



## YMCA COOL DAYS!

The YMCA is your headquarters for summer fun!! This year is more exciting than ever. You can swim, get the kids in camp or a sports clinic or gather as a family for family nights and more. Plus, you'll enjoy "Cool Days" savings at places like:

- Speed Zone
- Texas Rangers Games
- Adventure Landing
- Studio Movie Grill
- And Many More!!!

"Cool Days" discounts begin May 1st and are exclusively for YMCA Members.

Ask the Welcome Center about Membership options.

## SUMMER DAY CAMP

Under NEW! Management

Check out all of the **COOL** summer fun we have planned...  
Field Trips and Theme Weeks

### Camp Units

Discovery Unit, Ages 3-5  
Explorer Unit, Ages 5-8  
Frontier Unit, Ages 9-12

See inside for more details.

Did you know we offer

## Parents Night Out

every 3rd Friday??  
6:30-11:00pm

Please pre-register.

Dates, times, and fees are subject to change.

let us nurture your child in summer day camp

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## SPORTS

### Summer CAMPS

Volleyball  
Basketball  
Soccer  
Cheerleading  
Gymnastics

## Community CLASSES

A variety of Community Classes  
will be offered this summer:

Babysitting Classes  
CPR Classes  
Lifeguarding Classes  
Nutritional Classes  
and more...

Please contact the Welcome Center  
for more details at 214.328.3849

## AQUATICS

### **Pool Opens**

**Saturday, May 23rd, 2009  
Community Day!**

### Swim Lessons

#### Mini-Session

#### All Levels (Parent/Child, Preschool, Youth)

Mini Session 1 5/25 - 5/28  
Mini Session 2 6/01 - 6/04  
Mini Session 3 8/17 - 8/20  
Mini Session 4 8/24 - 8/27

\*Lesson start time: 6:30pm

#### Two-Week Sessions

##### Preschool/Youth Levels

Session 1 6/08 - 6/18  
Session 2 6/22 - 7/02  
Session 3 7/06 - 7/16  
Session 4 7/20 - 7/30  
Session 5 8/03 - 8/13

\*Lesson start times:

9:15am, 11:30am, 5:00pm, 5:45pm, 6:30pm

#### Parent-Child/Little Fish

Session 1 6/08 - 6/18  
Session 2 6/22 - 7/02  
Session 3 7/06 - 7/16  
Session 4 7/20 - 7/30  
Session 5 8/03 - 8/13

\*Lesson start times: 11:30am or 6:30pm

### Piranha's Swim Team

**Ages 6-18**

**Season Dates: 5/25/09 - 7/30/09**

## DAY CAMP

### **New Camp Director!!**

\* First Week of Camp \*

June 8 th-12th  
(1-week session only)

#### 2-Week Camp Sessions

Beginning June 15th-Aug 21st

Monday-Friday

8:30 am-4:30 pm

Pre-Care begins 7:30 am & Post-Care ends 6:00 pm  
at no additional cost

Boys & Girls Ages 3-12

#### \*2 Week Session Costs:

1-time Registration Fee: \$35/child

**\$240.00 Family Members**

**\$290.00 Program Members**

Weekly Camp Themes and  
Schedules will be published as we  
are partnering with House of Blues,  
Dallas Museum of Art, Texas  
Discovery Gardens, REI,  
and many more!

For more details visit our website  
[www.whiterockymca.org](http://www.whiterockymca.org)

## FITNESS

### **Kid Fit Class**

**\*\* Free!! \*\***

For Gold-Level Family Members

Boys and Girls ages 7-12 year  
Monday through Friday  
9:30 am – 11:30 am

A fun class for kids! They are active  
while their parents are exercising,  
too. Kid Fit is designed to keep the  
kids moving using their large  
muscle groups and developing their  
motor skills through cardio games  
and challenges.

### Gymnastics

**Camps and Lessons**

### Family Open Swim

Monday-Thursday 2:30 pm-4:45 pm  
Friday 2:30 pm-7:15 pm  
Saturday 11:00 am-4:45 pm  
Sunday 1:00 pm-4:45 pm

### **And more!**

**\*Financial Assistance and Income  
Based Membership available**

All events, dates, times, and fees are  
subject to change.