

# **SWIM LESSONS**™

We build strong kids, strong families, strong communities.

## **Summer/Fall 2010 T. Boone Pickens YMCA Adult/Teen Group Lessons Ages 13 and Up Only**

<b>Thursdays</b> (4 lessons) Cost \$35 Members \$80 Activity Members Time: 6:00 – 6:45 PM	<b>Saturdays</b> (4 lessons) Cost \$35 Members \$80 Activity Members Time: 9:00 – 9:45 AM
May 6 - 27	May 8 – 29
June 3 – 24	June 5 – 26
July 1 – 22	July 10 – 31
August 5 – 26	August 7 – 28
September 2 – 23	September 4 – 25
October 7 – 28	October 2 – 23
November 4 - 25	

Registration form and payment must be received at least one week prior to lesson start date. There must be a minimum of 3 participants; if the minimum is not met, classes will be canceled.

**Financial Aid may be available**

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.

T. Boone Pickens YMCA \* 601 N. Akard St, Dallas, TX 75201 \* 214-954-0500 \* [www.tboonepickensymca.org](http://www.tboonepickensymca.org)

## ADULT/TEEN SWIM LESSON CLASS DESCRIPTION:

**Adult/Teen (13 years and up)**

**Max of 8 participants/3 minimum**

The YMCA offers aquatic programs for all ages and abilities in a fun and safe environment. Class sizes are determined by safety factors and age of participants, and are closely monitored to ensure safety. All YMCA Aquatics classes are taught by accredited instructors.

Classes are designed to meet the specific needs of adults who want to learn the basics of swimming as well as those who want to improve their strokes or endurance in the water.

*Thank you for choosing the T. Boone Pickens YMCA Swimming Lesson Program. If at any time you have questions or concerns, please feel free to call me at 972-560-3888 or email me at [bdance@ymcadallas.org](mailto:bdance@ymcadallas.org).*

*Thank you,*

*Bradley Dance, Aquatics Director  
T. Boone Pickens YMCA*

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### 2010 Adult/Teen Swimming Lessons

Complete form and return with payment to the 3<sup>rd</sup> floor Welcome Center or mail to:  
**T. Boone Pickens YMCA, Attn: Program Office 601 N. Akard, Dallas, TX 75201**  
**Phone 972-560-3879 Fax 214-953-0632 [www.tboonepickensymca.org](http://www.tboonepickensymca.org)**

***Please note: Form and payment due at least a week before class start!***

Name: \_\_\_\_\_ Level (Please check) \_\_\_ Beg \_\_\_ Int

Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address, City & Zip: \_\_\_\_\_

Start Day & Date \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

Day Phone(s) \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

By my signature, and of my free will, I do hereby agree to indemnify and save harmless the YMCA of Metropolitan Dallas from any and all claims or demands, costs or expenses arising out of injuries, damages or other losses, whether personal or property, sustained by me or any party to whom I am responsible. I hereby irrevocably release, consent and allow the YMCA Of Metropolitan Dallas to use my/our photographs/likeness, as it pertains to my/our participation with the YMCA, in any manner for promotional efforts without expectation of any reimbursement in connection with its use.

Signature \_\_\_\_\_

Parent's signature if participant is a minor

Name (Please print) \_\_\_\_\_