Spring 2019
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
Thur. 3/14

Session ends
Wed. 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
Thur. 6/13 thru Thur. 6/20

Pool Closings
Thur. 4/18 thru Sat. 4/27 (Spring Break)
Fri. 5/24 thru Tue. 5/28 (Memorial Day), Fri. 5/31 and Sat 6/1 (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 is closed.

Registration: First-time participants for American Red Cross Learn to Swim levels 2-6 must take a Mandatory swim test at the West Windsor-Plainsboro High School North Campus pool on 90 Grover’s Mill Road on Mon. 3/11 and Tue. 3/12 from 6:30-8:30 pm. Online registration is available beginning Mon. 3/4, log-in to www.ywcaprinceton.org.

Withdrawal/Refund Policy: If you withdraw from a class seven business days or more before the start of class, your refund is 100%, less UHJLVWUDWLRQ fee. 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 (3/14-3/20) and the last week of the session (6/6-6/12).

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 p.m. weekdays or on Saturdays after 12 noon at 609-497-2100, ext. 323. When the school district closes, Aquatic programs are canceled for the 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.

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**Spring 2019 Aquatic Class Schedule • Thur. 3/14 – Wed. 6/12**

<table>
<thead>
<tr>
<th>Monday 11 weeks</th>
<th>Tuesday 11 weeks</th>
<th>Wednesday 12 weeks</th>
<th>Thursday 11 weeks</th>
<th>Friday 9 weeks</th>
<th>Saturday 9 weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15-7 Special Needs Stroke Clinic</td>
<td>6:15-7 Levels 2 &amp; 3</td>
<td>6:30-7 Preschool</td>
<td>6:15-7 Levels 2 &amp; 3</td>
<td>6:30-7 Preschool</td>
<td>1-1:30 Special Needs Swim Lesson</td>
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<tr>
<td>6:30-7 Preschool</td>
<td>7-7:45 Levels 1 &amp; 2</td>
<td>7:45-8:30 Levels 3 &amp; 4</td>
<td>7-7:45 Levels 5 &amp; 6</td>
<td>7-7:45 Levels 1 &amp; 2</td>
<td>1:30-2:00 Preschool + Special Needs Swim Lesson</td>
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<tr>
<td>7-7:45 Levels 1 &amp; 2</td>
<td>7:30-8:00 Special Needs Swim Lesson</td>
<td>7:45-8:30 Adult &amp; Teenage Lessons</td>
<td>7:45-8:30 Adult &amp; Teenage Lessons</td>
<td>7:45-8:30 Levels 3 &amp; 4</td>
<td>2-2:45 Levels 1 &amp; 2</td>
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<tr>
<td>7:45-8:30 Levels 3 &amp; 4</td>
<td>8:00-8:45 Adult &amp; Teenage Lessons</td>
<td>8:00-8:45 Adult &amp; Teenage Lessons</td>
<td>8:00-8:45 Adult &amp; Teenage Lessons</td>
<td>8:30-9:15 Level 5</td>
<td>2:45-3:30 Levels 3 &amp; 4</td>
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<tr>
<td>6:10 Lifeguard Training (4 wks)</td>
<td>6:10 WSI (5 weeks)</td>
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<td>6-10 Lifeguard Training (4 wks)</td>
<td>8:30-9:30 Competitive Swim Clinic</td>
<td>3:30-4:15 Levels 5 &amp; 6</td>
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<td>Family and Lap Swimming Mon.-Fri. 6:30-9:30 pm and Sat. 1-5:30 pm</td>
<td>No classes: Thur. 4/18 thru Sat. 4/27 (Spring Break), Fri. 5/24 thru Tue. 5/28 (Memorial Day Weekend) Fri. 5/31, and Sat 6/1 (Prom/ Post Prom)</td>
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<td></td>
<td>12-6 (5 wks)</td>
<td>4:15-5:15 Competitive Swim Clinic</td>
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YWCA Princeton 59 Paul Robeson Place Princeton, NJ 08540 609-497-2100, ext. 323 www.ywcaprinceton.org
Lap Swim and Family Swim
Mon.-Fri. 6:30-9:30 pm
Sat. 1-5:30 pm

Family Lap Swim
1 year $400.00
6 months $280.00
3 months $230.00

Adult Lap Swim
1 year $295.00
6 months $230.00
3 months $180.00

Youth/Senior* Lap Swim
1 year $200.00
6 months $180.00
3 months $150.00

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

Adult Lessons (ages 15 and older)
For non-swimmers, beginners, and more advanced swimmers.
Levels 1-3.
Tues. 8:00-8:45 pm 11 weeks $228.25
Thurs. 7:45-8:30 pm 11 weeks $228.25

