

summer 2019

For Plainsboro/West Windsor Residents Only

Location

West Windsor-Plainsboro High School North
At 90 Grover's Mill Road (enter thru door #29)

**Summer session
begins Mon. 6/24**

**Summer session
ends Fri. 8/9**

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

Lap swim hours

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

Pool closings

Thur. 7/4 + Fri. 7/5

*(No make-up classes are scheduled for pool closings.
Note adjusted class schedules and fees in class descriptions.)*

Registration: First-time participants for American Red Cross Learn to Swim levels 2-6 and all competitive swim clinics must take a Mandatory swim test at the West Windsor-Plainsboro High School North Campus pool at 90 Grover's Mill Road on Thur. 6/13 and Fri. 6/14 from 6:30 - 8:30 pm. Online registration is available beginning Thur. 6/6 through Sun. 6/23 at 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 processing 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. 6/24 - Fri. 6/28) and the last week of the session (Mon. 8/5 - Fri. 8/9).

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 Tara O'Shea, Director of Youth Programs YWCA Princeton, 609-497-2100, ext. 323.

Summer 2019 7-week Aquatic Class Schedule • Mon., June 24 to Fri., Aug. 9				
Monday 7 weeks	Tuesday 7 weeks	Wednesday 7 weeks	Thursday 6 weeks	Friday 6 weeks
10:00 am - 11:00 am Monday thru Thursday (6/24-7/3) "Mini Course" Levels 1-6				12:00 - 12:30 Preschool
12:00 - 12:30 Preschool	12:00 - 12:45 Levels 1, 2 & 3 & Teenage & Adult Lessons	12:00 - 12:30 Preschool	12:12-45 Levels 1, 2, 3 & 4 & Teenage Lessons	12-12:45 Levels 1 & 2 & Adult Lessons
12-12:45 Levels 1, 2, 3, & 4	4:00 - 4:45 Levels 1 & 2	12:00 - 12:45 Levels 1, 2, 3 & 4	4:00 - 4:45 Adult & Teens	4:00 - 4:30 Adapted
4:00 - 4:30 Preschool	4:45 - 5:15 Preschool & Adapted	4:00 - 4:30 Preschool & Adapted	4:45 - 5:15 Preschool & Adapted	4:30 - 5:15 Levels 3+4
4:30 - 5:15 Levels 3 & 4	5:15 - 6:00 Levels 1 & 2	4:30 - 5:15 Levels 1 & 2		
5:15 - 6:00 Levels 5 & 6 & Special Needs Stroke Clinic	6:00 - 7:45 Competitive Swim Clinic	5:15 - 6:00 Levels 1 & 2	5:15 - 6:00 Levels 1 & 2	5:15 - 6:00 Levels 5 & 6 & Pre Competitive Swim Clinic
6:00 - 7:45 Competitive Swim Clinic		5:15 - 6:00 Adults & Teens	6:00 - 7:45 Competitive Swim Clinic	
4-8 Mon-Thur Lifeguard Training 7/8-7/18 Water Safety Instructor (WSI) 7/22-8/1	Adult and Family Lap Swimming Summer hours are Mon.-Fri., 4:30-7:30 pm (4:30 - 6:00 has 3 lanes + 6:00 - 7:30 has 2 lanes) Pool is closed Thur. 7/4 and Fri. 7/5.			6:00 - 7:45 Competitive Swim Clinic

Family Lap Swim

1 year	\$395
6 months	\$275
3 months	\$225
Summer*	\$180

Adult Lap Swim

1 year	\$290
6 months	\$225
3 months	\$175
Summer*	\$150

Youth/Senior Lap Swim**

1 year	\$195
6 months	\$175
3 months	\$145
Summer*	\$100

*Summer lap passes are from June 24 - August 9.

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

Guest Pass

One person per day, fee is \$10.

Preschool (ages 3½ - 6 years)

Children swim without parent. Instructor tests and places children in the first class according to swim ability.

7 weeks	\$114.10
Mon.	12 Noon - 12:30 pm
Mon.	4:00 - 4:30 pm
Tues	4:45 - 5:15 pm
Wed.	12 Noon - 12:30
Wed.	4:00 - 4:30 pm
6 weeks	\$97.80
Thurs.	4:45 - 5:15 pm
Fri.	12 Noon - 12:30 pm

Competitive Swim Clinic (ages 13+)

This clinic will focus on fundamentals and techniques to help even the most seasoned swimmer achieve better results in the water. Instructors will teach advance race strategies and attitudes for respective competitive swimming events. This clinic is for pre-competitive and competitive level "career" swimmers. It helps a swimmer to develop a racing edge and proper attitude in their respective competitive swimming events.

7 weeks	\$500
Mon., Tue., Thur., and Fri.,	5:00- 7:45 pm

(no Wednesday clinic)

**** ALL students MUST be evaluated on Thursday, June 13th or Friday, June 14th from 6:30 – 8:30 pm****

Competitive Swim Clinic (ages 9+)

This clinic, designed for novice, pre-competitive, and competitive level swimmers, will focus on teaching progressive and advanced skills in all 4 strokes (freestyle, backstroke, butterfly, and breaststroke).

