

summer 2010

For Plainsboro/West Windsor Residents Only

Location: West Windsor-Plainsboro High School North at 90 Grover's Mill Road

Summer session begins: Mon., 6/21 **Summer session ends:** Fri., 8/13

Pool hours: Mon.-Fri., 4:30-7:30 pm

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

Pool closings: Mon. 7/5

No make-up class is scheduled for pool closing this session. Note adjusted class schedule and fee in class description.

Registration

First-time participants *must* sign up in-person at the West Windsor-Plainsboro High School North Campus pool on Grover's Mill Road on Mon. 6/14 and Tues. 6/15 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 Tues. 6/8 through Mon. 6/14.

Mail-in Registration: Accepted only after Tues. 6/15. Must include: a completed registration form, check, and a self-addressed, stamped envelope to receive confirmation. Please send to the YWCA Princeton, Attention: Aquatic Dept., 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, s/he will not be allowed to take that class. No make-ups are allowed during the first week of the session (Mon. 6/21-Fri. 6/25) and the last week of the session (Mon. 8/9-Fri. 8/13).

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*.

For more information

Please contact Wendy Trockenbrod at the YWCA Princeton Aquatic Department, 609-497-2100, ext. 323.

summer 2010 8-week aquatic class schedule mon., june 21 to fri., aug.13

Monday	Tuesday	Wednesday	Thursday	Friday
12-12:30 pm Preschool	12-12:45 pm Levels 1, 2, 3, & 4	12-12:30 pm Preschool	12-12:45 pm Levels 1, 2, 3, & 4	12-12:30 pm Preschool
12-12:45 pm Levels 1, 2 & 3		12-12:45 pm Levels 1, 2 & 3		12-12:45 pm Levels 1 & 2 & Adult Lessons
5-6 pm Competitive Swim Clinic	4:30-5 pm Diving Class	5-6 pm Competitive Swim Clinic	4:30-5 pm Diving Class	4:30-7:30 pm Family & Lap Swim
6-6:45 pm Levels 3 & 4	5-5:30 pm Adapted	6-6:45 pm Levels 5 & 6	5-5:30 pm Adapted	Adult and Family Lap Swimming Summer hours are Mon.-Fri., 4:30-7:30 pm (pool is closed Mon. 7/5).
6:45-7:30 pm Levels 5 & 6	5:30-6:15 pm Levels 1 & 2	6:45-7:30 pm Levels 3 & 4	5:30-6:15 pm Levels 1 & 2	
5-8 pm GuardStart	6:15-6:45 pm Preschool & Adapted		6:15-6:45 pm Preschool & Adapted	
	6:45-7:30 pm Adult Lessons		6:45-7:30 pm Adult Lessons	

Lap Swim and Family Swim

Mon.-Fri., 4:30-7:30 pm

Family Lap Swim

3500011 1 year	\$385
3500012 6 months	\$265
3500020 3 months	\$215
3500017 Summer*	\$165

Adult Lap Swim

3500013 1 year	\$280
3500014 6 months	\$215
3500021 3 months	\$165
3500018 Summer*	\$135

Youth/Senior Lap Swim**

3500015 1 year	\$185
3500016 6 months	\$165
3500022 3 months	\$135
3500019 Summer*	\$85

*Summer lap passes are from June 21-August 13.

**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. Instructor tests and places children in the first class according to swim ability.

7 weeks	\$ 97
3523221 Mon.	Noon-12:30 pm
8 weeks	\$111
3523212 Tues.	6:15-6:45 pm
3523223 Wed.	Noon-12:30 pm
3523214 Thurs.	6:15-6:45 pm
3523225 Fri.	Noon-12:30 pm

Competitive Swim Clinic (ages 6-15)

Training for speed, endurance, plus instruction for racing dives, starts, turns, and strokes. Must have passed Level 5.

