



YMCA of the USA

We build strong kids, strong families, strong communities.



Fall 2010, Winter & Mid-Winter 2011 (September to April)

Bridgewater Recreation in cooperation with the Somerset Valley YMCA presents...  
Somerset Valley YMCA Swim Programs

Somerset Valley YMCA Programs are for Bridgewater and Raritan Residents\*!

Registration for Pre-School Swim courses... In-Person Registration through Bridgewater Recreation begins on Tuesday, September 7, 2010 from 6:00-7:00pm at the Somerset Valley YMCA (601 Garretson Road). Pre-School Swim courses... In-Person registration policy for Tuesday, September 7, 2010: One parent/guardian per child per program (parents may register for more than one sibling). If you are unable to attend registration, you may get someone to register your child/children but they cannot be registering their own children for the same program. After Tuesday, September 7, 2010 registration will now be conducted at the YMCA and no longer at the Bridgewater Recreation Department. Unavailable for registration? Call or stop by the YMCA after Tuesday, September 7, 2010 for availability. Also, proof of residence may be required (i.e. driver's license). Registration size is limited. If signing up more than one child or session, separate checks and forms are required.

\*Raritan residents are welcome to register for classes after the Tuesday, September 7, 2010 registration night!

Registration for all other swim programs (Youth (ages 7 to 12) and Adult Swim) will begin Monday, August 9, 2010 at the Somerset Valley YMCA (Garretson Road) during hours of operation and there after. The desk is open for registrations: Mon - Fri 6:00am - 9:00pm Sat. 7:30am - 3:30pm Sun. 11:00am - 3:00pm.

Space is limited; registration based on first come first serve. Confirmations are not sent; please remember the session and class you have registered for!

Guidelines for Bridgewater Recreation Participants

- Strollers are not permitted on the pool deck.
- Spectators for swim lessons must be sitting on the bleacher side of the pool area. Spectators should not be standing near the classes.
- Children using the opposite gender's locker room or restroom can not be older than 5 years old.
- There are two changing booths on the pool deck next to the above ground pool available for parents to change opposite sex children ages 6 and up. Children 6 years old and over may not use opposite sex locker rooms.
- Children are not allowed to be left alone at the YMCA; parent/guardian must be on property during all swim activities.

Credit/Refund Policy

Refunds will only be given for classes cancelled by the YMCA. Credits should be requested at the front desk by filling out a "Credit Request Form". A doctor's note is required to receive a credit. Credits will only be for medical reasons only. Classes cancelled due to weather related emergency closings will not be rescheduled. Participants are encouraged to attend every class. Make-ups are not available. Please note: A \$6.00 service charge will be deducted from all credits and refunds; and there is a \$25.00 charge per instance of returned check/bank draft.

Note to Parents

Parents are encouraged to observe their child's class for the first and last 5 minutes of the lesson. This will help your child focus on their instructor and not become distracted during their lesson. Please feel free to schedule a time with your child's instructor with any questions or concerns that you may have.

For more information call the Somerset Valley YMCA at (908) 526-0688 and speak with *Tim Dry, Branch/Aquatic Director* or visit them at [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org). All programs will be held at the Somerset Valley YMCA (601 Garretson Road).

Sponsored by: Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 9am to 5pm Monday to Thursday 8am to 5pm Fridays [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

Registration held at the Somerset Valley YMCA 601 Garretson Road – Bridgewater, NJ 08807 (908) 526-0688

## Course Descriptions

### Pre-School Classes – for boys and girls ages 6 years and under

Parent/Child is for children 6 months to 3 years (parent goes in water with child and lessons are conducted in the above ground pool). Focuses on water fun and acclimation, communication creativity, body awareness, sharing and independence. Beginner with Parent is for children 2½ to 3½ years (parent goes in water with child). This class is a transition for the child who is close to meeting the requirements for Beginner and for the starting swimmer who is hesitant beginning alone. Beginner is for ages 3 to 6 years old (children wear full bubbles and lessons are conducted in the above ground pool). Children who can kick the length of the pool with a barbell, back float with help and paddle stroke the length of the pool in prone position with splashing toes may progress to intermediate. Intermediate is for ages 3 to 6 years old (lessons are conducted in the big pool). Covers bobbing, prone float with face in water, rhythmic breathing with barbell, swimming with half bubble, and sitting dives. Advanced is for ages 3 to 6 years old. Covers bobbing, standing dives, elementary backstroke, underwater object recovery and finning. Rotary breathing is refined, breaststroke is introduced, treading water, and safety skills are covered.

### Youth Swim - for boys and girls ages 7 through 12

The Beginner class is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well. In Intermediate, the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught. In Advanced, students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills.

### Adult Beginner Swim Lessons

This class is for adults who do not feel comfortable in the water. Non-swimmers are taught basic swimming skills and water safety. Participants will receive 45 minutes of swim lessons.