Youth Lessons (ages 6-15)
American Red Cross Learn to Swim Program
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
Mon. 7-7:45 pm 11 weeks $200.20
Wed. 7-7:45 pm 12 weeks $218.40
Fri. 7-7:45 pm 9 weeks $163.80
Sat. 2-2:45 pm 9 weeks $163.80

Level 2: Fundamental Aquatic Skills
Mon. 7-7:45 pm 11 weeks $200.20
Wed. 7-7:45 pm 12 weeks $218.40
Thur. 6-6:15 pm 11 weeks $200.20
Fri. 7-7:45 pm 9 weeks $163.80
Sat. 2-2:45 pm 9 weeks $163.80

Level 3: Stroke Development
Mon. 7-7:45 pm 11 weeks $200.20
Wed. 7-7:45 pm 12 weeks $218.40
Thur. 6-6:15 pm 11 weeks $200.20
Fri. 7-7:45 pm 9 weeks $163.80
Sat. 2-2:45 pm 9 weeks $163.80

Level 4: Stroke Improvement
Mon. 7-7:45 pm 11 weeks $200.20
Wed. 7-7:45 pm 12 weeks $218.40
Fri. 7-7:45 pm 9 weeks $163.80
Sat. 2-2:45 pm 9 weeks $163.80

Level 5: Stroke Refinement
Thur. 7-7:45 pm 11 weeks $200.20
Fri. 8:30-9:15 pm 9 weeks $163.80
Sat. 3:30-4:15 pm 9 weeks $163.80

Level 6: Swimming and Skill Proficiency
Thur. 7-7:45 pm 11 weeks $200.20
Sat. 3:30-4:15 pm 9 weeks $163.80

American Red Cross Lifeguarding (ages 15 and above)
This course includes Lifeguarding/First Aid and CPR/AED for the
Professional Rescuer certifications. Course prerequisites:
1. Minimum age 15 years old.
2. 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
   - o 100 yards of front crawl or breaststroke combination
3. 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.
Tue., Thur., + Fri. 6-10 pm 4 Weeks (3/19-4/9) $300

American Red Cross Lifeguarding Review
Renew or update your Lifeguarding/First Aid and CPR/AED for the
Professional Rescuer certifications. MUST possess a current
lifeguard certification. Bring certification, pocket mask and bathing
suit to class. MUST attend all days!
Mon. 6/17, Tue. 6/18, Wed. 6/19 and Thur. 6/20
4 days 5:30-10 pm $125

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. Minimum age 16 years
2. 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
3. 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.
   Tue., + Thur., 6-10 pm 5 weeks (4/30-6/4) $315.00

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Professional Rescuer certifications. MUST possess a current
lifeguard certification. Bring certification, pocket mask and bathing
suit to class. MUST attend all days!
Mon. 6/17, Tue. 6/18, Wed. 6/19 and Thur. 6/20
4 days 5:30-10 pm $125

Competitive Swim Clinic (ages 6-15)
Training for speed, endurance, plus instruction for racing dives,
starts, turns, and strokes. Must have passed Level 5.
Mon. 6-6:15 pm 11 weeks $200.20
Fri. 8:30-9:30 pm 9 weeks $211.05
Sat. 4:15-5:15 pm 9 weeks $211.05

Special 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).
Mon. 6-6:15 pm 11 weeks $200.20

Teal Age Lessons (ages 13 + 14)
For non-swimmers and beginners in Level 1.
Tues. 8:00-8:45 pm 11 weeks $228.25
Thurs. 7:45-8:30 pm 11 weeks $228.25

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.
Mon. 6:30-7 pm 11 weeks $179.30
Wed. 6:30-7 pm 12 weeks $195.60
Fri. 6:30-7 pm 9 weeks $146.70
Sat. 1:30-2 pm 9 weeks $146.70

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.
Tues. 7-7:30 pm 11 weeks $118.25*
Tues. 7:30-8 pm 11 weeks $118.25*
Sat. 1-1:30 pm 9 weeks $96.75*
Sat. 1:30-2 pm 9 weeks $96.75*
*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.

Teenage Lessons (ages 13 + 14)
For non-swimmers and beginners in Level 1.
Tues. 8:00-8:45 pm 11 weeks $228.25
Thurs. 7:45-8:30 pm 11 weeks $228.25

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