

**classes – winter 2012**

eliminating racism  
empowering women  
**ywca**  
princeton

## **Join us, join a family!**

**ywca princeton • 59 paul robeson place • princeton, nj 08540  
(609) 497-2100 • [www.ywcaprinceton.org](http://www.ywcaprinceton.org)**

### **live. laugh. learn.**

It's what you will find at the YWCA Princeton and in all of our programs for women, men, children, and families.

Build confidence, learn a new skill, try something new, create memories, or build life-long friendships – these are just a few reasons to become a member.

It all happens right here at the YWCA Princeton!



**new semester begins january 3, 2012**

**[www.ywcaprinceton.org](http://www.ywcaprinceton.org) (609) 497-2100 ext. 0**

In January, we celebrate our 90<sup>th</sup> anniversary! For nine decades, we have been *the* heart of the community for thousands of women, men, children, and families. Join us at our “90<sup>th</sup> Birthday Bash” on January 7<sup>th</sup> and keep watch throughout the year as we celebrate!



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**Y the W makes the difference!**



### **the perfect holiday gift - a class!**

No need to worry about the perfect size, shape, or color this season.... our classes are sure to delight! We have something to suit every taste and interest. The thrill will last way beyond the holiday season. Our Messy Play classes are great for grandparents, parents, and kids alike. Why not give the gift of an enriching experience and life-long memories? Contact our main office to arrange for a gift certificate or to register someone for a class at (609) 497-2100 x0.

### **ywca community**

Join the fun! Everyone is invited to join the YWCA Princeton and become a part of our vibrant community – you don't have to live in Princeton. We have many special events (see back cover) and great dining at our on-site restaurant, The Orchard Café. So don't spend winter inside, come kick up your heels and dance, learn martial arts from seasoned professionals, volunteer, join our book club, enjoy parent-child play, or learn to swim in our heated pool!



Scan me with your  
Smartphone App!

**[www.ywcaprinceton.org](http://www.ywcaprinceton.org) (609) 497-2100 x0**

## classes – winter 2012

### register early

Early registration is suggested as early classes fill up quickly. You choose how you would like to register: website at <http://www.ywcaprinceton.org/register>, in-person at 59 Paul Robeson Place in Princeton, by fax at (609) 924-8655, or by phone at (609) 497-2100 ext 0.

The code for winter 2012 classes is “12WIN”. Registration forms can be found on our home page under the “Register” tab. For information about financial assistance, please call (609) 497-2100, x319.

### new classes!

Each semester the YWCA Princeton offers exciting new classes and programs from which to choose. Visit [www.ywcaprinceton.org](http://www.ywcaprinceton.org) for a complete listing of our winter offerings. This semester, we are delighted to introduce:

- **Baby Dance Jam** and **Toddler Dance Jam** for parents and their little ones
- **Family Dance Class** Three one-night family dance classes celebrating Black History Month in February are sure to create wonderful memories
- **Tap and Math Dance** teaches 3<sup>rd</sup>-5<sup>th</sup> graders their times tables through tap dancing – brilliant!
- **Quick Start English and Culture for Newcomers** is a two-week course for visitors to the U.S. Offered in early January, it provides daily instruction on current events, field trips enhanced lessons on American culture, reading, and writing.
- **Quick-Start Conversation for Newcomers** is ideal for those new to the U.S. who want to develop conversational skills over a four-month period.
- A new adult swim class, “**Intro to Water Skills**” is now on Sunday afternoons
- **Indian Etiquette, Culture and Traditions** is sure to provide wonderful insights into this colorful culture
- **Zumba-Flamenco-Belly Dance Beautiful Goddess Dancing!** and **Zouk** are the craze for teens and adults alike
- **Flamenco Dancing** and **Hot! Salsa! Hot!** make for a great evening every week. Partners are not required, you don't need to be a member, and everyone is welcome to drop-in at any time.



### lawrence

- **Beginning Conversation** and **Intermediate Conversation** will now be offered at the Lawrence Community Center on Eggerts Crossing Road.

### weather closings and facility schedule

You can find out if we are closed due to inclement weather by calling (609) 497-2100 x370.

Date		Holiday	YW/YM Building	YWCA Office
Jan 1, 2012	Sun	New Year's Day	Closed	Closed
Jan 2, 2012	Mon	New Year Observance	Open	Closed
Jan 16, 2012	Mon	Martin Luther King Day	Open	Closed
Feb 18, 2012	Sat	President's Weekend	Open	Closed
Feb 20, 2012	Mon	President's Day	Open	Closed
Apr 6, 2012	Fri	Good Friday	Closed	Closed
Apr 7, 2012	Sat	Easter Weekend	Open	Closed
Apr 8, 2012	Sun	Easter	Closed	Closed

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
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## special women's series!

### women's empowerment series: promote, protect, & prosper!

• <b>Promote!</b> Presentation Skills	Thurs	7-8:30 pm	2/2	2/23	teen, adult	7100000	\$80/4wks members \$95/4wks non-mems	BH-LR
• <b>Protect!</b> Self-Defense	Tues	8pm	----	-----	teen, adult	1030351	\$80/4 wks members \$95/4wks non-mems	Studio W
• <b>Prosper!</b> Fin'l Empowerment – Wise Management During Turbulent Times – Living Within Your Means – How to Budget Wisely – Retirement Planning A to Z	Wed	TBD	<u>2012</u> 11/14	<u>2012</u> 11/14	teen, adult	----	TBD	TBD
	Sat	TBD	11/17	11/17	teen, adult	----	TBD	TBD
	Wed	TBD	12/5	12/5	teen, adult	----	TBD	TBD
	Sat	TBD	12/8	12/8	teen, adult	----	TBD	TBD

## special one-night family dance classes!

### black history month dance classes

• African Dance Class With Live Percussion <b>New!</b>	Fri	7-8:30 pm	2/3	2/3	teen, adult	4610901	\$20 member \$25 nonmember	APR
• Hip Hop Dance Class <b>New!</b>	Fri	7-8:30 pm	2/10	2/10	teen, adult	4610902	\$20 member \$25 nonmember	APR
• West African Percussion Workshop <b>New!</b>	Fri	7-8:30 pm	2/24	2/24	teen, adult	4610903	\$20 member \$25 nonmember	APR

## adult classes

• African American Fiction & Nonfiction Book Club	Thurs	7-8:30 pm meets monthly	1/12	6/14	teen, adult	1010431	\$80 annually; prorated	BH-CC
• Beginning Piano/ Keyboard	Mon	12:30-1:30 pm	1/23	3/26	teen, adult	1000321	\$65 / 10 wks	BH-LR
• Book of the Month Morning	Wed	9:30-11 am	9/7	6/20	adult	1010131	\$80 annually; prorated	BH-LR
• Indian Etiquette, Culture & Traditions <b>New!</b>	Fri	7-8:30 pm	3/9	3/30	teen, adult	1020111	\$60 member \$75 nonmember	BH
• Time for Books	Wed	9:30-11 am meets monthly	9/14	6/13	adult	1010531	\$80 annually; prorated	BH-LR
• Poetry Workshop	Fri	10 am-noon	1/20	3/23	teen, adult	1016343	\$85 member \$100 nonmember	BH-CB

## after school & before school programs (2011-12)

Contact x327 for more information; x319 for financial aid

### community park and johnson park

• After School (full-time)	4-5 days/wk	3:50-6 pm	9/8		----	----	\$300 / month +YW membership	----
• After School (full-time) second child	4-5 days/wk	3:50-6 pm	9/8		----	----	\$290/ month +YW membership	----
• After School (part-time)	2-3 days/wk	3:50-6 pm	9/8		----	----	\$210 / month +YW membership	----

