

Dive into Aquatics

BAYLOR
Tom Landry
Fitness Center

WELCOME TO THE BAYLOR TOM LANDRY FITNESS CENTER!

The Baylor Tom Landry Fitness Center offers specialized programming for children throughout the year.

Private Plunge

One-on-One Instruction

Private lessons are the fastest way to develop individual, specific swim skills. Lessons are offered to anyone 6 months of age and older. Whether the goal is learning to swim, swim team preparation, individual skill coaching or even triathlon training, our coaches are ready to help your child attain their goal in the water! Lessons are scheduled at your convenience.

Cost: varies per instructor
Contact: **Vennie Jones**
venniej@baylorhealth.edu
214.820.8177



CONTACT INFORMATION:

Vennie Jones
AQUATICS COORDINATOR
214.820.8177
VennieJ@baylorhealth.edu

Jennifer Hughes
AQUATICS SUPERVISOR
214.820.8922
Jennifer.Hughes@baylorhealth.edu

Swim Kidz

Monday, Wednesday & Friday
4:30-5:30pm

Swimmin' Kidz is our non-competitive swim team for *ages 5-17*. We focus on proper stroke technique, stamina and endurance, and sportsmanship in a low-stress environment. Mini-meets and swim specific games make for a fun team!

Contact: **Jennifer Hughes**
jennifer.hughes@baylorhealth.edu
214.820.8922

Spring 2011

January 17 – May 13, 2011
Cost: \$385 [Spring Season]

Summer 2011

June 6-August 12, 2011
Cost: \$225 [Summer Season]

Fall 2011

September 7 – December 9th
Cost: \$315 [Fall Season]

www.landryfitness.com

Fish Factory

Fish Factory Swim School is our small group, learn-to-swim lessons. We teach basic learn to swim skills and build on stroke mechanics to develop and refine strokes. We have low 3-1 and 4-1 ratios based on skill levels. Sessions run for 30 minutes per class with eight classes equaling a session. Sessions are available Spring through Fall.

Ages 2 and up

\$120 per session.

Contact: **Jennifer Hughes**

jennifer.hughes@baylorhealth.edu

214.820.8922



2011 Schedule

Spring 2011

March 8-31

Tuesday/Thursday
[S1a] 4:15-4:45pm
[S1b] 5:00-5:30pm

April 4-27

Monday/Wednesday
[S2a] 4:15-4:45pm
[S2b] 5:00-5:30pm

April 5-28

Tuesday/Thursday
[S2c] 4:15-4:45pm
[S2d] 5:00-5:30pm

May 2-25

Monday/Wednesday
[S3a] 4:15-4:45pm
[S3b] 5:00-5:30pm

Summer 2011

June 6-16

Monday-Thursday
[S4a] 3:30-4:00pm
[S4b] 4:15-4:45pm
[S4c] 5:00-5:30pm
[S4d] 5:45-6:15pm

June 20-30

Monday-Thursday
[S5a] 3:30-4:00pm
[S5b] 4:15-4:45pm
[S5c] 5:00-5:30pm
[S5d] 5:45-6:15pm

July 11-21

Monday-Thursday
[S6a] 3:30-4:00pm
[S6b] 4:15-4:45pm
[S6c] 5:00-5:30pm
[S6d] 5:45-6:15pm

July 25-August 4

Monday-Thursday
[S7a] 3:30-4:00pm
[S7b] 4:15-4:45pm
[S7c] 5:00-5:30pm
[S7d] 5:45-6:15pm

August 8-18

Monday-Thursday
[S8a] 3:30-4:00pm
[S8b] 4:15-4:45pm
[S8c] 5:00-5:30pm
[S8d] 5:45-6:15pm



Fall 2011

September 7-28

Monday/Wednesday
[S9a] 4:15-4:45pm
[S9b] 5:00-5:30pm

September 6-29

Tuesday/Thursday
[S9c] 4:15-4:45pm
[S9d] 5:00-5:30pm

October 3-26

Monday/Wednesday
[S10a] 4:15-4:45pm
[S10b] 5:00-5:30pm

October 4-27

Tuesday/Thursday
[S10c] 4:15-4:45pm
[S10d] 5:00-5:30pm

Baby Bears

Baby Bears is our parent/child water exploration class. We will teach you how to work with your child and explore floating, kicking, and other water skills crucial for swimmers! Baby Bears is for children 6-36 months old. Classes are held Saturday mornings and last 50 minutes.

