

winter 2012

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 Tue. 1/3
Session ends Sat. 3/31

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

Pool hours

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

Family/lap swim only

Mon. 4/2
and
Tue. 4/3

Pool closings

Mon. 1/16, Fri. 2/17 thru Mon. 2/20

(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 Mon. 12/19 and Tues. 12/20 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 beginning Mon. 12/12 thru Sun. 12/18.

Mail-in Registration: Accepted only after Tue. 12/20. 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 (1/3- 1/9) and the last week of the session (3/26- 3/31).

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.

Winter 2012 Aquatic Class Schedule • Tue. 1/3 – Sat. 3/31

| Monday 10 weeks | Tuesday 13 weeks | Wednesday 13 weeks | Thursday 13 weeks | Friday 12 weeks | Saturday 12 weeks |
|---|---|---------------------------|---|--------------------------------------|--------------------------------------|
| 6:30-7 Preschool | 6:15-7 Levels 2 & 3 | 6:30-7 Preschool | 6:15-7 Levels 2 & 3 | 6:30-7 Preschool | 1-1:30 Adapted |
| 7-7:45 Levels 1 & 2 | 7-7:30 Adapted | 7-7:45 Levels 1 & 2 | 7:00-7:45 Levels 5 & 6 | 7-7:45 Levels 1 & 2 | 1:30-2:00 Adapted |
| 7:45-8:30 Levels 3 & 4 | 7:30-8 Adapted | 7:45-8:30 Levels 3 & 4 | 7:45-8:30 Adult & Teenage Lessons | 7:45-8:30 Levels 3 & 4 | 2-2:30 Preschool |
| | 8:00-8:45 Adult & Teenage Lessons | | 6-10 W.S.I. (1/5-3/18) Lifeguard Training (3/15-5/31) | 8:30-9:15 Level 5 | 1:45-2:30 Adult Lessons |
| | | | | 8:30-9:30 Competitive Swim Clinic | 2:30-3:15 Levels 1 & 2 |
| Family and Lap Swimming | | | | | 3:15-4 Levels 3 & 4 |
| Winter Hours are Mon.-Fri. 6:30-9:30 pm and Sat. 1-5:30 pm | | | | | 4-4:45 Levels 5 & 6 |
| No classes: Mon. 1/16, Fri. 2/17 thru Mon. 2/20 | | | | | 4:45-5:45 Competitive Swim Clinic |

Lap Swim and Family Swim

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

Family Lap Swim

3500011 1 year \$390
3500012 6 months \$270
3500020 3 months \$220

Adult Lap Swim

3500013 1 year \$285
3500014 6 months \$220
3500021 3 months \$170

Youth/Senior* Lap Swim

3500015 1 year \$190
3500016 6 months \$170
3500022 3 months \$140

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

Guest Pass

One person per day, fee is \$10.

Preschool (ages 3 ½ - 5 ½ years)

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

3520211 Mon. 6:30-7 pm 10 weeks \$143
3520213 Wed. 6:30-7 pm 13 weeks \$186
3520215 Fri. 6:30-7 pm 12 weeks \$172
3520216 Sat. 2-2:30 pm 12 weeks \$172

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.

Highlight Note: Length of class decreased from previous session.

3531212 Tues. 7-7:30 pm 13 weeks \$103
3531222 Tues. 7:30-8:00 pm 13 weeks \$103
3531216 Sat. 1-1:30 pm 12 weeks \$95*
3531226 Sat. 1:30-2:00 pm 12 weeks \$95*

*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 \$255
3531316 Sat. 4:45-5:45 pm 12 weeks \$255

Adult Lessons (ages 15 and older)

For non-swimmers, beginners, and more advanced swimmers. Levels 1-3.

3540112 Tues. 8:00-8:45 pm 13 weeks \$241
3540114 Thurs. 7:45-8:30 pm 13 weeks \$241
3540116 Sat. 1:45-2:30 pm 12 weeks \$222

Teenage Lessons (ages 13 + 14)

For non-swimmers and beginners in Level 1.
3540122 Tues. 8:00-8:45 pm 13 weeks \$241
3540124 Thurs. 7:45-8:30 pm 13 weeks \$241

Winter Session

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. Successful completion of Fundamentals of Instructor Training (FIT)*
2. Minimum age 16 years
3. Able to demonstrate the following swimming skills properly:
 - front crawl 25 yds., back crawl 25 yds., breaststroke 25 yds., elementary back stroke 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 at 8:00 in pool. Second class is FIT. Participation is Mandatory, in order to complete WSI requirements. The second 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.

3550344 Thur. 6:00-10 pm 10 weeks (1/5-3/18) \$300

Spring session this starts earlier than other classes

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. No class 4/5 and 4/12.

3540344 Thur. 6-10 pm 10 weeks (3/15-5/31) \$290

As of January 2010, the American Red Cross has revised its Learn-to-Swim program. Please contact the YWCA Princeton/Plainsboro Aquatic Director at 609-497-2100 ext. 323, for your child's placement level.

Level 3: Stroke Development

3530311 Mon. 7:45-8:30 pm 10 weeks \$160
3530312 Tue. 6:15-7 pm 13 weeks \$208
3530313 Wed. 7:45-8:30 pm 13 weeks \$208
3530314 Thurs. 6:15-7 pm 13 weeks \$208
3530315 Fri. 7:45-8:30 pm 12 weeks \$192
3530316 Sat. 3:15-4 pm 12 weeks \$192

Level 4: Stroke Improvement

3530411 Mon. 7:45-8:30 pm 10 weeks \$160
3530413 Wed. 7:45-8:30 pm 13 weeks \$208
3530415 Fri. 7:45-8:30 pm 12 weeks \$192
3530416 Sat. 3:15-4 pm 12 weeks \$192

Level 5: Stroke Refinement

3530514 Thurs. 7-7:45 pm 13 weeks \$208
3530515 Fri. 8:30-9:15 pm 12 weeks \$192
3530516 Sat. 4-4:45 pm 12 weeks \$192

Level 6: Swimming and Skill Proficiency

3530614 Thurs. 7-7:45 pm 13 weeks \$208
3530616 Sat. 4-4:45 pm 12 weeks \$192