7 weeks	\$500
Mon., Tues., Thur., and Fri.	6:00 – 7:45pm

(no Wednesday Clinic)

**** ALL students MUST be evaluated on Thursday, June 13th or Friday, June 14th from 6:30 – 8:30 pm****

Pre-Competitive Swim Clinic (ages 9+)

This program includes basic stroke instructions, turns, starts, and introduction to racing. Swimmer are placed by age and abilities.

7 weeks	\$325
Wed.	6:00 – 7:45 pm
Fri.	5:15-6:30 pm

***ALL students MUST be EVALUATED on Thursday, June 13th or Friday, June 14th from 6:30 – 8:30 pm**

Special needs Swim Lesson (ages 6-15)

Designed for the child who is mentally or physically challenged. Qualified instructors teach basic safety skills. Class size is limited.

7 weeks	\$75.25*
Tues.	4:45-5:15 pm
6 weeks	\$64.50
Wed.	4-4:30 pm
Thurs.	4:45-5:15 pm
Fri.	4-4:30 pm

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

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).

7 weeks	\$127.40
Mon.	5:15-6 pm

Teenage Lessons (ages 13 & 14)

For non-swimmers and beginners in level 1.

7 weeks	\$145.25
Tues.	12 noon – 12:45 pm
Wed.	5:15 – 6:00 pm
6 weeks	\$124.50
Thurs.	12 noon – 12:45 pm
Thurs.	4:00 – 4:45 pm

Adult Swim Lessons (ages 15+)

For non-swimmers and beginners in level 1.

7 weeks	\$145.25
Tues.	12 noon – 12:34 pm
Wed.	5:15 – 6:00 pm
6 weeks	\$124.50
Thurs.	12 noon – 12:45 pm
Thurs.	4:00 – 4:45 pm

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. Please contact Tara O'Shea, Director of Youth Programs at YWCA Princeton at 609-497-2100 ext. 323 for your child's placement level.

Level 1: Introduction to Water Skills

7 weeks	\$127.40
Mon.	12 noon-12:45 pm
Tues.	12 noon-12:45 pm
Tues.	4-4:45 pm
Tues.	5:15-6 pm
Wed.	12 noon-12:45 pm
Wed.	4:30-5:15 pm
6 weeks	\$109.20
Thurs.	12 noon-12:45 pm
Thurs.	5:15-6 pm
Fri.	12 noon-12:45 pm

Level 2: Fundamental Aquatic Skills

7 weeks	\$127.40
Mon.	12 noon-12:45 pm
Tues.	12 noon-12:45 pm
Tues.	4-4:45 pm
Tues.	5:15-6 pm
Wed.	12 noon-12:45 pm
Wed.	4:30-5:15 pm
6 weeks	\$109.20
Thurs.	12 noon-12:45 pm
Thurs.	5:15-6 pm
Fri.	12 noon-12:45 pm

Level 3: Stroke Development

7 weeks	\$127.40
Mon.	12 noon-12:45 pm
Mon.	4:30-5:15 pm
Tues.	12 noon-12:45 pm
Wed.	12 noon-12:45 pm
6 weeks	\$109.20
Thurs.	12 noon-12:45 pm
Fri.	4:30 – 12:45

Level 4: Stroke Improvement

7 weeks	\$127.40
Mon.	12 noon-12:45 pm
Mon.	4:30-5:15 pm
Wed.	12 noon-12:45 pm
6 weeks	\$109.20
Thurs.	12 noon-12:45 pm
Fri.	4:30-5:15 pm

Level 5: Stroke Refinement

7 weeks	\$127.40
Mon.	5:15-6 pm
6 weeks	\$109.20
Fri.	5:15-6 pm

Level 6: Swimming & Skill Proficiency

7 weeks	\$127.40
Mon.	5:15-6 pm
6 weeks	\$109.20
Fri.	5:15-6 pm

American Red Cross Lifeguarding (ages 15 and above)

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

- Minimum age 15 years old.
- 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 and
 - o 100 yards of front crawl or breaststroke combination
- 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. Please call 609-497-2100 ext. 323 for more details.

Mon. thru Thurs. 4-8 pm 8 days (7/8-7/11, 7/15-7/18) \$300

Due to shortened course, participants cannot miss any classes.

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.

Course 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

**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. Mon. thru Thurs. 4-8 pm 8 days (7/22 - 7/25, 7/29 - 8/1) \$315*

Due to shortened course, participants cannot miss any classes.

"Mini Course" American Red Cross Learn to Swim Levels 1-6 (ages 6-15)

The first 2 weeks of the summer session offer a chance to get a daily hour long swim class. Mon. thru Thurs. 10:00 – 11:00 am 7 days (6/24-6/27, 7/1-7/3) \$166.25