

# fall 2017

*For Plainsboro/West Windsor Residents Only*

## Location

West Windsor-Plainsboro  
High School North  
At 90 Grover's Mill Road  
(enter thru door #29)

**Session begins** Mon. 9/11  
**Session ends** Sat. 12/16

*(Please note: Schedule is subject to change, based on school availability.)*

## Pool hours

Mon-Fri 6:30-9:30 pm  
and  
Sat 1:00-5:30 pm

## Family/lap swim only

Wed. 9/6 thru sat. 9/9 and  
Mon. 12/18 thru Thur. 12/21

## Pool closings

Thur. 9/21, Thur. 10/19, Thur. 11/9-  
Sat. 11/11, Wed. 11/22 thru Sat. 11/25

*NOTE: No make-up classes are scheduled for pool closings. Note adjusted class schedules and fees in class descriptions.*

When WW-P High School North is closed; the YWCA Aquatic Outreach program is closed.

**Registration:** First-time participants must sign up in-person at the West Windsor-Plainsboro High School North Campus pool on 90 Grover's Mill Road on Thur. 9/7 and Fri. 9/8 from 7-8 pm. Payment is due at time of registration. Please make check payable to the YWCA Princeton. Online registration is available to existing participants. Log-in to [www.ywcaprinceton.org](http://www.ywcaprinceton.org) beginning Mon. 8/7 thru Wed. 9/6

**Mail-in Registration:** Accepted only after Fri. 9/8. Must include completed registration form, check, and a self-addressed, stamped envelope to receive confirmation. Please send to the YWCA Princeton, Attention: Plainsboro Aquatic Outreach Program, 59 Paul Robeson Place, Princeton, NJ 08540.

**Withdrawal/Refund Policy:** If you withdraw from a class **seven business days** or more before the start of class, your refund is 100%, less registration fee. You will receive your refund via check, mailed to you two to four weeks after refunds are processed. If you withdraw fewer than **seven business days** before the start of class, you receive **NO refund**.

**Make-up Class Policy:** Due to class size limitations, only two make-ups are allowed in the session. A make-up consists of any class that is not the one for which participant is registered. After two make-ups, if a student comes, he/she will not be allowed to take that class. No make-ups are allowed during the first week of the session (9/11- 9/16) and the last week of the session (12/11- 12/16).

**Class Observation Policy:** Parents are invited to stay on the bleachers in the pool area to observe the skills being taught in their children's swim classes. We ask that parents do not disrupt the class in progress, as it distracts both instructor and students. If parents have questions, please see the instructor *before or after class*.

**Inclement Weather:** Call the YWCA Princeton after 4 p.m. weekdays or on Saturdays after 12 noon at 609-497-2100, ext. 323, or listen to the local radio stations for updates on closings. When the school district closes, Aquatic programs are canceled for that day. In cases of inclement weather, make-up lessons and credits are not available.

**For more information...** Please contact the YWCA Princeton Aquatic Department at 609-497-2100, ext. 323, and ask for Wendy Trockenbrod.

