

spring 2010

For Plainsboro/West Windsor Residents Only

Location: West Windsor-Plainsboro High School North at 90 Grover's Mill Road (enter through door #29)

Spring session begins: Mon. 4/5 **Spring session ends:** Sat. 6/12

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

Pool hours: Mon.-Fri., 6:30-9:30 pm • Sat. 1-5:30 pm

Family/lap swim only: Mon. 6/14 through Thurs. 6/17

Pool closings: Sat. 5/29, Mon. 5/31 (Memorial Day); Fri. 6/4, Sat. 6/5 (post-prom celebration)

(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. 3/24 and Thurs. 3/25** 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 **Wed. 3/17 through Tues. 3/23**.

Mail-in registration will be accepted only after **Thurs. 3/25**. 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**. For illness or injury, credit for unused portion of class will be given with presentation of doctor's letter and written notification to department director (credit given from notification date).

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 (4/5-4/10) and the last week of the session (6/7-6/12).

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 pm 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.

Lap Swim and Family Swim

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

Family Lap Swim

3500011 1 year \$385
3500012 6 months \$265
3500020 3 months \$215

Adult Lap Swim

3500013 1 year \$280
3500014 6 months \$215
3500021 3 months \$165

Youth/Senior* Lap Swim

3500015 1 year \$185
3500016 6 months \$165
3500022 3 months \$135

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

Guest Pass

One person per day, fee is \$10.

Preschool (ages 3½-5½)

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

3520211 Mon. 6:30-7 pm 9 weeks \$125
3520213 Wed. 6:30-7 pm 10 weeks \$139
3520215 Fri. 6:30-7 pm 9 weeks \$125
3520216 Sat. 2-2:30 pm 8 weeks \$111

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.

Note: Length of class decreased from previous sessions.

3531212 Tues. 7-7:30 pm 10 weeks \$75*
3531222 Tues. 7:30-8:00 pm 10 weeks \$75*
3531232 Tues. 8:00-8:30 pm 10 weeks \$75*
3531216 Sat. 1-1:30 pm 8 weeks \$60*
3531226 Sat. 1:30-2:00 pm 8 weeks \$60*
3531236 Sat. 2:00-2:30 pm 8 weeks \$60*

*Adapted Aquatics for the YWCA Princeton/Plainsboro Outreach Program receives funding support from Plainsboro Township through the NJ 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 9 weeks \$185
3531316 Sat. 4:45-5:45 pm 8 weeks \$165

Adult Lessons (ages 15 and older)

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

3540112 Tues. 7:45-8:30 pm 10 weeks \$180
3540114 Thurs. 7:45-8:30 pm 10 weeks \$180

American Red Cross

Lifeguarding (ages 15 and older)

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

- Minimum age: 15
- Swim 300 yds. continuously using the strokes in the following order:
 - 1 100 yds. front crawl using rhythmic breathing
 - 2 100 yds. breaststroke using pull, breathe, kick, glide sequence and
 - 3 100 yds. of front crawl or breaststroke combination
- Swim 20 yds. using front crawl or breaststroke, surface dive 7-10 ft., retrieve a 10-lb. brick, and swim 20 yds. back with the brick within 1 min. 40 sec.

Please bring a bathing suit and towel to every class. First class includes an overview of class and pre-course swim evaluation test. You must pass this test to take the class.

3540344 Thurs. 6-10 pm 10 weeks \$270

Diving class (Levels 3 and above) *New!*

Work on approach, take-off, and body position while diving from poolside. Progress to starting block and springboard.

3550511 Mon. 6:30-7 pm 9 weeks \$135
3550513 Wed. 6:30-7 pm 10 weeks \$150

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.

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 9 weeks \$140
3530113 Wed. 7-7:45 pm 10 weeks \$155
3530115 Fri. 7-7:45 pm 9 weeks \$140
3530116 Sat. 2:30-3:15 pm 8 weeks \$124

Level 2: Fundamental Aquatic Skills

3530211 Mon. 7-7:45 pm 9 weeks \$140
3530212 Tues. 6:15-7 pm 10 weeks \$155
3530213 Wed. 7-7:45 pm 10 weeks \$155
3530214 Thurs. 6:15-7 pm 10 weeks \$155
3530215 Fri. 7-7:45 pm 9 weeks \$140
3530216 Sat. 2:30-3:15 pm 8 weeks \$124

Level 3: Stroke Development

3530311 Mon. 7:45-8:30 pm 9 weeks \$140
3530312 Tues. 6:15-7 pm 10 weeks \$155
3530313 Wed. 7:45-8:30 pm 10 weeks \$155
3530314 Thurs. 6:15-7 pm 10 weeks \$155
3530315 Fri. 7:45-8:30 pm 9 weeks \$140
3530316 Sat. 3:15-4 pm 8 weeks \$124

Level 4: Stroke Improvement

3530411 Mon. 7:45-8:30 pm 9 weeks \$140
3530413 Wed. 7:45-8:30 pm 10 weeks \$155
3530415 Fri. 7:45-8:30 pm 9 weeks \$140
3530416 Sat. 3:15-4 pm 8 weeks \$124

Level 5: Stroke Refinement

3530514 Thurs. 7-7:45 pm 10 weeks \$155
3530515 Fri. 8:30-9:15 pm 9 weeks \$140
3530516 Sat. 4-4:45 pm 8 weeks \$124

Level 6: Swimming and Skill Proficiency

3530614 Thurs. 7-7:45 pm 10 weeks \$155
3530616 Sat. 4-4:45 pm 8 weeks \$124

spring 2010 aquatic class schedule mon. 4/5-sat. 6/12					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7 pm Preschool & Diving	6:15-7 pm Levels 2 & 3	6:30-7 pm Preschool & Diving	6:15-7 pm Levels 2 & 3	6:30-7 pm Preschool	1-1:30 pm Adapted
7-7:45 pm Levels 1 & 2	7-7:30 pm Adapted	7-7:45 pm Levels 1 & 2	7-7:45 pm Levels 5 & 6	7-7:45 pm Levels 1 & 2	1:30-2 pm Adapted
7:45-8:30 pm Levels 3 & 4	7:30-8 pm Adapted	7:45-8:30 pm Levels 3 & 4	7:45-8:30 pm Adult Lessons	7:45-8:30 pm Levels 3 & 4	2-2:30 pm Preschool & Adapted
	7:45-8:30 pm Adult Lessons		6-10 pm Lifeguard Training	8:30-9:15 pm Level 5	2:30-3:15 pm Levels 1 & 2
	8-8:30 pm Adapted			8:30-9:30 pm Competitive Swim Clinic	3:15-4 pm Levels 3 & 4
Family and Lap Swimming Mon.-Fri. 6:30-9:30 pm Sat. 1-5:30 pm Sat. 5/29, Mon. 5/31 (Memorial Day); Fri. 6/4, Sat. 6/5 (post-prom celebration)					4-4:45 pm Levels 5 & 6
					4:45-5:45 pm Competitive Swim Clinic