

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 **Session ends**
Thur. 3/14 Wed. 6/12

(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

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 registration 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 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 2019 Aquatic Class Schedule - Thur. 3/14 - Wed. 6/12

Monday 11 weeks	Tuesday 11 weeks	Wednesday 12 weeks	Thursday 11 weeks	Friday 9 weeks	Saturday 9 weeks
6:15-7 Special Needs Stroke Clinic	6:15-7 Levels 2 & 3	6:30-7 Preschool	6:15-7 Levels 2 & 3	6:30-7 Preschool	1-1:30 Special Needs Swim Lesson
6:30-7 Preschool	7-7:30 Special Needs Swim Lesson	7-7:45 Levels 1 & 2	7-7:45 Levels 5 & 6	7-7:45 Levels 1 & 2	1:30-2:00 Preschool + Special Needs Swim Lesson
7-7:45 Levels 1 & 2	7:30-8:00 Special Needs Swim Lesson	7:45-8:30 Levels 3 & 4	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		6-10 Lifeguard Training (4 wks)	8:30-9:15 Level 5	2:45-3:30 Levels 3 & 4
	6-10 W.S.I (5 weeks) Lifeguard Training (4 weeks)		6-10 WSI (5 wks)	8:30-9:30 Competitive Swim Clinic	3:30-4:15 Levels 5 & 6
Family and Lap Swimming Mon.-Fri. 6:30-9:30 pm and Sat. 1-5:30 pm	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)			12-6 (5 wks) Lifeguard Training	4:15-5:15 Competitive Swim Clinic

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.

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. 1:30-2:00 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.

Competitive Swim Clinic (ages 6-15)

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

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. 6:15-7 pm	11 weeks	\$200.20
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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

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**

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
Tue. 6:15-7 pm	11 weeks	\$200.20
Wed. 7-7:45 pm	12 weeks	\$218.40
Thur. 6:15-7 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. 7:45-8:30 pm	11 weeks	\$200.20
Tue. 6:15-7 pm	11 weeks	\$200.20
Wed. 7:45-8:30 pm	12 weeks	\$218.40
Thur. 6:15-7 pm	11 weeks	\$200.20
Fri. 7:45-8:30 pm	9 weeks	\$163.80
Sat. 2:45-3:30 pm	9 weeks	\$163.80

Level 4: Stroke Improvement

Mon. 7:45-8:30 pm	11 weeks	\$200.20
Wed. 7:45-8:30 pm	12 weeks	\$218.40
Fri. 7:45-8:30 pm	9 weeks	\$163.80
Sat. 2:45-3:30 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