| <b>Fall 2017 Aquatic Class Schedule • Mon. 9/11 – Sat. 12/16</b>   |   |                              |   |                                      |   |
|--|---|------------------------------|---|--------------------------------------|---|
| <b>Monday</b><br>14 weeks  | <b>Tuesday</b><br>14 weeks              | <b>Wednesday</b><br>13 weeks | <b>Thursday</b><br>10 weeks             | <b>Friday</b><br>12 weeks            | <b>Saturday</b><br>12 weeks             |
| 6:30-7<br>Preschool  | 6:15-7<br>Levels 2 & 3                  | 6:30-7<br>Preschool          | 6:15-7<br>Levels 2 & 3                  | 6:30-7<br>Preschool                  | 1-1:30<br>Adapted                       |
| 6:15-7<br>Special Needs<br>Stroke Clinic   | 7-7:30<br>Adapted                       | 7-7:45<br>Levels 1 & 2       | 7-7:45<br>Levels 5 & 6                  | 7-7:45<br>Levels 1 & 2               | 1:30-2:00<br>Preschool + Adapted        |
| 7-7:45<br>Levels 1 & 2   | 7:30-8<br>Adapted                       | 7:45-8:30<br>Levels 3 & 4    | 7:45-8:30<br>Adult & Teenage<br>Lessons | 7:45-8:30<br>Levels 3 & 4            | 2-2:45<br>Levels 1 & 2                  |
| 7:45-8:30<br>Levels 3 & 4  | 8:00-8:45<br>Adult & Teenage<br>Lessons |                              | 6-10<br>Lifeguard Training              | 8:30-9:15<br>Level 5                 | 2:45-3:30<br>Levels 3 & 4               |
|  | 6-10<br>WSI/Lifeguard Training          |                              | 6-10<br>WSI/Lifeguard Training          | 8:30-9:30<br>Competitive Swim Clinic | 3:30-4:15<br>Levels 5 & 6               |
|  |   |                              |   | 6-10<br>WSI/Lifeguard Training       | 4:15-5:15<br>Competitive Swim<br>Clinic |
|  |   |                              |   |                                      | 12-6<br>WSI/Lifeguard Training          |
| <b>Family and Lap Swimming</b><br>Mon.-Fri. 6:30-9:30 pm and Sat. 1-5:30 pm<br><b>No classes:</b> Thur 9/21, Thur 10/19, Thur. 11/9 - Sat 11/11, Wed. 11/22 - Sat. 11/25 |   |                              |   |                                      |   |

**Lap Swim and Family Swim**

Mon.-Fri. 6:30-9:30 pm  
 Sat. 1-5:30 pm

**Family Lap Swim**

3500011 1 year \$395  
 3500012 6 months \$275  
 3500020 3 months \$225

**Adult Lap Swim**

3500013 1 year \$290  
 3500014 6 months \$225  
 3500021 3 months \$175

**Youth/Senior\* Lap Swim**

3500015 1 year \$195  
 3500016 6 months \$175  
 3500022 3 months \$145

**September Lap Swim Special**

500023 Family 9 months \$335  
 3500024 Adult 9 months \$255  
 3500025 Youth/Senior 9 months \$185

\*Youth Lap Swim minimum age is 14, senior minimum is 62.

**Guest Pass**

One person per day, fee is \$10.

**Preschool (ages 3 ½ - 6 years)**

Children swim without parent. Instructors place children in the first class according to swim ability.

3520211 Mon. 6:30-7 pm 14 weeks \$224  
 3520213 Wed. 6:30-7 pm 13 weeks \$208  
 3520215 Fri. 6:30-7 pm 12 weeks \$192  
 3520216 Sat. 1:30-2 pm 12 weeks \$192

**Special Needs Swim Lesson (formerly Adapted Aquatics) (ages 6-15)**

Designed for the child who is mentally or physically challenged. Qualified instructors teach basic safety skills. Class size is limited.  
 3531212 Tues. 7-7:30 pm 14 weeks \$148\*  
 3531222 Tues. 7:30-8 pm 14 weeks \$148\*  
 3531216 Sat. 1-1:30 pm 12 weeks \$127\*  
 3531226 Sat. 1:30-2:00 pm 12 weeks \$127\*

**\*Adapted Aquatics for the YWCA**

**Princeton/Plainsboro Outreach Program** receives funding support from Plainsboro Township through the N.J. State Department of Community Affairs ROID.

**Competitive Swim Clinic (ages 6-15)**

Training for speed, endurance, plus instruction for racing dives, starts, turns, and strokes. Must have passed Level 5.  
 3531315 Fri. 8:30-9:30 pm 12 weeks \$278  
 3531316 Sat. 4:15-5:15 pm 12 weeks \$278

**Special Needs Stroke Clinic (ages 10-23)**

This class is for students with special needs who can swim 25 yards of front and back crawl. They will work on improving skills in a small group setting (swim test required by Director).  
 3532211 Mon. 6:15-7 pm 14 weeks \$250

**American Red Cross Lifeguarding (ages 15 and above)**

This course includes Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certifications. Course prerequisites:

- Minimum age 15 years old.
  - Swim 300 yards continuously using the strokes in the following order:
    - o 100 yards front crawl using rhythmic breathing
    - o 100 yards breaststroke using pull, breathe, kick, glide sequence and
    - o 100 yards of front crawl or breaststroke combination
  - Swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, and swim 20 yards back with the brick within 1 minute and 40 seconds.
- Please bring a bathing suit and towel to every class. The first class includes an overview of class and pre-course swim evaluation test. You must pass the pre-course test in order to take the class. Please call 497-2100 ext. 323 for more details.  
 3540344 Tue., Thur. + Fri. 6-10 pm, Sat. 12-6 pm 2 weeks (9/12-9/23) \$300

**WSI - Water Safety Instructor (ages 16 and older)**

This is an American Red Cross certification, which allows qualified participants to become swim instructors. Books are included.

Prerequisites:

1. Minimum age 16 years
2. Able to demonstrate the following swimming skills properly:
  - front crawl 25 yds., back crawl 25 yds., breaststroke 25 yds., elementary backstroke 25 yds., sidestroke 25 yds., butterfly 15 yds.,
  - float/scull on back one minute in deep water
  - tread water one minute

\*Please bring a bathing suit and towel to every class. The first class starts in pool with pre-course swim evaluation test. You must pass the pre-course test in order to take the class. Please call 497-2100 ext. 323 for more details.

3550342 Tue., Thur., + Fri. 6-10 pm, Sat 12-6 pm 2 weeks (9/26-10/7) \$315

**Teenage Lessons (ages 13 + 14)**

For non-swimmers and beginners in Level 1.  
 3540122 Tues 8:00-8:45 pm 14 weeks \$284  
 3540124 Thurs. 7:45-8:30 pm 10 weeks \$203

**Adult Lessons (ages 15 and older)**

For non-swimmers, beginners, and more advanced swimmers. Levels 1-3.  
 3540112 Tues. 8:00-8:45 pm 14 weeks \$284  
 3540114 Thurs. 7:45-8:30 pm 10 weeks \$203

**Youth Lessons (ages 6-15)**

At the first class, students will be screened by certified instructors and placed in a class that meets individual needs. Tests for American Red Cross certification are included at the end of the session.

**Level 1: Introduction to Water Skills**

3530111 Mon. 7-7:45 pm 14 weeks \$249  
 3530113 Wed. 7-7:45 pm 13 weeks \$232  
 3530115 Fri. 7-7:45 pm 12 weeks \$214  
 3530116 Sat. 2-2:45 pm 12 weeks \$214

**Level 2: Fundamental Aquatic Skills**

3530211 Mon. 7-7:45 pm 14 weeks \$249  
 3530212 Tue. 6:15-7 pm 14 weeks \$249  
 3530213 Wed. 7-7:45 pm 13 weeks \$232  
 3530214 Thur. 6:15-7 pm 10 weeks \$178  
 3530215 Fri. 7-7:45 pm 12 weeks \$214  
 3530216 Sat. 2-2:45 pm 12 weeks \$214

**Level 3: Stroke Development**

3530311 Mon. 7:45-8:30 pm 14 weeks \$249  
 3530312 Tue. 6:15-7 pm 14 weeks \$249  
 3530313 Wed. 7:45-8:30 pm 13 weeks \$232  
 3530314 Thur. 6:15-7 pm 10 weeks \$178  
 3530315 Fri. 7:45-8:30 pm 12 weeks \$214  
 3530316 Sat. 2:45-3:30 pm 12 weeks \$214

**Level 4: Stroke Improvement**

3530411 Mon. 7:45-8:30 pm 14 weeks \$249  
 3530413 Wed. 7:45-8:30 pm 13 weeks \$232  
 3530415 Fri. 7:45-8:30 pm 12 weeks \$214  
 3530416 Sat. 2:45-3:30 pm 12 weeks \$214

**Level 5: Stroke Refinement**

3530514 Thur. 7-7:45 pm 10 weeks \$178  
 3530515 Fri. 8:30-9:15 pm 12 weeks \$214  
 3530516 Sat. 3:30-4:15 pm 12 weeks \$214

**Level 6: Swimming and Skill Proficiency**

3530614 Thur. 7-7:45 pm 10 weeks \$178  
 3530616 Sat. 3:30-4:15 pm 12 weeks \$214