### montgomery middle lower schools and riverside school

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• Before School	1-5 days/wk	7:15-8 am	9/8		----	----	\$130 / month +YW membership	----
• After School (full-time)	4-5 days/wk	3-6 pm	9/8		----	----	\$300 / month +YW membership	----
• After School (full-time) second child	4-5 days/wk	3-6 pm	9/8		----	----	\$290 / month +YW membership	----
• After School (part-time)	2-3 days/wk	3-6 pm	9/8		----	----	\$210 / month +YW membership	----
<b>orchard hill elementary &amp; village elementary</b>								
• Before School	1-5 days/wk	7:15-9:20 am	9/8		----	----	\$235 / month +YW membership	----
• After School (full-time)	4-5 days/wk	3:50-6 pm	9/8		----	----	\$235 / month +YW membership	----
• After School (full-time) second child	4-5 days/wk	3:50-6 pm	9/8		----	----	\$225 / month +YW membership	----
• After School (part-time)	2-3 days/wk	3:50-6 pm	9/8		----	----	\$150 / month +YW membership	----
<b>rockbrook elementary</b>								
• After School (full-time)	4-5 days/wk	2:30-6 pm	9/6		----	----	\$325 / month +YW membership	----
• After School (part-time)	2-3 days/wk	2:30-6 pm	9/6		----	----	\$225 / month +YW membership	----
<b>5-day pass (all schools)</b>								
• <b>5-Day Pass</b> (see parent's handbook)	----	----	9/6	----	----	----	\$175 / month +YW membership	----

## aquatics/swimming

### parent/child classes

• Waterbabies	Thurs	10-10:30 am	1/5	3/29	4-15 mos	3310141	\$163 / 13 wks	Pool
• Waterbabies	Sat	11-11:30 am	1/7	3/31	4-15 mos	3310161	\$163 / 13 wks	Pool
• Parent/Toddler A	Thurs	9:30-10 am	1/5	3/29	1-2½ yrs	3311141	\$163 / 13 wks	Pool
• Parent/Toddler A	Sat	8:30-9 am	1/7	3/31	1-2½ yrs	3311161	\$163 / 13 wks	Pool
• Parent/Toddler A	Sat	11-11:30 am	1/7	3/31	1-2½ yrs	3311162	\$163 / 13 wks	Pool
• Parent/Toddler B	Tues	9:15-9:45 am	1/3	3/27	2½ -4 yrs	3311221	\$163 / 13 wks	Pool
• Parent/Toddler B	Tues	10:30-11 am	1/3	3/27	2½-4 yrs	3311222	\$163 / 13 wks	Pool
• Parent/Toddler B	Sat	8:30-9 am	1/7	3/31	2½-4 yrs	3311261	\$163 / 13 wks	Pool
• Parent/Toddler B	Sat	11-11:30 am	1/7	3/31	2½-4 yrs	3311262	\$163 / 13 wks	Pool

### preschool aquatics

• Preschool Aquatics	Mon	1:30-2 pm	1/9	3/26	3½-5½ yrs	3320111	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Mon	2-2:30 pm	1/9	3/26	3½-5½ yrs	3320112	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Mon	3:30-4 pm	1/9	3/26	3½-5½ yrs	3320113	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Mon	4-4:30 pm	1/9	3/26	3½-5½ yrs	3320114	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Mon	4:30-5 pm	1/9	3/26	3½-5½ yrs	3320115	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Mon	5-5:30 pm	1/9	3/26	3½-5½ yrs	3320116	\$ 130 / 10 wks	Pool
• Preschool Aquatics	Tues	9:15-9:45 am	1/3	3/27	3½-5½ yrs	3320121	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Tues	9:45-10:15 am	1/3	3/27	3½-5½ yrs	3320122	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Tues	10:15-10:45 am	1/3	3/27	3½-5½ yrs	3320123	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Wed	1:30-2 pm	1/4	3/28	3½-5½ yrs	3320131	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Wed	2-2:30 pm	1/4	3/28	3½-5½ yrs	3320132	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Wed	3:30-4 pm	1/4	3/28	3½-5½ yrs	3320133	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Wed	4-4:30 pm	1/4	3/28	3½-5½ yrs	3320134	\$ 169 / 13 wks	Pool