9:00-9:50am	6-12 months
10:00-10:50am	12-24 months
11:00-11:50am	24-36 months

Ages 6-36 months
\$80 per session.

Contact: **Jennifer Hughes**
jennifer.hughes@baylorhealth.edu
214.820.8922



2011 Schedule

January 8, 15, 22, 29 – Session 1

[B1a]	9:00-9:50am
[B1b]	10:00-10:50am
[B1c]	11:00-11:50am

February 5, 12, 19, 26 – Session 2

[B2a]	9:00-9:50am
[B2b]	10:00-10:50am
[B2c]	11:00-11:50am

March 5, 12, 19, 26 – Session 3

[B3a]	9:00-9:50am
[B3b]	10:00-10:50am
[B3c]	11:00-11:50am

April 2, 9, 16, 30 – Session 4

[B4a]	9:00-9:50am
[B4b]	10:00-10:50am
[B4c]	11:00-11:50am

May 7, 14, 21, 28 – Session 5

[B5a]	9:00-9:50am
[B5b]	10:00-10:50am
[B5c]	11:00-11:50am

June 4, 11, 18, 25 – Session 6

[B6a]	9:00-9:50am
[B6b]	10:00-10:50am
[B6c]	11:00-11:50am

July 9, 16, 23, 30 – Session 7

[B7a]	9:00-9:50am
[B7b]	10:00-10:50am
[B7c]	11:00-11:50am

August 6, 13, 20, 27 – Session 8

[B8a]	9:00-9:50am
[B8b]	10:00-10:50am
[B8c]	11:00-11:50am

September 3, 10, 17, 24 – Session 9

[B9a]	9:00-9:50am
[B9b]	10:00-10:50am
[B9c]	11:00-11:50am

October 1, 8, 15, 22 – Session 10

[B10a]	9:00-9:50am
[B10b]	10:00-10:50am
[B10c]	11:00-11:50am





Children's Swim Programs

Please print, fill out legibly and return with payment.

Mail form and check to:

Baylor Tom Landry Fitness Center
Attn: Accounting – Suite 1900
411 N. Washington
Dallas, TX 75246

Or

Fax registration form to 214-820-4828 or email to Jennifer.Hughes@baylorhealth.edu and call 214-820-8922 to pay by credit card.
(Preferred Method)

Please Circle Appropriate Selection		
Baby Bear-a-Cudas \$80	Fish Factory \$120	Swimmin' Kidz <input type="checkbox"/> Fall \$315 <input type="checkbox"/> Spring \$385 <input type="checkbox"/> Summer \$225
Session #: _____ (session #'s are listed on the website, does not apply to Swimmin' Kidz)		

Participant Information:

Last Name: _____ First Name: _____
 Address: _____ City: _____ State: _____ Zip: _____
 E-mail Address: _____ Phone Number: (____) _____
 Gender (M/F): _____ Date of Birth: ____/____/____ Age: _____

Emergency Contact's Information:

Name: _____ Relation to participant: _____
 Home Phone: (____) _____ Mobile Phone: (____) _____

How did you hear about us? (Please select one)

- Website Friend Direct Mail
 Returning Student Other: _____

Fish Factory Registrants:

My Child...

- will not put his/her face in the water
 will put his/her face in the water, but cannot get to the side independently
 can get to the side, but method is rough
 needs stroke improvement

I am the parent or legal guardian of _____, who is participating in _____.
 I waive all claims against the BTLFC, the Baylor Health Care System and any of its affiliates, including all employees of each entity. My child has no current health problems that would prevent him/her from participating fully in this program. I hereby give consent for my child to be medically treated for injury or illness if the need arises while he/she is attending classes.

Parent/Guardian Signature: _____ Date: ____/____/____