



# Texas Swing Out!



**Saturdays, September 4-25, 2:00 PM**  
**T. Boone Pickens YMCA**

Texas Swing Out! is a 4 week coordinated dance class that can be taken without a partner. You will learn basic steps and burn tons of calories at the same time! You will see your legs, abs and entire body tone up after just a couple of weeks!

**Instructor: Rod Hicks**

**\$20 YMCA members/\$40 Activity members**

*Register early—class size is limited! Deadline Thursday, September 2nd*

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**9/4-25/10 TEXAS SWING OUT! REGISTRATION FORM**

Please turn registration form and payment in to the Welcome Center on the 3rd floor or mail to:  
T. Boone Pickens YMCA Attn: Program Office  
601 N. Akard, Dallas, TX 75201 Fax 214-953-0632

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

E-mail 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.

Signature \_\_\_\_\_



**YMCA Mission Statement**

To put Christian values into practice through programs that build healthy spirit, mind and body for all.