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• Preschool Aquatics	Fri	1:30-2 pm	1/6	3/30	3½-5½ yrs	3320151	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Fri	2-2:30 pm	1/6	3/30	3½-5½ yrs	3320152	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Fri	2:30-3 pm	1/6	3/30	3½-5½ yrs	3320153	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Fri	3:30-4 pm	1/6	3/30	3½-5½ yrs	3320154	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Fri	4-4:30 pm	1/6	3/30	3½-5½ yrs	3320155	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	8:30-9 am	1/7	3/31	3½-5½ yrs	3320161	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	9-9:30 am	1/7	3/31	3½-5½ yrs	3320162	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	9:30-10 am	1/7	3/31	3½-5½ yrs	3320163	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	10-10:30 am	1/7	3/31	3½-5½ yrs	3320164	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	10:30-11 am	1/7	3/31	3½-5½ yrs	3320165	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	11-11:30 am	1/7	3/31	3½-5½ yrs	3320166	\$ 169 / 13 wks	Pool
• Preschool Aquatics	Sat	11:30 am-noon	1/7	3/31	3½-5½ yrs	3320167	\$ 169 / 13 wks	Pool
<b>gym &amp; swim for preschoolers</b>								
• Gym & Swim for Preschoolers	Mon	1:30-2:30 pm	1/9	3/26	3½-5½ yrs	3321111	\$195 / 13 wks	GymB, Pool
• Gym & Swim for Preschoolers	Wed	1:30-2:30 pm	1/4	3/28	3½-5½ yrs	3321131	\$195 / 13 wks	GymB, Pool
<b>american red cross youth classes</b>								
<b>Level 1</b>								
• Intro to Water Skills	Mon	4:10-4:50 pm	1/9	3/26	6-15 yrs	3330111	\$135 / 10 wks	Pool
• Intro to Water Skills	Mon	4:50-5:30 pm	1/9	3/26	6-15 yrs	3330112	\$135 / 10 wks	Pool
• Intro to Water Skills	Wed	3:30-4:10 pm	1/4	3/28	6-15 yrs	3330131	\$176 / 13 wks	Pool
• Intro to Water Skills	Wed	4:10-4:50 pm	1/4	3/28	6-15 yrs	3330132	\$176 / 13 wks	Pool
• Intro to Water Skills	Fri	3:50-4:30 pm	1/6	3/30	6-15 yrs	3330151	\$176 / 13 wks	Pool
• Intro to Water Skills	Sat	9-9:40 am	1/7	3/31	6-15 yrs	3330161	\$176 / 13 wks	Pool
• Intro to Water Skills	Sat	9:40-10:20 am	1/7	3/31	6-15 yrs	3330162	\$176 / 13 wks	Pool
• Intro to Water Skills	Sat	10:20-11 am	1/7	3/31	6-15 yrs	3330163	\$176 / 13 wks	Pool
<b>Level 2</b>								
• Fundamental Aquatic Skills	Mon	4:10-4:50 pm	1/9	3/26	6-15 yrs	3330211	\$135 / 10 wks	Pool
• Fundamental Aquatic Skills	Mon	4:50- 5:30 pm	1/9	3/26	6-15 yrs	3330212	\$135 / 10 wks	Pool
• Fundamental Aquatic Skills	Wed	3:30 – 4:10 pm	1/4	3/28	6-15 yrs	3330231	\$176 / 13 wks	Pool
• Fundamental Aquatic Skills	Wed	4:10 – 4:50 pm	1/4	3/28	6-15 yrs	3330232	\$176 / 13 wks	Pool
• Fundamental Aquatic Skills	Fri	3:50-4:30 pm	1/6	3/30	6-15 yrs	3330251	\$176 / 13 wks	Pool
• Fundamental Aquatic Skills	Sat	9-9:40 am	1/7	3/31	6-15 yrs	3330261	\$176 / 13 wks	Pool
• Fundamental Aquatic Skills	Sat	9:40-10:20 am	1/7	3/31	6-15 yrs	3330262	\$176 / 13 wks	Pool
• Fundamental Aquatic Skills	Sat	10:20-11 am	1/7	3/31	6-15 yrs	3330263	\$176 / 13 wks	Pool
<b>Level 3</b>								
• Stroke Development	Mon	4:10-4:50 pm	1/9	3/26	6-15 yrs	3330311	\$135 / 10 wks	Pool
• Stroke Development	Mon	4:50-5:30 pm	1/9	3/26	6-15 yrs	3330312	\$135 / 10 wks	Pool
• Stroke Development	Wed	3:30-4:10 pm	1/4	3/28	6-15 yrs	3330331	\$176 / 13 wks	Pool
• Stroke Development	Wed	4:10-4:50 pm	1/4	3/28	6-15 yrs	3330332	\$176 / 13 wks	Pool
• Stroke Development	Sat	9:40-10:20 am	1/7	3/31	6-15 yrs	3330361	\$176 / 13 wks	Pool
• Stroke Development	Sat	10:20-11 am	1/7	3/31	6-15 yrs	3330362	\$176 / 13 wks	Pool
<b>Level 4</b>								
• Stroke Improvement	Mon	3:30-4:10 pm	1/9	3/26	6-15 yrs	3330411	\$135 / 10 wks	Pool
• Stroke Improvement	Wed	4:10-4:50 pm	1/4	3/28	6-15 yrs	3330431	\$176 / 13 wks	Pool
• Stroke Improvement	Fri	3:50-4:30 pm	1/6	3/30	6-15 yrs	3330451	\$176 / 13 wks	Pool
• Stroke Improvement	Sat	9:40-10:20 am	1/7	3/31	6-15 yrs	3330461	\$176 / 13 wks	Pool
• Stroke Improvement	Sat	10:20-11 am	1/7	3/31	6-15 yrs	3330462	\$176 / 13 wks	Pool
<b>Level 5</b>								
• Stroke Refinement	Wed	4:50-5:30 pm	1/4	3/28	6-15 yrs	3330531	\$176 / 13 wks	Pool
• Stroke Refinement	Sat	9-9:40am	1/7	3/31	6-15 yrs	3330561	\$176 / 13 wks	Pool
<b>Level 6</b>								
• Personal Water Safety & Fitness Swimmer	Mon	4:10-4:50 pm	1/9	3/26	6-15 yrs	3330611	\$135 / 10 wks	Pool
• Personal Water Safety &	Sat	9-9:40 am	1/7	3/31	6-15 yrs	3330661	\$176 / 13 wks	Pool

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
Fitness Swimmer								
<b>american red cross lifeguard training</b>								
• Red Cross Lifeguard Training	Thurs	6:30-8 pm 8-9:30 pm	1/5	3/8	15+ yrs	3350541	\$290 / 10 wks	NursA Pool
• Red Cross Water Safety Instructor	Thurs	6-10 pm	1/5	3/8	15+ yrs	3550344	\$300 / 10 wks	PBPool
• Red Cross Lifeguard Training (spring session)	Thurs	6:30-8 pm 8-9:30 pm	3/15	5/17	15+ yrs	3350541 (spring)	\$290 / 10 wks	NursA Pool
<b>adapted aquatics</b>								
• Adapted Aquatics	Mon	2:50-3:30 pm	1/9	3/26	6-15 yrs	3331311	\$160 / 10 wks	Pool
• Adapted Aquatics	Mon	3:30-4:10 pm	1/9	3/26	6-15 yrs	3331312	\$160 / 10 wks	Pool
• Adapted Aquatics	Wed	2:50-3:30 pm	1/4	3/28	6-15 yrs	3331331	\$208 / 13 wks	Pool
• Adapted Aquatics	Wed	4:50-5:30 pm	1/4	3/28	6-15 yrs	3331332	\$208 / 13 wks	Pool
• Adapted Aquatics	Fri	3-3:40 pm	1/6	3/30	6-15 yrs	3331351	\$208 / 13 wks	Pool
• Adapted Aquatics	Sat	11-11:30 am	1/7	3/31	6-15 yrs	3331361	\$208 / 13 wks	Pool
• Adapted Aquatics	Sat	11:30-noon	1/7	3/31	6-15 yrs	3331362	\$208 / 13 wks	Pool
<b>adult classes</b>								
• Level 1 – Intro to Water Skills	Mon	8-8:45 pm	1/9	3/26	adult	3340111	\$139 / 10 wks	Pool
• Level 1 – Intro to Water Skills	Mon	8:45-9:30 pm	1/9	3/26	adult	3340112	\$139 / 10 wks	Pool
• Level 1 – Intro to Water Skills	Tues	10:45-11:30 am	1/3	3/27	adult	3340121	\$180 / 13 wks	Pool
• Level 1 – Intro to Water Skills	Fri	1:30-2:15 pm	1/6	3/30	adult	3340151	\$180 / 13 wks	Pool
• Level 1 – Intro to Water Skills <b>New!</b>	Sun	2-2:45 pm	1/8	3/25	adult	3340171	\$166 / 12 wks	Pool
• Level 2 – Fundamental Skills	Mon	8-8:45 pm	1/9	3/26	adult	3340211	\$139 / 10 wks	Pool
• Level 3 – Stroke Readiness	Mon	8-8:45 pm	1/9	3/26	adult	3340311	\$139 / 10 wks	Pool
<b>water exercise-fast pace</b>								
• Aqua Dynamics	Tues	8:45-9:45 am	1/3	3/27	adult	3342111	} 13 wks \$154 / 1 day \$225 / 2 days \$248 / 3 days \$301 / 4 days	Pool
• Aqua Dynamics	Wed	8:45-9:45 am	1/4	3/28	adult	3342111		Pool
• Aqua Dynamics	Thurs	8:45-9:45 am	1/5	3/29	adult	3342111		Pool
• Aqua Dynamics	Fri	8:45-9:45 am	1/6	3/30	adult	3342111		Pool
• Aqua Dynamics	Sat	7:30-8:30 am	1/7	3/31	adult	3342161		Pool
<b>water exercise-slow pace</b>								
• Arthritis & Rehabilitation (aka "Water Works")	Mon	9:45-10:30am	1/9	3/26	adult	3342311	} \$107 / 1 day \$156 / 2 days \$186 / 3 days \$224 / 4 days	Pool
• Arthritis & Rehabilitation (aka "Water Works")	Tues	9:45-10:30am	1/3	3/27	adult	3342311		Pool
• Arthritis & Rehabilitation (aka "Water Works")	Wed	9:45-10:30am	1/4	3/28	adult	3342311		Pool
• Arthritis & Rehabilitation (aka "Water Works")	Fri	9:45-10:30am	1/6	3/30	adult	3342311		Pool
<b>water &amp; weights</b>								
• "Land & Sea" Weights & Water	Tues	9:15-11:30 am	1/3	3/27	adult	3342521	\$323 / 13 wks	Weight/ Pool
<b>dip tickets</b>								
• Per time fee with YWCA membership			Adults \$10	Seniors \$4	Youth \$5			
• Member's guest fee (one time privilege)			Adults \$12	Seniors \$5	Youth \$6			