7 weeks	\$144
3534311 Mon.	5-6 pm
8 weeks	\$165
3534313 Wed.	5-6 pm

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 has decreased from previous sessions.**

8 weeks	\$60*
3543222 Tues.	5-5:30 pm
3543212 Tues.	6:15-6:45 pm
3543224 Thurs.	5-5:30 pm
3543214 Thurs.	6:15-6:45 pm

* This program will receive funding support from Plainsboro Township through the N.J. State Department of Community Affairs ROID.

GuardStart (ages 11-14)

American Red Cross GuardStart prepares 11- to 14-year olds to take American Red Cross Lifeguarding certification programs and for future work as lifeguards. Each participant must be a skilled swimmer and must have successfully completed and passed level 5 in the American Red Cross swimming program. Before entering the program, participants must demonstrate these skills:

- Swim front crawl 25 yards continuously while breathing to side.
- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 10 feet underwater.

Course participants are required to train alongside lifeguards during two daytime camps; arrangements will be made through the Director. Class includes classroom instruction, followed by practice in the pool.

7 weeks \$140
3577711 Mon. 5-8 pm**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.

8 weeks	\$120
3553511 Tues.	4:30-5 pm
3553513 Thurs.	4:30-5 pm

Adult Lessons (ages 15 and older)

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

8 weeks	\$144
3543112 Tues.	6:45-7:30 pm
3543114 Thurs.	6:45-7:30 pm
3543125 Fri.	Noon-12:45 pm

Scuba Diving Class (ages 15 and older) New!Obtain your diving certification through the Professional Association of Diving Instructors (PADI) and your CPR/AED and First Aid certification through Emergency First Responder. Course includes pool diving, classroom sessions, and training materials. For a brochure with full details, call Wendy at 609-497-2100, ext. 323. Course prerequisites: must be at least age 15 and in Level 4 or higher. First class will meet at the Scuba Connection in Hillsborough for fittings, equipment purchases, and basic skills. **Note: first class is Fri., 6/18, remaining eight classes follow summer schedule.**

3599999 Fri. 3:45-7:30 pm (3:45-4:30 in classroom, 4:45-7:30 in pool)

\$25 to YWCA Princeton
\$365 to the Scuba Connection
(equipment charges are extra)**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.

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 1: Introduction to Water Skills

7 weeks	\$109
3533121 Mon.	Noon-12:45 pm
8 weeks	\$124
3533122 Tues.	Noon-12:45 pm
3533112 Tues.	5:30-6:15 pm
3533123 Wed.	Noon-12:45 pm
3533124 Thurs.	Noon-12:45 pm
3533114 Thurs.	5:30-6:15 pm
3533125 Fri.	Noon-12:45 pm

Level 2: Fundamental Aquatic Skills

7 weeks	\$109
3533221 Mon.	Noon-12:45 pm
8 weeks	\$124
3533222 Tues.	Noon-12:45 pm
3533212 Tues.	5:30-6:15 pm
3533223 Wed.	Noon-12:45 pm
3533224 Thurs.	Noon-12:45 pm
3533214 Thurs.	5:30-6:15 pm
3533225 Fri.	Noon-12:45 pm

Level 3: Stroke Development

7 weeks	\$109
3533321 Mon.	Noon-12:45 pm
3533311 Mon.	6-6:45 pm
8 weeks	\$124
3533322 Tues.	Noon-12:45 pm
3533323 Wed.	Noon-12:45 pm
3533313 Wed.	6:45-7:30 pm
3533324 Thurs.	Noon-12:45 pm

Level 4: Stroke Improvement

7 weeks	\$109
3533411 Mon.	6-6:45 pm
8 weeks	\$124
3533422 Tues.	Noon-12:45 pm
3533413 Wed.	6:45-7:30 pm
3533424 Thurs.	Noon-12:45 pm

Level 5: Stroke Refinement

7 weeks	\$109
3533511 Mon.	6:45-7:30 pm
8 weeks	\$124
3533513 Wed.	6-6:45 pm

Level 6: Swimming & Skill Proficiency

7 weeks	\$109
3533611 Mon.	6:45-7:30 pm
8 weeks	\$124
3533613 Wed.	6-6:45 pm