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

Financial assistance available.
Family Swim
Under age 16 must be accompanied by a parent or adult guardian in the pool area at all times. Children under age 8 must be accompanied and supervised by a parent in the water. Swim test required for all children under age 16.

Aquatic Group-Exercise
Formerly known as Water Aerobics

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>6:15 P - 7:00 P</td>
<td>DeLo</td>
</tr>
</tbody>
</table>

Adult Group Swim Lessons
So you’ve gone this long in life without learning to swim? We’ve got you covered.
Register online or in person at our Member Services Desk

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>6:00 P - 6:45 P</td>
<td>$65 M / $115 NM</td>
</tr>
<tr>
<td>Saturdays</td>
<td>9:00 A - 9:45 A</td>
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</tr>
</tbody>
</table>

Each session consists of 4 x 45 minute lessons

Youth Group Swim Lessons
(ages 3-12)
From beginner to team-ready, we have lessons perfect for your child taught by highly trained instructors!
Register online or in person at our Member Services Desk

**BASICS:** Acclimation, Movement, Stamina

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<thead>
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<tr>
<td>Mon-Thurs</td>
<td>6:00 P - 6:30 P</td>
<td>$75 M / $130 NM</td>
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<td>10:00 A - 10:30 A</td>
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Session consists of 8 x 30 minute lessons

**STROKES:** Introduction, Development, Mechanics
Advanced intermediate to competitive

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Session consists of 8 x 30 minute lessons

See Swim Lesson Flyer for more information

Private Swim Lessons
So one-on-one is more your thing? Let’s make it happen!
Request form available at the Member Services desk

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<tr>
<th>Package</th>
<th>No. of Lessons</th>
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<tbody>
<tr>
<td>Test the waters</td>
<td>1</td>
<td>$50 M / $50 NM</td>
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<tr>
<td>Short stack</td>
<td>4</td>
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<td>The long haul</td>
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Lessons are 30 minutes each

Semi-Private Swim Lessons
Sharing is caring!
Random pairings don’t work.
You must register two participants of the relative same age and swim ability to ensure the best lessons possible.
Request form available at the Member Services desk

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<td>Double Dip</td>
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Lessons are 30 minutes each

Text to: 81010
Welcome to T. Boone Pickens YMCA pool notifications!

Reduce Dallas drownings by becoming a lifeguard/swim instructor for SAFETY AROUND WATER

Pool Manager
Wren Bledsoe
wbledsoe@ymcadallas.org
214.954.0500 x1575

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

Financial assistance available.

DON’T KNOW YOUR CHILD’S SWIM LEVEL?

FREE ASSESSMENTS: SAT 11:30a-12:30p
Sign up online @ tboonepickensymca.org
SUMMER 2018 SWIM LESSON INFORMATION

Adult Group Lessons (age 13+)
So you’ve gone this long in life without learning to swim? We’ve got you covered.
Register online or in person at our Member Services Desk

Beginner swim lessons geared toward water safety, buoyancy, and forward motion.
2-5 participants per class; 4 x 45 min classes

Failure to attend will result in forfeiture of fees. Refunds will not be granted within 7 days of session start date or anytime thereafter. Makeup lessons are not available. Registration must be renewed for each session and is not automatic. Subject to availability.

CLASS OFFERINGS

YOUTH BASICS:

<table>
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YOUTH STROKES:

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ADULT:

<table>
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<tr>
<th>Days</th>
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<tbody>
<tr>
<td>Thursday only</td>
<td>6:00 P - 6:45 P</td>
<td>$65 M / $115 NM</td>
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<td>Saturdays only</td>
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SESSION DATES

Monday-Thursday (youth):
June 4-14
June 18-28
July 9-19
July 23 - August 2
August 6-16

Thursdays only (adult):
June 7-28
July 12 - August 2
August 9-30

Saturdays only (youth & adult):
June 2-23
July 7-28
August 4-25

Youth Group Lessons (3-12yo)
From beginner to team-ready, we have lessons perfect for your child taught by highly trained instructors!
Register online or in person at our Member Services Desk

BASICS (beginner-intermediate)
2-4 participants per instructor
- Water Acclimation: assisted water entry/exit, buoyancy, submersion, water safety
- Water Movement: minimally assisted water entry/exit, buoyancy, forward progression, water safety
- Water Stamina: unassisted water entry/exit, buoyancy, extended rhythmic forward progression, water safety

STROKES (advanced intermediate-expert)
2-6 participants per instructor
Able to swim at one full length of the pool unassisted and without stopping
- Stroke Introduction: front crawl, back crawl, rhythmic breathing, stamina, sitting dive
- Stroke Development: front crawl, back crawl, breaststroke, butterfly, stamina, standing dive
- Stroke Mechanics: competitive swim prep; participant is able to swim the length of the pool in all 4 competitive swim strokes

M-Th session consists of 8 x 30 min lessons
Saturday session consists of 4 x 30 min lessons

Failure to attend will result in forfeiture of fees. Refunds will not be granted within 7 days of session start date or anytime thereafter. Makeup lessons are not available. Registration must be renewed for each session and is not automatic. Subject to availability.

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Financial assistance available.

Pool Manager
Wren Bledsoe
wbledsoe@ymcadallas.org
214-954-0500 x 1575

Sr. Program Director
Sunshine Statler
sstatler@ymcadallas.org
Our instructors are the best in the business!

We are trained to help you achieve your personal swimming goals whether you’re just starting your journey or need to brush up on your skills.

### Private Swim Lessons

**So one-on-one is more your thing? Let’s make it happen!**

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*Lessons are 30 minutes each*

### Semi-Private Swim Lessons

**Sharing is caring! (but random pairings don’t work…)**

You must register two participants of the relative same age and swim ability to ensure the best lessons possible.

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*Lessons are 30 minutes each*

To schedule a session, please send the following information to:

- Participant name(s)
- Date of birth
- Availability *(days & times)*
- Instructor preference *(male, female, specific person)*
- Contact information *(include parent info for minors)*

and we will have an instructor contact you.

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**Pool Manager**

Wren Bledsoe

wbledsoe@ymcadallas.org

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

Financial assistance is not available for private/semi-private swim lessons.