

NEWS RELEASE



FOR IMMEDIATE RELEASE

Contact: Nanette Bentley

513-952-4713, NBentley@mercy.com

Mercy Health – Cincinnati’s HealthPlex Swimming Lessons Receive Gold Level Recognition from American Red Cross

(CINCINNATI; May 2, 2018) – Mercy Health – Cincinnati, which provides advanced, compassionate, quality care in your neighborhood through its care network, announces that the American Red Cross recently recognized the HealthPlexes as a 2017 Gold Level swim lesson provider.

The HealthPlexes are among the top aquatic facilities in Ohio and their instructors provide more than 1,000 high quality swim lessons in convenient locations annually. The HealthPlexes are active members of the American Red Cross Learn-to-Swim program – a nationwide community of industry experts who provide swimming and water safety classes.

People of all abilities and ages six months through adulthood can participate in the HealthPlex swim programs.

Lessons are available in either group format with low student-to-instructor ratios or privately in one-on-one sessions with experienced and certified Water Safety Instructors. Many of these instructors are former competitive swimmers.

Top reasons for learning swim techniques at any age:

- It is essential for your safety around water
- It can help you rescue others from drowning
- It is a low-impact sport that provides a full body workout
- It is beneficial for your metabolism and cardiovascular system
- It can help you feel simultaneously relaxed and physically fit

HealthPlex Learn-to-Swim classes are offered in the following locations:

[Mercy Health – Anderson HealthPlex](#)

7495 State Road, Cincinnati, OH 45255
513-624-1871

[Mercy Health – Fairfield HealthPlex](#)

3050 Mack Road, Fairfield, OH 45014
513-682-1212

[Mercy Health – Queen City HealthPlex](#)

3131 Queen City Ave., Cincinnati, OH 45238
513-389-5600

[Mercy Health – West Clermont HealthPlex](#)

4104 Bach-Buxton Road, Batavia, OH 45103

513-943-5050

For specific questions about local HealthPlex swim lessons and prices, call 513-942-PLEX.

American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

Mercy Health - Cincinnati makes advanced, compassionate, quality healthcare easy to help you be well in mind, body and spirit. Mercy Health – Cincinnati has been serving Greater Cincinnati for more than 160 years and provides an integrated network of leading physicians, compassionate caregivers, comprehensive services and exceptional care at more than 180 locations across the region. The Mercy Health – Cincinnati network of care includes five award-winning hospitals, senior living communities, primary care and specialty physician practices, outpatient centers, fitness centers and a variety of outreach programs. Mercy Health - Cincinnati hospitals have earned national Truven Health Analytics' 100 Top Hospitals honors more times than all other Cincinnati hospitals combined, placing them among the best hospitals in the nation. Truven has also named Mercy Health - Cincinnati as one of the nation's Top 15 health systems four times, more than any other health system in Cincinnati. Mercy Health – Cincinnati is part of Mercy Health, the largest health system in Ohio and fourth largest employer. To learn more visit, mercy.com and engage in the conversation via Mercy Health - Cincinnati's social media channels (@mercy_health on Twitter and Mercy Health - Cincinnati on Facebook).

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