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Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
<ul style="list-style-type: none"> <li><b>Dip tickets</b> (YWCA membership required) <i>Children through 5 years may swim free on parents' dip ticket; they require a Youth YWCA Membership.</i></li> </ul>								
Family Dip		3339112	\$275 / 1 yr		College	3369012	\$115 / 1 yr	
Family Dip		3339106	\$180 / 6 mos		College	3369006	\$85 / 6 mos	
Family Dip		3339103	\$145 / 3 mos		College	3369003	\$70 / 3 mos	
Adult		3349012	\$165 / 1 yr		Senior (62+)	3359012	\$110 / 1 yr	
Adult		3349006	\$115 / 6 mos		Senior (62+)	3359006	\$80 / 6 mos	
Adult		3349003	\$95 / 3 mos		Senior (62+)	3359003	\$65 / 3 mos	
Youth (17 & under)		3339012	\$95 / 1 yr					
Youth (17 & under)		3339006	\$75 / 6 mos					
Youth (17 & under)		3339003	\$60 / 3 mos					

### arts, crafts, chess

#### children & teens

• Stitch & Stuff: Sewing for Children Session 1	Fri	4-5:30 pm	1/6	2/10	1st – 5th grade	1321301	\$95 / 6 wks	BH-P
• Stitch & Stuff: Sewing for Children Session 2	Fri	4-5:30 pm	2/17	3/23	1st – 5th grade	1321302	\$95 / 6 wks	BH-P
• Adapted Art for Teens and Young Adults	Sat	12:30-2 pm	1/7	3/31	16+ yrs	1320606	\$225/13 wks	BH-P
• Chess Session 1	Sat	11am-noon	1/7	2/11	6+ yrs	1322306	\$90 / 6 wks	NursA
• Chess Session 2	Sat	11am-noon	2/18	3/31	6+ yrs	1322037	\$105 / 7 wks	NursA

#### adults

• Needlework	Wed	10am-1 pm	2/29	3/21	adult	1344101	\$75 / 4 wks	BH-P
• Needlework (no class 4/4)	Wed	10 am-1 pm	3/28	4/25	adult	1344102	\$75 / 4 wks	BH-P
• Watercolor	Fri	9:30-11:30 am	1/20	2/24	adult	1370301	\$99 / 6 wks	BH-P
• Quick Start Drawing	Fri	12:15-1:45 pm	1/20	2/24	adult	1370302	\$99 / 6 wks	BH-P
• Ikebana – Level 1 Intro to Traditional Japanese Flower Arranging	Sat	3-5 pm	2/4	3/3	adult	1370402 1370401	\$99 / 5 wks plus \$60 material fee	BH-LR
• Ikebana – Level 2 Intro to Traditional Japanese Flower Arranging	Sat	12:30-2:30 pm	2/4	3/3	adult	1370403 1370401	\$99 / 5 wks plus \$60 material fee	BH-LR

### child's play for everyone

• Math & Me – Level 1: <b>New!</b> Concept of Numbers	Mon	3-3:45 pm (no class 1/16 & 2/20)	1/9	3/26	3-6 yrs	1520441	\$120 / 10 wks	NursA
• Math & Me – Level 2: <b>New!</b> Addition and Subtraction	Mon	4-4:45 pm (no class 1/16 & 2/20)	1/9	3/26	3-6 yrs	1520445	\$120 / 10 wks	NursA
• Math & Me – Level 3: <b>New!</b> Shapes and Measurements	Mon	5-5:45 pm (no class 1/16 & 2/20)	1/9	3/26	3-6 yrs	1520446	\$120 / 10 wks	NursA
• Arts and Crafts	Mon	1:30-2:30 pm (no class 1/16 & 2/20)	1/9	----	4-6 yrs	1521141	\$100/10 classes	NursA
• Adventure	Tues	1:30-2:30 pm	1/3	----	4-6 yrs	1520251	\$130/13 classes	NursA
• Animal Art	Wed	1:30-2:30 pm	1/4	----	4-6 yrs	1521742	\$130/13 classes	NursA
• Kids in the Kitchen	Thurs	1:30-2:30 pm	1/5	----	4-6 yrs	1520111	\$130/13 classes	NursA
• Little Bookworms	Fri	1:30-2:30 pm	1/6	----	4-6 yrs	1521434	\$110/11 classes	NursA

#### messy play with parents/grandparents

## classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• Messy Play	Sat	9-10 am	1/7	----	1½-2½ yrs	1510111	\$110/11 classes	Rm 13
• Messy Play Plus	Sat	10:15-11:15 am	1/7	----	2½-4 yrs	TBD	\$110/11 classes	Rm 13
<b>babysitting certification &amp; red cross cpr</b>								
• Babysitting Certification & Red Cross CPR <i>(classes 1/7, 1/21, 1/28, 2/11, 2/25)</i>	Sat	9:30-12:30 pm 9-3 pm	1/7 2/25	2/11 2/25	12+ yrs	1519161	TBD	TBD
<b>birthday parties at the ywca!</b>								
• Parties for up to 20 children; 1½ hours please call		\$10 per child \$150 minimum \$15 each additional child	----	----	----	----	----	----

## dance – babies, children & teens

### dance recital dates

• Dance Recital	Sun	Show: 1:00-2:00 Show: 3:30-4:30	6/3	6/3	all students	----	\$10 / ticket children free	Rider Univ.
• Dress Rehearsal	Sat		6/2	6/2	all students	----	----	APR
• Dance Recital Costumes	----	----	----	----	----	----	\$60	----

