



Spring & Summer 2010 (April to August)

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 Wednesday, April 7, 2010 from 6:00-7:00pm at the Somerset Valley YMCA (601 Garretson Road). Pre-School Swim courses... In-Person registration policy for Wednesday, April 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 Wednesday, April 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 Wednesday, April 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 Wednesday, April 7, 2010 registration night!

In case of inclement weather (i.e. snow...) the make up date will be Thursday, April 8, 2010

Registration for all other swim programs (Youth (ages 7 to12) and Adult Swim) will begin Wednesday, April 7, 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 (601Garretson Road).

## 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.

Adult Intermediate - This is a class for adults who are comfortable in the water, who would like to work on stroke development and endurance and who are able to swim full lengths of the pool. It's great for those who have swimming skills, and who would like to improve their techniques.

Class Days, Times & Fees class fees are for 9 weeks unless pro-rated for holidays and shorten class

Spring Rates: Pre-School Swim Lesson - \$112.00; Youth Swim Lesson - \$148.00; Adult Beginner Swim Lessons \$115.00

Summer Rates: Pre-School Swim Lessons - \$101; Youth Swim Lesson - \$133

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

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

Monday- April 19, 26 May 3, 10, 17, 24 June 7, 14, 21, 2010  
Tuesday- April 20, 27 May 4, 11, 18, 25 June 1, 8, 15, 2010  
Wednesday- April 21, 28 May 5, 12, 19, 26 June 2, 9, 16, 2010  
Thursday- April 22, 29 May 6, 13, 20, 27 June 3, 10, 17, 2010  
Friday- April 23, 30 May 7, 14, 21, 28 June 4, 11, 18, 2010  
Saturday- April 24 May 1, 8, 15, 22, 29 June 5, 12, 19, 2010  
Sunday- April 25 May 2, 9, 16, 23, 30 June 6, 13, 20, 2010

### Session #2 - Summer 2010 Dates (pending class selection)

- A. Monday to Thursday - June 28, 29, 30, July 1, 5, 6, 7, 8, 2010
- B. Monday to Thursday - July 12, 13, 14, 15, 19, 20, 21, 22, 2010
- C. Monday to Thursday - July 26, 27, 28, 29 Aug. 2, 3, 4, 5, 2010
- D. Monday to Thursday - Aug. 9, 10, 11, 12, 16, 17, 18, 19, 2010
- E. Mondays - Parent/Child only – June 28 July 5, 12, 19, 26 Aug. 2, 9, 16, 2010
- F. Tuesdays - Beginner w/ Parent only – June 29, July 6, 13, 20, 27 Aug. 3, 10, 17, 2010

Spring Course day and times...

**Mondays**

1. 3:30-4:00pm Beginner
2. 4:00-4:30pm Intermediate
3. 4:30-5:00pm Advanced
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**

12. 4:00-4:30pm Beginner
13. 4:30-5:00pm Intermediate
14. 5:00-5:30pm Beginner
15. 5:30-6:00pm Intermediate
16. 6:00-6:30pm Advanced
17. 6:30-7:00pm Intermediate
18. 7:00-7:30pm Beginner
19. 7:30-8:00pm Advanced

**Thursdays**

20. 10:00-10:30am Parent/Child
21. 10:30-11:00am Beginner
22. 11:00-11:30am Intermediate
23. 5:15-6:00pm Youth Intermediate
24. 5:15-6:00pm Youth Advanced
25. 8:15-9:00pm Adult Intermediate



**Fridays**

26. 10:00-10:30am Beginner
27. 10:30-11:00am Intermediate
28. 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

Summer Course day and times...

40. 9:00am Beginner
41. 9:30am Intermediate
42. 3:00pm Beginner
43. 3:00pm Intermediate
44. 3:30pm Youth Beginner
45. 3:30pm Youth Intermediate
46. 5:30pm Beginner
47. 5:30pm Advanced
48. 6:00pm Intermediate
49. 6:00pm Parent/Child (*Summer Session E only*)
50. 6:00pm Beginner w/ Parent (*Summer Session F only*)

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Spring & Summer 2010 YMCA Swim in conjunction w/ Bridgewater Recreation

*Checks payable to "Somerset Valley YMCA" ~ regretfully no cash accepted"*

*Spring Session: c \$112 Pre-School Swim c \$148 Youth Programs c \$115 Adult Beginner*

*Summer Session: c \$101 Pre-School Swim c \$133 Youth Programs*

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 box 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

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Date