



**YWCA Princeton and Township of Plainsboro
Department of Recreation and Community
Services Aquatic Outreach Program**

YWCA Princeton
59 Paul Robeson Place
Princeton, NJ 08540
609-497-2100 ext. 323
www.ywcaprinceton.org

Winter 2020

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. 1/2 **Sat. 3/28**

(Please note: Schedule is subject to change based on availability)

Pool Hours
Mon.- Fri. 6:30-9:30 pm
and
Sat. 1:00-5:30 pm

Family/Lap swim only

Pool Closings
Mon. 1/20, Thur. 1/30 thru Sat. 2/1, and
Fri. 2/14 thru Mon. 2/17

Note: No Make-up classes are scheduled for pool closings. Note the adjusted class schedules and fees in class descriptions.

When WW-P High School North is closed, the YWCA Aquatic Outreach program is closed.

Registration: First-time participants for American Red Cross Learn to Swim levels 2-6 must take a mandatory swim test at the WW-P High School North campus pool on 90 Grover's Mill Road on Mon. 12/16 and Tue. 12/17 from 6:30-8:30 pm. *Online registration* is available beginning Tue. 12/17 thru Wed. 1/1 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 registration fee. If you withdraw fewer than **seven business days** before the start of class, you receive **NO refund**.

Make-up Class Policy: *Make-ups will not be allowed during the winter session. There will be an extra class offered the week after the session, if you miss a class during the session. Please see Wendy if you have any questions.*

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 the instructor and students. If parents have questions, please see the instructor *before or after* class.

Inclement Weather: Call the YWA Princeton after 4pm weekdays or Saturdays after 12 noon at 609-497-2100 ext. 323 for updates on closings. When the school district closes, Aquatic programs are cancelled for the day. In cases of inclement weather, make-up lessons and credits are not available. When thunder and lightning occurs, the pool will remain closed until 30 minutes past the last crack of thunder.

For more information.... Please visit our website at www.ywcaprinceton.org or contact Wendy Trockenbrod, Plainsboro Aquatics Manager, 609-497-2100 ext. 323 or wtrockenbrod@ywcaprinceton.org.

Monday 10 weeks	Tuesday 12 weeks	Wednesday 12 weeks	Thursday 12 weeks	Friday 11 weeks	Saturday 11 weeks
6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.)	6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.)	6:00-7:00 pm Competitive Swim Clinic #2- Entry Level 1	6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.)	6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.)	1:00-2:00 pm Competitive Swim Clinic #2-
8:30-9:15 pm Adult Lessons	8:30-9:30 pm Pre Competitive Swim Clinic \$372	7:00-8:00 pm Competitive Swim Clinic #2- Intermediate Level 2	8:30-9:30 pm Pre Competitive Swim Clinic \$372	6:30-7:00 pm Preschool Special Needs Swim Lesson	2:00-3:00 pm Competitive Swim Clinic #2-
	8:30-9:15 pm Level 3		8:30-9:15 pm Levels 5 & 6	7:00-7:45 pm Levels 1 & 2	
				7:45-8:30 pm Levels 3 & 4	3:00-5:00 pm Competitive Swim Clinic (Sept— Mar)
Family and Lap Swimming Mon. thru Fri. 6:30-9:30 pm and Saturday 1:00-5:30 pm Pool closed: Mon. 1/20; Thur. 1/30 thru Sat. 2/1; Fri. 2/14 thru Mon. 2/17				8:30-9:15 pm Levels 5 & 6	

Family and Lap Swim

Mon.-Fri. 6:30-9:30 pm
Sat. 1:00-5:30 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 1/2- 6

Children swim without parent. Instructors place children in the first class according to swim ability.

Fri. 6:30-7 pm 11 weeks \$188.21

Special Needs Swim Lesson (formerly Adapted Aquatics) ages 6-15

Designed for children with disabilities. Qualified instructors teach basic safety and swim skills. Class size is limited.