### dance – babies & kids

• Baby Dance Jam <b>New!</b>	Wed	9:30-10:15 am	1/4	3/28	birth-16 mos	4610101	\$195 / 13 wks	APR
• Baby Dance Jam <b>New!</b>	Wed	9:30-10:15 am	4/11	6/13	birth-16 mos	4610102	\$150 / 10 wks	APR
• Toddler Dance Jam <b>New!</b>	Tues	9:30-10:15 am	1/3	3/27	16-36 mos	4610103	\$195 / 13 wks	APR
• Toddler Dance Jam <b>New!</b>	Tues	9:30-10:15 am	4/10	6/12	16-36 mos	4610104	\$150 / 10 wks	APR
• Fairytale Ballet	Mon	1-1:45 pm	1/9	6/11	3-4 yrs	4610111	\$285 / 19 wks	APR
• Fairytale Ballet	Tues	1-1:45 pm	1/3	6/12	3-4 yrs	4610112	\$345 / 23 wks	APR
• Fairytale Ballet	Tues	4-4:45 pm	1/3	6/12	3-4 yrs	4610113	\$345 / 23 wks	APR
• Fairytale Ballet	Wed	10:15-11 am	1/4	6/13	3-4 yrs	4610114	\$345 / 23 wks	APR
• Fairytale Ballet	Wed	1-1:45 pm	1/4	6/13	3-4 yrs	4610115	\$345 / 23 wks	APR
• Fairytale Ballet	Sat	9:30-10:15 am	1/7	6/9	3-4 yrs	4610117	\$315 / 21 wks	APR
• Pre-Ballet	Mon	1:45-2:30 pm	1/9	6/11	4-5 yrs	4610211	\$285 / 19 wks	APR
• Pre-Ballet	Tues	1:45-2:30 pm	1/3	6/12	4-5 yrs	4610212	\$345 / 23 wks	APR
• Pre-Ballet	Wed	1:45-2:30 pm	1/4	6/13	4-5 yrs	4610213	\$345 / 23 wks	APR
• Pre-Ballet	Fri	4-4:45 pm	1/6	6/8	4-5 yrs	4610215	\$330 / 22 wks	APR
• Pre-Ballet	Sat	10:15-11 am	1/7	6/9	4-5 yrs	4610216	\$315 / 21 wks	APR
• Beginner Ballet & Tap Combo	Fri	4:45-5:30 pm	1/6	6/8	5-8 yrs	4610218	\$330 / 22 wks	APR
• Beginner Ballet: Level I	Tues	4:45-5:30 pm	1/3	6/12	5-8 yrs	4610310	\$345 / 23 wks	APR
• Beginner Ballet: Level I	Sat	11-11:45 am	1/7	6/9	5-8 yrs	4610312	\$315 / 21 wks	APR
• Beginner Ballet: Level II	Sat	11:45-12:45 pm	1/7	6/9	8-10 yrs	4610314	\$315 / 21 wks	APR
• Beginner Hip Hop/Jazz	Mon	4-5 pm	1/9	6/11	6-9 yrs	4610810	\$285 / 19 wks	APR
• Beginner Hip Hop/Jazz	Mon	5-6 pm	1/9	6/11	9-12 yrs	4610811	\$285 / 19 wks	APR
• Tap & Math Learn times tables through tap dancing! <b>New!</b>	Wed.	4-5 pm	1/4	6/13	8-10 yrs (3rd-5th grade)	4610815	\$345 / 23 wks	APR
• Zumba-Flamenco-Belly Dance Beautiful Goddess Dancing! <b>New!</b>	Thurs	4:30-5:30 pm	1/5	6/14	teens	4620301	\$345 / 23 wks	APR

### musical theater dance classes

• Musical Theater Jazz	Tues	5:30-6:30 pm	1/3	6/12	9-12 yrs	4610510	\$345 / 23 wks	APR
• Musical Theater Jazz	Wed	5-6 pm	1/4	6/13	9-12 yrs	4610511	\$345 / 23 wks	APR
• Justin Bieber Dance Jam <b>New!</b>	Fri	5:30-6:30 pm	1/6	6/8	6-9 yrs	4610512	\$330 / 22 wks	APR

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
<b>holiday nutcracker ballet</b> (one-week workshops)								
• Nutcracker Ballet 	Mon-Fri	9 am-noon	12/26	12/30	4-10 yrs	4610766	\$150	APR
• Nutcracker Ballet	Mon-Fri	1-4 pm	12/26	12/30	4-10 yrs	4610767	\$150	APR
<b>cinderella's ballet ball</b>								
• Cinderella Ball and Parade – come dressed like a princess! – caregiver must accompany children under 3 yrs of age	Sat	3-4:30 pm	1/28	1/28	2-10 yrs	4610900	\$25 per child/ \$15 per sibling	APR
<b>father daughter valentine's day dance</b>								
• Father Daughter Valentine's Day Dance come dressed in formal wear! 	Sat	7-8:30 pm	2/11	2/11	all ages welcome!	4610999	\$25 per couple siblings FREE!	APR
<b>birthday parties</b>								
• Ballerina Ballet Party – (1½ hours)	Sun	upon request	----	----	----	4699999	\$250: 6-8 kids \$400: 9-16 kids	APR
• Princess Ballet Party – (1½ hours)	Sun	upon request	----	----	----	4699999	\$250: 6-8 kids \$400: 9-16 kids	APR
• Fairy Ball Ballet Party – (1½ hours)	Sun	upon request	----	----	----	4699999	\$250: 6-8 kids \$400: 9-16 kids	APR

<b>dance –adult</b>								
• Zumba-Flamenco-Belly Dance Beautiful Goddess Dancing! <b>New!</b> – six weeks of each dance style	Thurs	4:30-5:30 pm	1/5	6/14	teen, adult	4620301	\$345 / 23 wks YW membership not required	APR
• Flamenco Dancing <b>New!</b> – full skirt and strong heels required	Thurs.	6-7:30 pm	1/5	6/14	teen, adult	4620302	Drop in fee \$16 YW membership not required	APR
• Hot Salsa Hot! (partner not required)	Wed	7-8 pm	1/4	6/13	teen, adult	4640333	Drop in fee \$16 Drop in fee \$16 Drop in fee \$16 Drop in fee \$16 YW membership not required	APR
▪ Beginner/Interm. Beginner	Thurs	7:30-8:30 pm	1/5	6/14	teen, adult	4640333		APR
▪ Beginner/Interm. Beginner	Wed	8-9 pm	1/4	6/13	teen, adult	4640333		APR
▪ Intermediate/Advanced	Thurs	8:30-9:30 pm	1/5	6/14	teen, adult	4640333		APR
• Zouk <b>New!</b>	Wed	9-10 pm	1/4	6/13	teen, adult	4640333	Drop in fee \$16 YW membership not required	APR

## special one-night family dance classes!

### black history month dance classes

• African Dance Class With Live Percussion <b>New!</b>	Fri	7-8:30 pm	2/3	2/3	teen, adult	4610901	\$20 member \$25 nonmember	APR
• Hip Hop Dance Class <b>New!</b>	Fri	7-8:30 pm	2/10	2/10	teen, adult	4610902	\$20 member \$25 nonmember	APR

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• West African Percussion Workshop <b>New!</b>	Fri	7-8:30 pm	2/24	2/24	teen, adult	4610903	\$20 member \$25 nonmember	APR

## early childhood/nursery school education

### nursery school – early childhood education (please call)

<b>Zebras</b> (3-4 yrs as of 9/30) -Extended Option -Rest Period -Afternoon Fun -Before Care Add-On -After Care Add-On	Mon-Fri 9 am–noon 1-1:30 pm 1:30–2:30 pm 8-9 am 2:30-6 pm	<b>Unicorns</b> (4-6 yrs as of 9/30) -Includes 45 min lunch -Rest Period -Afternoon Fun -Before Care Add-On -After Care Add-On	Mon- Fri 9 am–1 pm 1-1:30 pm 1:30–2:30 pm 8-9 am 2:30-6pm
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### nursery school - bilingual classroom (please call)

<b>Bilingual Nursery School</b> – 2½-6 yrs Spanish as first language	Mon-Fri 8am-6pm
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## english as a second language

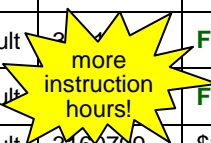


### multi-cultural experience

• Indian Etiquette, Culture & Traditions <b>New!</b>	Fri	7-8:30 pm	3/9	3/30	teen, adult	1020111	\$60 member \$75 nonmember	BH
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### specials!

