

spring 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	Session ends
Tue. 4/18	Sat. 6/10

*(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. 6/12 thru. Thur. 6/15

Pool closings

Fri 5/26 thru Mon 5/29 (Memorial
Day weekend) and Fri 6/2
and Sat 6/3 (Prom/Post prom)

*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 Wed 4/5 and Thur. 4/6 from 7-8 pm. Payment is due at time of registration. Swim tests for new participants starts @ 6:30 pm on Wed 4/5. Please make check payable to the YWCA Princeton. Online registration is available to existing participants. Log-in to www.ywcaprinceton.org beginning Wed. 3/29 thru Tue. 4/4.

Mail-in Registration: Accepted only after Thur. 4/6. 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 (4/18- 4/24) and the last week of the session (6/5- 6/10).

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.

Spring 2017 Aquatic Class Schedule . Tue. 4/18 – Sat. 6/10

Monday 6 weeks	Tuesday 8 weeks	Wednesday 8 weeks	Thursday 7 weeks	Friday 6 weeks	Saturday 6 weeks
6:15-7 Special Needs Stroke Clinic	6:15-7 Levels 2 & 3	6:15-7 Advanced Adult Lessons	6:15-7 Levels 2 & 3	6:30-7 Preschool	1-1:30 Adapted
6:30-7 Preschool	7-7:30 Special Needs Swim Lessons	6:30-7 Preschool	7-7:45 Levels 5 & 6	7-7:45 Levels 1 & 2	1:30-2:00 Preschool + Adapted
7-7:45 Levels 1 & 2	7:30-8 Special Needs Swim Lessons	7-7:45 Levels 1 & 2	7:45-8:30 Adult & Teenage Lessons	7:45-8:30 Levels 3 & 4	2-2:45 Levels 1 & 2
7:45-8:30 Levels 3 & 4	8:00-8:45 Adult & Teenage Lessons	7:45-8:30 Levels 3 & 4	6-10 Lifeguard Training (5 wks)	8:30-9:15 Level 5	2:45-3:30 Levels 1 & 2
	6-10 Lifeguard Training (5 wks)	8:30-9:30 Aqua Power (exercise)		8:30-9:30 Competitive Swim Clinic	3:30-4:15 Levels 3 & 4
				6-10 WSI (3 wks)	4:15-5 Levels 5 & 6
Family and Lap Swimming Mon.-Fri. 6:30-9:30 pm and Sat. 1-5:30 pm					5-6 Competitive Swim Clinic
No classes: Fri 5/26 thru Mon 5/29 (Memorial Day weekend) and Fri 6/2 and Sat 6/3(Prom/Post prom)					12-6 WSI (3 wks)

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

*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 6 weeks \$94
3520213 Wed. 6:30-7 pm 8 weeks \$125
3520215 Fri. 6:30-7 pm 6 weeks \$94
3520216 Sat. 1:30-2 pm 6 weeks \$94

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 8 weeks \$83*
3531222 Tues. 7:30-8 pm 8 weeks \$83*
3531216 Sat. 1-1:30 pm 6 weeks \$62*
3531226 Sat. 1:30-2:00 pm 6 weeks \$62*

*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 6 weeks \$138
3531316 Sat. 5-6 pm 6 weeks \$138

NEWSpecial 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 6 weeks \$105

Teenage Lessons (ages 13 + 14)

For non-swimmers and beginners in Level 1.
3540122 Tues. 8:00-8:45 pm 8 weeks \$161
3540124 Thurs. 7:45-8:30 pm 7 weeks \$140

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 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.

3550345 Fri. 6-10 pm, Sat 12-6 pm 3 weeks (5/5-5/20) \$315

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.

3540342 Tue. & Thur 6-10 pm 5 Weeks (4/18- 5/18) \$300

Adult Lessons (ages 15 and older)

For non-swimmers, beginners, and more advanced swimmers. Levels 1-3.
3540112 Tues. 8:00-8:45 pm 8 weeks \$161
3540114 Thurs. 7:45-8:30 pm 7 weeks \$140

NEWAdvanced Adult Lessons (15 and older)

For more advanced swimmers who can swim front and back crawl, but want refinement of the strokes.

3541113 Wed. 6:15-7:00 pm 8 weeks \$161

NEWAqua Power (ages 15 and older)

A fast paced water exercise class using a variety of techniques and equipment to provide a full body workout.

3544113 Wed. 8:30-9:30 pm 8 weeks \$104

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 6 weeks \$105
3530113 Wed. 7-7:45 pm 8 weeks \$140
3530115 Fri. 7-7:45 pm 6 weeks \$105
3530116 Sat. 2-2:45 pm 6 weeks \$105
3530126 Sat. 2:45-3:30 pm 6 weeks \$105

Level 2: Fundamental Aquatic Skills

3530211 Mon. 7-7:45 pm 6 weeks \$105
3530212 Tue. 6:15-7 pm 8 weeks \$140
3530213 Wed. 7-7:45 pm 8 weeks \$140
3530214 Thur. 6:15-7 pm 7 weeks \$122
3530215 Fri. 7-7:45 pm 6 weeks \$105
3530216 Sat. 2-2:45 pm 6 weeks \$105
3530226 Sat. 2:45-3:30 pm 6 weeks \$105

Level 3: Stroke Development

3530311 Mon. 7:45-8:30 pm 6 weeks \$105
3530312 Tue. 6:15-7 pm 8 weeks \$140
3530313 Wed. 7:45-8:30 pm 8 weeks \$140
3530314 Thur. 6:15-7 pm 7 weeks \$122
3530315 Fri. 7:45-8:30 pm 6 weeks \$105
3530316 Sat. 3:30-4:15 pm 6 weeks \$105

Level 4: Stroke Improvement

3530411 Mon. 7:45-8:30 pm 6 weeks \$105
3530413 Wed. 7:45-8:30 pm 8 weeks \$140
3530415 Fri. 7:45-8:30 pm 6 weeks \$105
3530416 Sat. 3:30-4:15 pm 6 weeks \$105

Level 5: Stroke Refinement

3530514 Thur. 7-7:45 pm 7 weeks \$122
3530515 Fri. 8:30-9:15 pm 6 weeks \$105
3530516 Sat. 4:15-5 pm 6 weeks \$105

Level 6: Swimming and Skill Proficiency

3530614 Thur. 7-7:45 pm 7 weeks \$122
3530616 Sat. 4:15-5 pm 6 weeks \$105