Fri. 6:30-7 pm 11 weeks \$126.50

Adult Lessons (ages 15 & older)

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

Mon. 8:30-9:15 pm 11 weeks \$224.20

Youth Lessons (ages 6-15)

American Red Cross

Learn to Swim Program

At 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

Fri. 7:00-7:45 pm 11 weeks \$210.21

Level 2: Fundamental Aquatic Skills

Fri. 7:00-7:45 pm 11 weeks \$210.21

Level 3: Stroke Development

Tue. 8:30-9:15 pm 12 weeks \$229.32

Fri. 7:45-8:30 pm 11 weeks \$210.21

Level 4: Stroke Improvement

Fri. 7:45-8:30 pm 11 weeks \$210.21

Level 5: Stroke Refinement

Thur. 8:30-9:15 pm 12 weeks \$229.32

Fri. 8:30-9:15 pm 11 weeks \$210.21

Level 6: Swimming and Skill Proficiency

Thur. 8:30-9:15 pm 12 weeks \$229.32

Fri. 8:30-9:15 pm 11 weeks \$210.21

Competitive Swim Clinic

Ages 13 + This clinic is for pre-competitive and competitive level "career" swimmers and will focus on specific fundamentals and techniques to help swimmers achieve better results in the water. Training for speed, endurance, plus instruction for racing dives, turns and strokes. Water practices are Mon, Tue, Thur, Fri 6:30-8:30 and Sat 3-5. Land exercises is an hour before water practice Mon, Tue, Thur, Fri 5:30-6:30 and Sat 2-3.

Ages 9 + This clinic is for novice, pre-competitive and competitive level swimmers and will focus on teaching progressive and advanced skills in all 4 strokes (freestyle, backstroke, breaststroke and butterfly). Water practices are Mon, Tue, Thur, Fri 6:30-8:30 and Sat 3-5.

Pre-Competitive Swim Clinic

Ages 9+ This clinic works on advanced technique instruction for all 4 strokes (freestyle, backstroke, breast stroke and butterfly) and introduction to racing with turns, starts and dives. Swimmers are placed on age and ability. Wed and Fri 8:30-9:30 pm.

All Competitive and Pre-competitive Swim Clinic students MUST be evaluated on Mon. 12/16, Tue. 12/17, Wed. 12/18 + Thur. 12/19 from 6-7 pm.

NEW Competitive Swim Clinic #3

Entry Level 1 (ages 5+)

Prerequisite: Able to independently swim 5 yards with head position in water

- Learn breathing pattern (side and alternative side breathing skills)
- Learn kicking skills for backstroke and freestyle and basic stroke movement
- Acquire deep water skills, such as diving from the deep end, learning deep water surviving skills.

Wed. 6:30-7:30 + 7:30-8:30 pm or Sat. 1:00-2:00 + 2:00-3:00 pm

Intermediate Level 2 (ages 5+)

Prerequisite: Able to swim 25 yards without stopping

- Reinforce free and back kicking skills
- Develop full strokes in freestyle and backstroke kicking and drills
- Introduction to butterfly and breaststroke kicking and drills
- Introduction of regular competition diving skills

Wed. 6:30-7:30 + 7:30-8:30 pm or Sat. 1:00-2:00 + 2:00-3:00 pm

Advanced Level 3 (ages 5+)

Prerequisite: Able to swim 100 yards in freestyle and backstroke

- Develop proficiency in freestyle and backstroke, including sprinting and competition skills
- Acquire skills in butterfly and breaststroke
- Proficient in competition diving, introduction to flip and open turns
- Preparation for joining swim teams

Wed. 6:30-7:30 + 7:30-8:30 pm or Sat. 1:00-2:00 + 2:00-3:00 pm

Ultimate Level 4 (ages 5+)

Prerequisite: Able to swim 200 yards in freestyle and 100 yards IM

- Improve competitive swimming skills
- Stroke improvements for all 4 strokes
- Swim sets to improve body conditioning

Wed. 6:30-7:30 + 7:30-8:30 pm or Sat. 1:00-2:00 + 2:00-3:00 pm

Mandatory Swim testing Mon. 12/16, Tue. 12/17, Wed. 12/18 + Thur. 12/19 from 6-7 pm.

ALL Payments made to a third party by check after evaluation. Online registration needs to be completed after entrance into class.

Competitive Swim Clinic #2

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

Sat. 1:00-2:30 + 1:30-3:00 pm

Mandatory Swim testing Mon. 12/16, Tue. 12/17, Wed. 12/18 + Thur. 12/19 from 6-7 pm.

ALL Payments made to a third party by check after evaluation. Online registration needs to be completed after entrance into class.