• January's 2-week Visitors to USA <b>New!</b>	M-T-W- R-F- Sat	9 am-noon	1/3	1/14	teen, adult	3060812	\$360/10 classes	BH
• Quick-Start English & Culture for Newcomers to the U.S. <b>New!</b>	Mon/ Wed	10 am-noon	1/18	5/23	teen, adult	3140041	\$720/36 classes	BH
• Quick-Start English & Culture for Newcomers to the U.S. with Quick-Start Conversation <b>New!</b>	Mon/ Wed/ Fri	10 am-noon	1/18	5/23	teen, adult	3140042	\$990/54 classes	BH
• Quick-Start Conversation for Newcomers <b>New!</b>	Fri	10 am-noon	1/20	5/25	teen, adult	3141043	\$360/18 classes	BH
• Citizenship Preparation	Tues/ Thurs	9-10:30am	1/17	5/24	teen, adult	3160799	<b>FREE</b> /36 classes	BH
• GED Prep for ESL Students	Mon/ Wed	12:30-2:30pm	1/18	5/23	teen, adult	3160799	<b>FREE</b> /36 classes	BH
• Culturally Speaking	Fri	10 am-noon	2/3	4/27	teen, adult	3160799	\$295/12 classes	BH
• Advanced English Speaking: Discussion on Current Issues & Culture	Thurs	7-9 pm	2/2	4/26	teen, adult	3180664	\$295/12 classes	BH
• TOEFL Preparation	Wed	1-3 pm	2/1	4/25	teen, adult	3190141	\$295/12 classes	BH
• English, Pop Culture & the News	Mon	12:30-2:30pm	1/30	4/23	teen, adult	3180663	\$295/12 classes	BH
• Private Lessons	TBD	TBD	----	----	teen, adult	3198000	\$50/hour	BH



### english literacy

• Beginning Literacy	Mon/ Wed	8:30-10:30 am	1/18	5/23	teen, adult	3110024	\$290/36 classes*	BH
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# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• Beginning Literacy	Tues/ Thurs	7-9 pm	1/17	5/24	teen, adult	3110025	\$290/36 classes*	BH
• Basic Grammar	Mon/ Wed	8:30-10:30 am	1/18	5/23	teen, adult	3120001	\$290/36 classes*	BH
• Basic Conversation	Mon/ Wed	8:30-10:30 am	1/18	5/23	teen, adult	3120006	\$290/36 classes*	BH
• Pre-Level 1	Tues/ Thurs	8:30-10:30 am	1/17	5/24	teen, adult	3120020	\$290/36 classes*	BH
• Pre-Level 1	Tues/ Thurs	7-9 pm	1/17	5/24	teen, adult	3120045	\$290/36 classes*	BH
* 100% financial aid available if eligible								
<b>esl core curriculum – reading, writing, listening, speaking</b>								
• Level 1	Mon/ Wed	10:30-12:30 pm	1/18	5/23	teen, adult	3110121	\$560/36 classes	BH
• Level 1	Mon/ Wed	7-9 pm	1/18	5/23	teen, adult	3100003	\$560/36 classes	BH
• Level 2	Tues/ Thurs	10:30-12:30 pm	1/17	5/24	teen, adult	3120121	\$560/36 classes	BH
• Level 2	Mon/ Wed	7-9:00 pm	1/18	5/23	teen, adult	3120122	\$560/36 classes	BH
• Level 2/3	Mon/ Wed	10:30-12:30 pm	1/18	5/23	teen, adult	3130222	\$560/36 classes	BH
• Level 3	Mon/ Wed	10:30-12:30 pm	1/18	5/23	teen, adult	3130111	\$560/36 classes	BH
• Level 3	Mon/ Wed	7-9 pm	1/18	5/23	teen, adult	3130112	\$560/36 classes	BH
• Level 3/4	Mon/ Wed	10:30-12:30 pm	1/18	5/23	teen, adult	3130113	\$560/36 classes	BH
• Level 4	Tues/ Thurs	10:30-12:30 pm	1/17	5/24	teen, adult	3190225	\$560/36 classes	BH
• Level 4	Mon/ Wed	7-9 pm	1/18	5/23	teen, adult	3190226	\$560/36 classes	BH
• Level 5	Tues/ Thurs	10:30-12:30 pm	1/17	5/24	teen, adult	3150131	\$560/36 classes	BH
• Level 5	Mon/ Wed	7:00-9 pm	1/18	5/23	teen, adult	3150132	\$560/36 classes	BH
<b>esl conversation</b>								
• Beginning Conversation & More	Tues/ Thurs	10:30-12:30pm	1/17	5/24	teen, adult	3160111	\$560/36 classes	BH
• Intermediate Conversation & More	Tues/ Thurs	12:30-2:30 pm	1/17	5/24	teen, adult	3160234	\$560/36 classes	BH
• Conversational English I	Fri	9:30-11:30 am	2/3	4/27	teen, adult	3160011	\$295/12 classes	BH
• Conversational English II	Fri	Noon-2 pm	2/3	4/27	teen, adult	3160012	\$295/12 classes	BH
• Beginning Conversation	Tues	7-9 pm	1/31	4/24	teen, adult	3160112	\$295/12 classes	BH
• Intermediate Conversation	Tues	8:30-10:30 am	1/31	4/24	teen, adult	3160232	\$295/12classes	BH
• Advanced Conversation	Mon	10 am-noon	1/30	4/23	teen, adult	3160322	\$295/12classes	BH
• Advanced Conversation	Thurs	7-9 pm	2/2	4/26	teen, adult	3160323	\$295/12classes	BH
• Intermediate Grammar/ Writing	Tues	1-3 pm	1/31	4/24	teen, adult	3160743	\$295/12classes	BH
• Intermediate Grammar/ Writing	Tues	7-9 pm	1/31	4/24	teen, adult	3160744	\$295/12classes	BH
• Advanced Grammar/Writing	Tues	12:30-2:30 pm	1/31	4/24	teen, adult	3160742	\$295/12classes	BH
• Advanced Grammar/Writing	Thurs	7-9 pm	1/31	4/24	teen, adult	3160741	\$295/12classes	BH
• Intermediate Pronunciation	Fri	10am-12 pm	2/3	4/27	teen, adult	3160345	\$295/12classes	BH
• Advanced Pronunciation	Fri	12:30-2:30 pm	2/3	4/27	teen, adult	3160333	\$295/12classes	BH

# classes – winter 2012

Course Name	Day	Time	Start Date	End Date	Ages	Course #	Cost/ # sessions	Rm
• Advanced Pronunciation	Tues	7-9 pm	1/31	4/24	teen, adult	3160334	\$295/12classes	BH
<b>corporate onsite classes</b>								
• Customized classes for companies at your office	----	phone (609) 497-2100 x306	----	----	teen, adult	----	----	your office
<b>lawrence</b>								
• Beginning Conversation	Sat	9:30 am-noon	1/21	3/24	teen, adult	3190115	\$60 / 10 classes	Lawr
• Intermediate Conversation	Sat	9:30 am-noon	1/21	3/24	teen, adult	3190116	\$60 / 10 classes	Lawr

## gymnastics

### preschool gymnastics

• GymAntics	Tues	noon-12:45 pm	1/3	3/27	3-4 yrs	4101022	\$191 / 13 wks	GymB
• GymAntics	Thurs	noon-12:45 pm	1/5	3/29	3-4 yrs	4101042	\$191 / 13 wks	GymB
• KinderGym	Thurs	12:45-1:30 pm	1/5	3/29	4-6 yrs	4101131	\$191 / 13 wks	GymB
• Gym & Swim	Mon	1:30-2:30 pm	1/9	3/26	3½-5½ yrs	3321111	\$150 / 10 wks	GymB/ Pool
• Gym & Swim	Wed	1:30-2:30 pm	1/4	3/28	3½-5½ yrs	3321131	\$195 / 13 wks	GymB/ Pool