Class Days, Times & Fees class fees are for 9 weeks

Pre-School Swim Lesson - \$112.00

Youth Swim Lesson - \$148.00

Adult Beginner Swim Lessons \$115.00

All checks payable to "Somerset Valley YMCA" – regretful no cash accepted

### Session #1 - Fall 2010 Dates (pending class selection)

Mondays – September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 2010

Tuesdays – September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 2010

Wednesdays – September 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 2010

Thursdays – September 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 2010

Fridays – September 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 2010

Saturdays – September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 2010 (Nov 20 make up day for Yom Kippur)

Sundays – September 19, 26, October 3, 10, 17, 24, November 7, 14, 21, 2010

### Session #2 - Winter 2010-2011 Dates (pending class selection)

Mondays – November 22, 29, December 6, 13, 20, 2010 January 3, 10, 24, 31, 2011

Tuesdays – November 23, 30, December 7, 14, 21, 2010 January 4, 11, 18, 25, 2011

Wednesdays - November 24, December 1, 8, 15, 22, 2010 January 5, 12, 19, 26, 2011

Thursdays – December 2, 9, 16, 23, 2010 January 6, 13, 20, 27, February 3, 2011

Fridays – November 26, December 3, 10, 17, 2010 January 7, 14, 21, 28, February 4, 2011

Saturdays – November 27, December 4, 11, 18, 2010 January 8, 15, 22, 29, February 5, 2011

Sundays – November 28, December 5, 12, 19, 2010 January 9, 16, 23, 30, February 6, 2011

### Session #3 - Mid-Winter 2011 Dates (pending class selection)

Mondays – February 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 2011

Tuesdays – February 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 2011

Wednesdays – February 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 2011

Thursdays – February 10, 17, 24, March 3, 10, 17, 24, 31, April 7, 2011

Fridays – February 11, 18, 25, March 4, 11, 18, 25, April 1, 8, 2011

Saturdays - February 12, 19, 26, March 5, 12, 19, 26, April 2, 9, 2011

Sundays - February 13, 20, 27, March 6, 13, 20, 27, April 3, 10, 2011

Course day and times...

Mondays

- 1. 3:30-4:00pm Beginner
- 2. 4:00-4:30pm Intermediate
- 3. 4:30-5:00pm Beginner
- 4. 6:00-6:30pm Intermediate
- 5. 6:30-7:00pm Advanced
- 6. 7:00-7:30pm Intermediate
- 7. 7:30-8:00pm Beginner

Tuesdays

- 8. 10:00-10:30am Parent/Child
- 9. 10:30-11:00am Beginner
- 10. 11:00-11:30am Intermediate
- 11. 8:15-9:00pm Adult Beginner

Wednesdays

- 13. 4:00-4:30pm Beginner
- 14. 4:30-5:00pm Intermediate
- 15. 5:00-5:30pm Beginner
- 16. 5:30-6:00pm Intermediate
- 17. 6:00-6:30pm Advanced  
(in above ground pool)
- 18. 6:30-7:00pm Intermediate
- 19. 7:00-7:30pm Beginner
- 20. 7:30-8:00pm Advanced  
(in main pool)



Thursdays

- 21. 10:00-10:30am Parent/Child
- 22. 10:30-11:00am Beginner
- 23. 11:00-11:30am Intermediate
- 24. 5:15-6:00pm Youth Intermediate
- 25. 5:15-6:00pm Youth Advanced

Fridays

- 27. 10:00-10:30am Beginner
- 28. 10:30-11:00am Intermediate
- 29. 11:00- 11:30am Parent/Child

Saturdays

- 29. 10:00-10:30am Beginner
- 30. 10:00-10:30am Intermediate
- 31. 10:00-10:30am Advanced
- 32. 10:00-10:30am Parent/Child
- 33. 10:30-11:00am Beginner w/Parent
- 34. 3:00-3:30pm Beginner
- 35. 3:30-4:00pm Advanced
- 36. 4:00-4:30pm Intermediate

Sundays

- 37. 2:00-2:45pm Youth Beginner
- 38. 2:45-3:30pm Youth Intermediate
- 39. 3:30-4:15pm Youth Advanced
- 40. 4:15-5:00pm Adult Beginner

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Fall, Winter & Mid-Winter 2010-2011 YMCA Swim in conjunction w/ Bridgewater Recreation  
*Checks payable to "Somerset Valley YMCA" ~ regretfully no cash accepted"*  
 c \$112 Pre-School Swim c \$148 Youth Programs c \$115 Adult Beginner

Last Name	First Name	Gender
Mailing Address	Town	State
		Zip
Home #	Cell #	Work #
Email Address	Date of Birth & Age	Session #; Day of Week; Class # & Name

If participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. ® Yes, I will need to be notified regarding special considerations for my child.

Injuries may occur. Please note that the Bridgewater Recreation Department and the YMCA do not provide individual medical insurance coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that participants have insurance before participation. The Recreation Department and the YMCA reserves the right to cancel, alter, supplement, limit registration or change any other information.

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 @Participant or Parent/Guardian Signature if under 18 years of age Date