 – 4 years)**
This level is for children who are ready to learn swimming skills but not ready to leave their caregiver. We teach the same skills as Preschool Level 1 but with the fun and safety of being with a parent. Prepares your child for a smooth transition into group lessons. Classes are held in the warm water pool. An adult caregiver is required to be in the water with each child.

**Infant/Parent/Child COMBO (6 – 36 months)**
We teach parents how to teach their child to swim. This class introduces the basics of water comfort, fun, water submersion and safety. Classes are held in the warm water pool. An adult caregiver is required to be in the water with each child.

**Preschool Level 1: Let’s Explore the Pool! (3 – 5 years)**
For children who are ready to learn swimming skills in a group setting. Designed to help preschoolers feel comfortable in the water with a focus on safety and basic swim skills. Taught in the warm water pool.

**Preschool Level 2: Look at Me! (3 – 5 years)**
This class continues to let children get comfortable in the water in a group setting. Children work on floating, locomotion, submerging and self-help safety skills. Taught in the warm water pool.

**Preschool Level 3: I Can Do It! (3 – 5 years)**
For children who are ready to learn independent swimming skills in a group setting. Designed to help preschoolers be independent swimmers and feel comfortable in the water with a focus on safety and the basic swim skills. Taught in the warm water pool.

**Learn to Swim Level 1: Water Exploration (5 – 6 years)**
This class helps children get comfortable in the water learning floating, locomotion, submerging, and self-help safety skills. Taught in the warm water pool.

**Learn to Swim Level 2: Primary Skills (5 – 7 years)**
Students learn to float without assistance, locomotion, self-help safety skills and are introduced to front and back crawl. Taught in the warm water pool.

**Learn to Swim Level 3: Stroke Readiness (5 – 8 years)**
Students learn front/back crawl, elementary backstroke and treading water. Taught in the warm water pool.

**Learn to Swim Level 4: Stroke Development (5 – 10 years)**
Stroke technique is improved as well as endurance. The breaststroke, sidestroke and turns will be taught. Taught in the lap pool.

**Learn to Swim Level 5: Sea Cubs Jr. Swim Team (5 – 12 years)**
Each child will learn competitive strokes, safe diving and turns, and compete in an intra-squad swim meet with ribbons. For more information contact the aquatics manager. Taught in the lap pool.

**Beginning Adults (13 years and over)**
It’s never too late to learn to swim! Any adult looking for basic swimming and water safety skills is welcome in this class.

**Intermediate/Advanced Adults (13 years and over)**
If you already have basic front and back strokes, you can improve your technique, learn new skills, and work on your fitness in this class. Participants must be able to swim at least one stroke on the front and one stroke on the back, 25 yards each.

*No make-ups or refunds for missed group swim lessons.*