### boy's gymnastics

• Boys Level 1	Mon	4:30-5:30 pm	1/9	3/26	5-14 yrs	4122145	\$165 / 10 wks	GymB
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### girl's gymnastics

• Girls Level 1	Mon	3:30-4:30 pm	1/9	3/26	5-14 yrs	4111011	\$165 / 10 wks	GymB
• Girls Level 1	Tues	4:30-5:30 pm	1/3	3/27	5-14 yrs	4111023	\$214 / 13 wks	GymB
• Girls Level 1	Thurs	3:30-4:30 pm	1/5	3/29	5-14 yrs	4111043	\$214 / 13 wks	GymB
• Girls Level 1	Fri	3:30-4:30 pm	1/6	3/30	5-14 yrs	4111053	\$214 / 13 wks	GymB
• Girls Level 2	Tues	3:30-4:30 pm	1/3	3/27	5-14 yrs	4112023	\$214 / 13 wks	GymB
• Girls Level 2	Wed	4:30-5:30 pm	1/4	3/28	5-14 yrs	4112032	\$214 / 13 wks	GymB
• Girls Level 2	Thurs	4:30-5:30 pm	1/5	3/29	5-14 yrs	4112043	\$214 / 13 wks	GymB
• Girls Level 2	Fri	3:30-4:30 pm	1/6	3/30	5-14 yrs	4112053	\$214 / 13 wks	GymB
• Girls Level 3/4	Fri	4:30-5:30 pm	1/6	3/30	5-14 yrs	4113044	\$214 / 13 wks	GymB

# classes – winter 2012

## martial arts

The ywca offers aikido, brazilian jiu jitsu, and judo for men, women, and children. You can join at any time during the semester.

### aikido (male and female)

aikido schedule	tuesday	thursday
6-7 pm	Family Aikido Family Aikido Walk On	Aikido for Children Family Aikido Walk On
6-7:30 pm		Aikido for Teens
7:30-9 pm	Aikido for Adults Adult Aikido Walk On	Aikido for Adults Adult Aikido Walk On

### aikido for children & teens

• Aikido for Children	Thurs	6-7 pm	1/5	3/29	8-12 yrs	4447356	\$117 / 13 weeks	GymB
• Aikido for Teens	Thurs	6-7:30 pm	1/5	3/29	13-17 yrs	4447357	\$176 / 13 weeks	GymB
• Family Aikido	Tues	6-7 pm	1/3	3/27	age 8- adult	4447052	\$117 / 13 weeks	GymB
• Teen Walk On	Tues or Thurs	6-7 pm	1/3	3/27	age 8- adult	4447053	\$10 / class	Gym B

### aikido for adults

• Aikido for Adults	Tues	7:30-9 pm	1/3	3/27	age 16+	4447013	\$225 / 15 weeks	GymB
• Aikido for Adults	Thurs	7:30-9 pm	1/5	3/29	age 16+	4447033	\$225 / 15 weeks	GymB
• Aikido for Adults	Tues & Thurs	7:30-9 pm	1/3	3/27	age 16+	4447043	\$375 / 15 weeks	GymB
• Aikido Walk on for Adults	Tues & Thurs	7:30-9 pm	1/3	3/27	age 16+	4447012	\$18 (unlimited)+ YW membership	GymB

### brazilian jiu jitsu (male and female)

Check website for complete schedule. Can join at any time during the semester.

bjj schedule	monday	tuesday	wednesday	thursday	sunday
10:30-11:30 am					Kids
11:30 am– 12:30 pm					Mixed
12:30 pm – 1:30 pm					Open Mat
5:30 – 6:30 pm				Beginners	
6:00 – 7:00 pm		No Gi Mixed			
6:00 – 7:30 pm	No Gi Mixed				
6:30 – 8:00 pm				Advanced	
7:00 – 8:00 pm		Beginners	Intro to BJJ Self Defense		

• Unlimited class time in any class with 1-year contract	age 13+	4401111	\$120 / month	Studio W
• Month-to-month agreement	age 13+	4402222	\$150 / month	Studio W
• Walk-on mat fee	age 13+	4402071	\$20 / class	Studio W

• No Gi Mixed	Mon	6-7:30 pm	1/9	3/26	age 13+	select plan	select plan	Studio W
• No Gi Mixed	Tues	6-7 pm	1/3	3/27	age 13+	select plan	select plan	Studio W
• Beginners	Tues	7-8 pm	1/3	3/28	age 13+	select plan	select plan	Studio W

## classes – winter 2012

• Beginners	Thurs	5:30-6:30 pm	1/5	3/29	age 13+	select plan	select plan	Studio W
• Advanced	Thurs	6:30-8 pm	1/5	3/29	age 13+	select plan	select plan	Studio W
• Mixed	Sun	11:30-12:30 pm	1/8	4/1	age 13+	select plan	select plan	Studio W
• Open mat	Sun	12:30 – 1:30 pm	1/8	4/1	age 13+	select plan	select plan	Studio W
• Introduction to Self Defense	Wed	6:30 – 7:30 pm	1/4	3/28	age 13+	select plan	select plan	Studio W

### judo (male and female)

Semester starts January 7th and ends March 31st. Check website for complete schedule. Can join at any time during the semester.

judo schedule	monday	wednesday	saturday
8:00 – 8:45 am			Family Judo (4-7yrs w/parent)
8:45 – 10:00 am			All Levels
6:00 – 7:00 pm	Women & Girls Juniors 13 and under	Women & Girls Juniors 13 and under	
7:00 – 8:30 pm	All Levels	All Levels	

### All Levels Plans

Unlimited class time with signed 3 month contract (paid monthly)							4448023	\$90 / month	GymB
Unlimited class time with signed 3 month contract (paid upfront)							4448027	\$270 / 3 months	GymB
Month-to-month agreement							4448024	\$120 / month	GymB
Walk-on mat fee (limited to four times per month)							4448071	\$20 / class + YM membership	GymB
• Judo (All Levels)	Mon/ Wed/	7-8:30 pm	1/9	3/28	14+ yrs	select plan	select plan	GymB	
• Judo (All Levels)	Sat	8:45-10 am	1/7	3/31	8 yrs-adult	select plan	Select plan	GymB	

### Women & Girls Plans

• Unlimited class time with 3 month contract	Mon/ Wed	6-7 pm	1/9	3/28	6 yrs-adult	4448021	\$90 / month	GymB
• Month-to-month agreement	Mon/ Wed	6-7 pm	1/9	3/28	6 yrs-adult	4448022	\$120 / month	GymB
• Walk On Mat Fee (limited to 4x/month)	Mon/ Wed	6-7 pm	1/9	3/28	6 yrs-adult	4448071	\$20 / class + YM membership	GymB

### Juniors (13 and under) Plans

• Unlimited class time with 3 month contract	Mon/ Wed	6-7 pm	1/9	3/28	13 and under	4448026	\$90 / month	GymB
• Month-to-month agreement	Mon/ Wed	6-7 pm	1/9	3/28	13 and under	4448025	\$120 / month	GymB
• Walk On Mat Fee (limited to 4x/month)	Mon/ Wed	6-7 pm	1/9	3/28	13 and under	4448071	\$20 / class + YM membership	GymB

