

## February Aquatic Programs

Mercy Fitness Center is the only fitness center in Oklahoma offering Medical Fitness Association integrated classes. Our instructors are all First Aid, CPR and American Red Cross certified. This curriculum has been awarded *Aquatics International 2015 Targeted Program of the Year*. Class registration opens on the 15<sup>th</sup> of each month for the following month, and classes begin on the 1<sup>st</sup> and end on the last day of the month. Last Friday of the month will be for make-up session and these will need to be scheduled through your instructor. Sign up today!

Day	Time	Class Name	Price	Pool
Monday	11:30 a.m. – 12:20 p.m.	Aqua Pilates: Class 1	M - \$45 / NM - \$65	Group Exercise
Mon./Wed.	6:15 a.m. – 7 a.m.	Swim Fit	M – \$70 / NM – \$85	Lap Pool
Mon./Wed.	8:15 a.m. – 8:45 a.m.	Aqua Babies Level 1: Class 1	M – \$60 / NM – \$80	Group Exercise
Mon./Wed.	8:45 a.m. – 9:15 a.m.	Aqua Babies Level 2: Class 1	M – \$60 / NM – \$80	Group Exercise
Mon./Wed.	5 p.m. – 5:30 p.m.	Adult Learn-to-Swim Level 1: Class 1	M – \$70 / NM – \$85	Group Exercise
Mon./Thur.	6:30 p.m. – 7:15 p.m.	TRI-Swim	M – \$80 / NM – \$95	Lap Pool
Wednesday	6:30 p.m. – 7:20 p.m.	Ai Chi: Class 1	M - \$45 / NM - \$65	Group Exercise
Tuesday	6 p.m. – 6:50 p.m.	Intro to Aqua Pilates	M – \$55 / NM – \$70	Group Exercise
Tuesday	8:15 a.m. – 8:45 a.m.	Adult Learn-to-Swim Level 1: Class 2	M - \$70 / NM - \$90	Group Exercise
Tue./Thu.	3:30 p.m. – 4 p.m.	Aqua Babies Level 1: Class 2	M – \$60 / NM – \$80	Group Exercise
Tue./Thu.	4 p.m. – 4:30 p.m.	Kids’ Learn-to-Swim Level 1: Class 1	M – \$70 / NM – \$90	Group Exercise
Tue./Thu.	4:30 p.m. – 5 p.m.	Kids’ Learn-to-Swim Level 2: Class 1	M – \$70 / NM – \$90	Group Exercise
Thursday	6:30 p.m. – 7:20 p.m.	Ai Chi: Class 2	M - \$45 / NM - \$65	Group Exercise
Saturday	9 a.m. – 9:50 a.m.	Water Walking for Wellness	M - \$45 / NM - \$45	Group Exercise
Saturday	10 a.m. – 10:50 a.m.	Aqua Pilates: Class 2	M - \$45 / NM - \$65	Group Exercise
Saturday	1 p.m. – 1:30 p.m.	Kids Learn-to-Swim Level 1: Class 2	M - \$35 / NM - \$50	Group Exercise
Saturday	1:30 p.m. – 2 p.m.	Kids Learn-to-Swim Level 2: Class 2	M - \$35 / NM - \$50	Group Exercise
Saturday	2 p.m. – 2:30 p.m.	Aqua Babies Level 1: Class 3	M - \$30 / NM - \$45	Group Exercise
Saturday	2:30 p.m. – 3 p.m.	Aqua Babies Level 2: Class 2	M - \$30 / NM - \$45	Group Exercise

## Class Descriptions

**Adult Learn-to-Swim** is offered in progressive levels, 1 – 3. From the non-swimmer (Level 1), to the nearly competitive swimmer (Level 3), the instructor will teach the participant everything from proper breathing techniques to different swimming strokes.

**Kids' Learn-to-Swim: Level 1** is designed for any child who is 3 or 4 years old. Our certified instructors teach children how to blow bubbles, float on their backs, and basic arm and leg movements of the freestyle stroke. This class addresses confidence, skill and coordination in the water.

**Kids' Learn-to-Swim: Level 2** is designed for any child who is 4 to 6 years old and is comfortable in the water, including going underwater. This class is designed for the child who is not yet able to swim or play unattended in the water.

**Kids' Learn-to-Swim: Level 3** is for children 4 to 6 years old who can swim independently and are ready to learn the basics of all four competitive strokes. Graduates will be able to swim freestyle with rollovers for 15 yards and demonstrate side swimming, elementary backstroke, dolphin kicks and breaststroke kicks.

**Kids' Learn-to-Swim: Level 4** is for children 7 and older who can continuously swim 25 meters. Our certified swim coaches will focus on stroke refinement and endurance while using the freestyle, backstroke, breaststroke and butterfly.

**Aqua Babies: Level 1** is for ages 6 months to 3 years and gives baby an early start, keeping parents in the water. Level 1 provides a fun and engaging way to introduce water skills. **Level 2** instruction helps increase the child's comfort level in the water so they become independent swimmers, but does not separate the parent and child.

**Swim Fit** is appropriate for any swimmer who can safely swim 100 meters in the pool without stopping (regardless of stroke). The class focus is on improving efficiency with the goal of encouraging participants to swim for exercise as part of their membership and to support overall health.

**TRI-Swim** will improve breathing efficiency and timing, stroke and kicking technique, and your speed in the water. It's great for any competitive swimmer.

**The month of February, we will offer FREE 20 minute demos of a variety of unique aquatic programs and services. See flyer for details.  
Contact Amber Hunter at 405-757-3315 to schedule a day and time.**