



Group Swim Lessons

SUMMER 2009

Session Dates & Times

Parent/Child—Little Fish

Ages: 6 months – 3 years

Mini Session 1: May 25th – May 28th (Mon - Thurs)

Evening Time: 6:30p – 7p

Mini Session 2: June 1st – June 4th (Mon - Thurs)

Evening Time: 6:30p – 7p

Session 1: June 8th – 18th (Mon - Thurs/2 Weeks)

Morning Times: 11:30a – 12:00p

Evening Times: 6:30p – 7p

Session 2: June 22nd – July 2nd (Mon - Thurs/2 Weeks)

Morning Times: 11:30a – 12:00p

Evening Times: 6:30p – 7p

Session 3: July 6th – 16th (Mon-Thurs/2 Weeks)

Morning Times: 11:30a – 12:00p

Evening Times: 6:30p – 7p

Session 4: July 20th – 30th (Mon - Thurs/2 Weeks)

Morning Times: 11:30a – 12:00p

Evening Times: 6:30p – 7p

Session 5: August 3rd – 13th (Mon - Thurs/2 Weeks)

Morning Times: 11:30a – 12:00p

Evening Times: 6:30p – 7p

Mini Session 3: August 17th – 20th (Mon - Thurs)

Evening Times: 6:30p – 7p

Mini Session 4: August 24th – 27th (Mon - Thurs)

Evening Times: 6:30p – 7p

Preschool & Youth

Ages 3 and up

Mini Session 1: May 25th – May 28th (Mon - Thurs)

Evening Time: 6:30p – 7p

Mini Session 2: June 1st – June 4th (Mon - Thurs)

Evening Time: 6:30p – 7p

Session 1: June 8th – 18th (Mon - Thurs/2 Weeks)

Mornings Times: 9:15a – 9:55a, 11:30a – 12:10p,

Evening Times: 5:00 – 5:40p, 5:45p – 6:25p, 6:30p – 7:15p

Session 2: June 22nd – July 2nd (Mon - Thurs/2 Weeks)

Mornings Times: 9:15a – 9:55a, 11:30a – 12:10p,

Evening Times: 5:00 – 5:40p, 5:45p – 6:25p, 6:30p – 7:15p

Session 3: July 6th – 16th (Mon-Thurs/2 Weeks)

Mornings Times: 9:15a – 9:55a, 11:30a – 12:10p,

Evening Times: 5:00 – 5:40p, 5:45p – 6:25p, 6:30p – 7:15p

Session 4: July 20th – 30th (Mon - Thurs/2 Weeks)

Mornings Times: 9:15a – 9:55a, 11:30a – 12:10p,

Evening Times: 5:00 – 5:40p, 5:45p – 6:25p, 6:30p – 7:15p

Session 5: August 3rd – 13th (Mon - Thurs/2 Weeks)

Mornings Times: 9:15a – 9:55a, 11:30a – 12:10p,

Evening Times: 5:00 – 5:40p, 5:45p – 6:25p, 6:30p – 7:15p

Mini Session 3: August 17th – 20th (Mon - Thurs)

Evening Times: 6:30p – 7p

Mini Session 4: August 24th – 27th (Mon - Thurs)

Evening Times: 6:30p – 7p

Preschool & Youth Saturday Classes

Session 1: June 6th, June 13th, June 20th, June 27th (Saturdays)

Time: 9:15a – 9:55a

Session 2: July 11th, July 18th, July 25th, August 1st (Saturdays)

Time: 9:15a – 9:55a

Weekday Classes (8 Lessons)
\$35 – Family Member
\$65 – Program Member
\$105 – Community Participant

Mini Sessions (4 Lessons)
\$18 – Family Member
\$33 – Program Member
\$53 – Community Participant

Weekend Classes (4 Lessons)
\$18 – Family Member
\$33 – Program Member
\$53 – Community Participant

**For More Information Contact Aquatics Director,
 Daniel Taylor at 214-954-0500 ext. 4804**

Parent/Child Lessons
Ages 6 months - 3 Years

Our Parent-Child program incorporates the use of songs and games to promote confidence in the water. The program also teaches basic water and pool safety to the parents in the class. Because the parents are in the water with the children, the program is unique for all participants.

Little Fish Lessons
Ages 2 - 3 Years

Our Little Fish program is a parent taught class but is for those children who are now comfortable in the water and are ready to learn how to swim. This is a bridge class before preschool swim lessons to ready them for actual swim instruction.

Preschool Lessons
Ages 3 - 5 Years

Levels: *Pike, Eel, Ray and Starfish.* Beginner level starts with Pike for those children that have never swam or have taken swim lessons before. Eel and Ray levels are for children who are comfortable in the water and can swim with assistance. The Starfish level is the most advanced for preschool lessons and is for children who can swim without assistance.

Youth Lessons
Ages 6 and up

Beginner - Intermediate Levels: *Polliwog, Guppy and Minnow.* Beginner level starts with Polliwog for those children who have limited experience in the water. Guppy and Minnow levels are for children who can swim without assistance using front and back stroke.

Intermediate - Advanced Levels: *Fish, Flying Fish and Shark.* Fish and Flying Fish levels are for children who are becoming competent swimmers and are ready to work on stroke development. Shark level prepares children for advanced swimming skills required for competitive swimming.

2009 Children's Swimming Lessons

Complete form and return with payment to the Welcome Center.

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 Dates, Days & Time _____ Fee Enclosed _____

Please Check Appropriate Box: Parent/Child Little Fish Pike Eel Ray Starfish
Polliwog Guppy Minnow Fish Flying Fish Shark

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) _____

Day Phone(s): _____ Evening Phone: _____

Email Address: _____