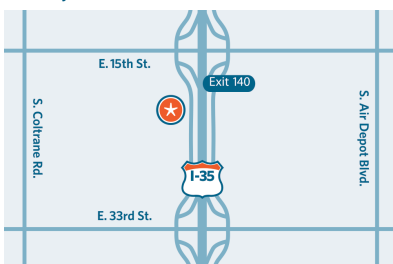




Registration open
between April 17 and
May 31. Classes begin
May 15.



Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
Mercyfitness.net



Adult Learn-to-Swim

The adult Learn-to-Swim classes offered by Mercy Fitness Center are designed to address the unique needs of non-swimmers and those seeking to improve their skills.

Learn-to-Swim: Beginner

Anyone who can't float, is nervous about putting their face in the water, or struggles with floating will join the beginner class. This 8-week, once a week class, is held in the Exercise Pool and includes a pre- and post-skill assessments.

Learn-to-Swim: Intermediate

This 8-week, once a week class is designed to address the concerns of any adult who can swim, but is not confident in the water. This class is taught in the Lap Pool and focuses on basic skill development, including all 4 main strokes, stroke refinement for freestyle and backstroke, drill and endurance introductions. Includes pre- and post-skill assessments.

Each class is 30 minutes with several class times available each week.*
There are 5 adults to 1 instructor in each class. Open to both members and non-members.

**Must attend same class day/time each week. Makeup classes will take place after 8-week session concludes. No classes offered the week of Memorial Day or 4th of July.*