

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Summer/Fall 2010 T. Boone Pickens YMCA Children's Group Lessons

Please choose appropriate class & fill out registration form on back of this sheet.

Preschool: Pike, Eel, Ray (3-5 years)
Youth: Polliwog, Guppy, Minnow (6-12 years)

Tues/Thurs (8 lessons) Preschool – Pike, Eel, Ray (Combined) Time: 6:00 - 6:30 PM Youth – Polliwog, Guppy, Minnow (Combined) Time: 6:35 – 7:05 PM Cost: \$50 Members / \$115 Activity Members	Saturdays (4 lessons) Preschool: Pike, Eel or Ray (Separate) Time: 10:35-11:05 AM Youth: Polliwog, Guppy or Minnow (Separate) Time: 10:00 – 10:30 AM Cost: \$35 Members / \$80 Activity Members
May 4 - 27	May 8 - 29
	June 5 - 28
	July 10 – 31
September 7 – 30	August 7 – 28
October 5 – 28	September 4 – 25
Nov. 2 – Dec. 2 (<i>No classes Thanksgiving week</i>)	October 2 - 23

Summer Weekday Classes:

Monday – Thursday (8 lessons) Preschool – Pike, Eel, Ray (Combined) Youth – Polliwog, Guppy, Minnow (Combined) Time: 6:00 – 6:30 PM Cost: \$50 Members / \$115 Activity Member
Session 1: June 7 – 17
Session 2: June 21 – July 1
Session 3: July 5 – 15
Session 4: July 19 – 29
Session 4: August 2 - 12

Registration form and payment must be received at least one week prior to the first day of each session.

There must be a minimum of 3 participants per class; classes may be combined or canceled if the minimum is not met.

T. Boone Pickens YMCA * 601 N. Akard St., Dallas, TX 75201 * 214-954-0500 * www.tboonepickensymca.org

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.

CHILDREN'S SWIM LESSON CLASS DESCRIPTIONS:

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.

Preschool: Pike (Beginner 3-5 Years)

Max of 4 Participants/3 Minimum

For children with no previous experience. To pass to the next level they must swim independently 5 feet or more.

Preschool: Eel (Advanced Beginner 3 – 5 Years)

Max of 4 Participants/3 Minimum

Advanced beginner class. For children who are comfortable in the water and can swim independently 5 feet or more. To pass to the next level they must swim on their front and back 15 feet.

Preschool: Ray (Intermediate 3 – 5 Years)

Max of 4 Participants/3 Minimum

Children review previously learned skills, improve stroke skills, build endurance and learn to tread water.

Youth: Polliwog (Beginner 6-12 Years)

Max of 4 Participants/3 Minimum

Beginner level for children 6 years and up. To pass to the next level they must be able to swim 5 – 10 feet on their own.

Youth: Guppy (Intermediate Beginner 6 – 12 Years)

Max of 6 Participants/3 Minimum

This advanced beginner class reinforces the Pike skills. It is for children who are comfortable in the water and can swim independently 5 feet or more. To pass to the next level they must swim on their front and back 15 feet.

Youth: Minnow (Advanced Beginner 6 – 12 Years)

Max of 6 Participants/3 Minimum

Initial intermediate level. Children learn the crawl with side breathing, backstroke, elementary back, breaststroke and sidestroke. Basic diving is taught at this level. To pass they must master all skills.

Dear Parents,

Thank you for choosing the T. Boone Pickens YMCA Swimming Lesson Program. If at any time you have any questions or concerns, please feel free to call me at 972-560-3888 or e-mail me at bdance@ymcadallas.org.

Thank You,
Bradley Dance, Aquatic Director
T. Boone Pickens YMCA

2010 Children's Swimming Lessons

Complete form and return with payment to the 3rd 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
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: _____

Please Check Appropriate Box: Pike Eel Ray Polliwog Guppy Minnow

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 Name (Please Print) _____