

# Brooking Park Pool

4505 Nugget St, Stockton, CA

## Adult Swim Lessons

\$65

This class is a Learn To Swim program for Adults ONLY and is held exclusively at Brooking Park Pool.

This is an introduction to swim class and is designed for the adult beginner who may be timid about being in water, has never swam or is unable to swim unassisted. We also help develop confidence for swimmers to ultimately swim face down and comfortably swim in the "Deep End". Our Classes are self-paced and will work on basics such as: face in the water, floating, treading water, kicking, basic crawl stroke, and learning to side breathe while swimming. Our Instructors understand some of the frustrations adults may have to overcome learning how to swim. These classes are for adults ONLY and each instructor will help you work toward your own personal goal and will guide you in the areas in which you want to improve.

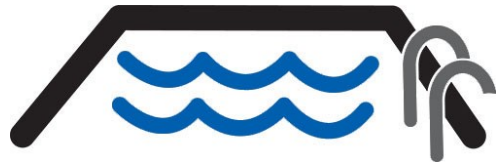
### FINANCIAL ASSISTANCE AVAILABLE:

Application is due 2 weeks prior to the session start date.


### CELEBRATE YOUR EVENT AT BROOKING POOL!

For more pool rental information visit [ymcasjc.org/swim](http://ymcasjc.org/swim) or contact us at (209)472-9622.

Note: YMCA Aquatics is neither related to nor endorsed by Lincoln or Stockton Unified School Districts. This program is solely offered and managed by the YMCA of San Joaquin County.



NON-PROFIT ORG.  
PRSRT STD  
PERMIT NO. 332  
STOCKTON, CA

the   
YMCA of San Joaquin County  
2105 W March Lane, Suite 1  
Stockton, CA 95207



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FUN WITH A SPLASH OF CONFIDENCE

# BROOKING POOL

[www.ymcasjc.org/swim](http://www.ymcasjc.org/swim)



# SWIM LESSONS AT BROOKING PARK POOL YMCA OF SAN JOAQUIN COUNTY

Adult's Name: Last \_\_\_\_\_ First \_\_\_\_\_ Gender: M or F  
 Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Ethnicity (Statistics only) \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Special accommodations: Yes No  
 If yes please list accommodations \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Contact Day Phone \_\_\_\_\_

**Waiver of Liability:** I hereby accept any and all responsibility for, and assume the risk of any and all injury or damage to my person or dependent children which might arise directly as a result of, and or participation in the YMCA of San Joaquin County, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of the YMCA expressly including but not limited to the Board of Directors of the YMCA of San Joaquin County except injuries caused intentionally, or by willful misconduct. I give my permission for my children(s) picture to be used as a promotion for the YMCA. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by my heirs, administrators, executors, successors, and assigns.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Sessions meet daily for 2 weeks, Tuesday-Friday. Each lesson is 30 minutes long. Fee: \$65.00 per session.

Please circle the session time preferred. Class size is limited. Classes may be canceled due to low enrollment.

<b>Session 1: June 6- June 16</b>					
<b>Adult Learn To Swim</b>	10:40	11:20	5:10	5:50	<b>6:30</b>
<b>Session 2: June 20- June 30</b>					
<b>Adult Learn To Swim</b>	10:40	11:20	5:10	5:50	<b>6:30</b>
<b>Session 3: July 5- July 14 (including Monday July 10th)</b>					
<b>Adult Learn To Swim</b>	10:40	11:20	5:10	5:50	<b>6:30</b>
<b>Session 4: July 18- July 28</b>					
<b>Adult Learn To Swim</b>	10:40	11:20	5:10	5:50	<b>6:30</b>

More than a third of adults in the United States can't swim the length of a pool, according to the Centers for Disease Control and Prevention, which puts them at risk of being one of the 10 people who drown every day in this country.  
Sign up, be a role model and LEARN TO SWIM TODAY!

**REGISTER  
ONLINE TODAY!**



**Recreational Swim (All Ages)**  
\*Subject to Change\*  
Tuesday-Friday 12:00pm-5:00pm  
Saturday & Sunday 12:00-6:00  
Closed Mondays



[www.ymcasjc.org/swim](http://www.ymcasjc.org/swim)



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