### Family Fun

• Family Judo	Sat	8-8:45 am	1/7	3/31	4-7 yrs with parent	select plan	\$104 / 14 wks	GymB
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### Gift Certificates

- Available in any denomination from our main office or by contacting (609) 497-2100 x0


### massage therapy/ sauna

½ hour massage	----	by appointment	----	----	----	4510903	\$40 member	Massage
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## classes – winter 2012

1 hour massage	----	by appointment	----	----	----	4510902	\$45 nonmember \$60 member \$75 nonmember	Massage
1½ hour massage	----	by appointment	----	----	----	4510904	\$90 member \$100 nonmember	Massage

### women's groups

<ul style="list-style-type: none"> <li>Newcomers Club (dues includes access to meetings, social coffees, and interest groups) </li> </ul>	2nd Fri	see website	8/25	6/30	adult	1909054	\$35/yr (pro-rated after Feb 1, 2012)+ ywca membership	varies
<ul style="list-style-type: none"> <li>Women's Group</li> </ul>	3rd Fri	noon-2 pm	9/1	6/30	adult	2009154	\$30/yr + ywca membership	varies

### breast cancer resource center

**\*\*IMPORTANT \*\*** Only breast cancer patients and survivors are eligible to participate in the YWCA Breast Cancer Resource Center classes and programs. YWCA membership not required.

- Wig & Prosthesis Boutique
- Personalized Information Packs
- Resource Library
- E-Newsletter
- Guest Speaker Series
- Community Outreach

visit website for more information and upcoming BCRC events



### staying abreast webcast series

<ul style="list-style-type: none"> <li>Dates and topics TBD</li> </ul>	Varies	12:00-1:15 pm or 1:30-2:30 pm	----	----	adult	----	----	BH-DR
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### networking nights

<ul style="list-style-type: none"> <li>Various speakers and topics</li> </ul>	2nd Tues in Jan & Mar	6:30-8:30 pm	1/10	3/13	breast cancer supporters welcome	----	----	BH-LR
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### support groups

<ul style="list-style-type: none"> <li>Coping with Breast Cancer Support Group</li> </ul>	Wed	5:30-7 pm	1/18	2/22	adult	----	Must pre-register	BH-LR
<ul style="list-style-type: none"> <li>Beyond Breast Cancer Support Group</li> </ul>	4th Mon	5:30-7 pm	ongoing	ongoing	adult	----	----	BH-LR
<ul style="list-style-type: none"> <li>Advanced Breast Cancer Support Group</li> </ul>	2nd & 4th Mon	7:30-9 pm	ongoing	ongoing	adult	----	----	BH-LR
<ul style="list-style-type: none"> <li>Young Survivors Support Group</li> </ul>	4th Wed	7:30-9 pm	ongoing	ongoing	adult	----	----	BH-LR
<ul style="list-style-type: none"> <li>Woman-to-Woman Network</li> </ul>	----	----	ongoing	ongoing	adult	----	----	----
<ul style="list-style-type: none"> <li>Private Counseling</li> </ul>	by appt	by appointment	ongoing	ongoing	adult	----	----	----

### wellness program (\$50/year)

<ul style="list-style-type: none"> <li>Healing Meditation &amp; Yoga</li> </ul>	Mon	10-11:30 am	1/9	3/26	adult	----	----	BH-LR
<ul style="list-style-type: none"> <li>Beginning Modern Dance Technique</li> </ul>	Mon	11:45 am-12:45 pm	1/9	3/26	adult	----	----	APR
<ul style="list-style-type: none"> <li>Reiki</li> </ul>	Mon	6,7, or 8 pm by appt only	ongoing	ongoing	adult	----	----	Massg

# classes – winter 2012

• Jin Shin Jyutsu Drop-In	3rd Mon	7-8 pm	ongoing	ongoing	adult	----	----	BH-LR
• Spanda@ Yogaerobics	Tues	9-10 am	1/10	3/27	adult	----	----	APR
• Intermediate Yoga	Tues	10:15-11:15 am	1/10	3/27	adult	----	----	BH-LR
• Oncology Massage	1st Tues	6, 7, or 8 pm by appt only. Some day appts are available.	ongoing	ongoing	adult	----	----	Massg
• Strengthen & Stretch	Wed	11 am-12 pm	1/11	3/28	adult	----	----	APR
• Positively Pink Pilates	Thurs	12:30-1:30 pm	1/12	3/29	adult	----	----	APR
• Gentle Yoga	Thurs	7-8:30 pm	1/12	3/29	adult	----	----	BH-LR
• Water Wellness	Fri	1:30-2:20 pm	1/13	3/30	adult	----	----	Pool

Classes are subject to change including dates, times, prices, and availability at any time.

## Room Codes:

PR	YWCA All Purpose Room (Main Building)	Lawr	Lawrence Community Center, 295 Eggerts Crossing Rd
BCRC-MP	Bramwell House BCRC Multi-Purpose Room	Massg	Massage Room
BH	Bramwell House – Room TBD	NursA	YWCA Nursery School Room A (Main Building)
BH-CA	Bramwell House - Classroom A	NursB	YWCA Nursery School Room B (Main Building)
BH-CB	Bramwell House - Classroom B	Pool	Pool (Pool Building)
BH-CC	Bramwell House - Classroom C	PBPool	Plainsboro Pool
BH-CD	Bramwell House - Classroom D	Rm 13	Main Building by APR Room
BH-P	Bramwell House - Porch A & B	Studio W	Gym Building – Lower Studio Room W (Pool Building)
BH-PA	Bramwell House - Porch A	Weight	Weight Room (Pool Building)
BH-PB	Bramwell House - Porch B	Gym B	Gym B (Pool Building)
BH-DR	Bramwell House - Dining Room	TBD	To Be Determined
BH-K	Bramwell House - Kitchen	*PReg	Must pre-register
BH-LR	Bramwell House - Living Room		

## mark your calendar!

At the YWCA, we always have exciting things happening for the whole family. In fact, we say when you join us, you join a community. You don't need to be a member to participate in many of these events. Check our website [www.ywcaprinceton.org](http://www.ywcaprinceton.org) for details. We look forward to seeing you!

Jan 3.....	Winter Semester Begins
Jan 7.....	YWCA Princeton's 90th Birthday Bash
Jan 15.....	Martin Luther King Celebration
Jan 16.....	Closed for Martin Luther King Day
Feb 2.....	Women's Empowerment Series – Presentation Skills Workshops
Feb 3.....	Family "African Dance Class with Live Percussion Class" – Black History Month
Feb 4- May 13.....	BCRC 100 Women, 100 Ways, 100 Days Challenge
Feb 5.....	"Super Bowl Sunday" Flea Market (Women's Club)
Feb 10.....	Family "Hip Hop Dance Class" – Black History Month
Feb 11.....	Father/Daughter Valentine Day Dance
Feb 18.....	Women's Empowerment Series– Protect Yourself with Self Defense Workshops
Feb 20.....	Closed for President's Day
Feb 24.....	Family "West African Percussion Dance Workshop" – Black History Month
Mar 1.....	Tribute to Women Dinner (Big event honoring 10 outstanding local women)
Mar 9.....	Indian Etiquette, Culture, & Traditions
Mar 10.....	"No Sock" Sock Hop Celebrating Pi Day
Mar 15.....	"Alice Paul: Through the Lens of Leadership Program for Girls" Workshop
Apr 9.....	Spring Semester Begins
Apr 15.....	ESL International Day
Apr 20-22.....	BCRC Nurturing Journey Breast Cancer Survivorship Retreat



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