



Fall 2009, Winter & Mid-Winter 2010 (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 now Raritan Residents!

Registration for Pre-School Swim courses... In-Person Registration through Bridgewater Recreation begins on Wednesday, September 9, 2009 from 6:00-7:00pm at the Somerset Valley YMCA (601 Garretson Road). Pre-School Swim courses... In-Person registration policy for Wednesday, September 9, 2009: 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, September 9, 2009 registration will be held at the Bridgewater Recreation Department during office hours of 9am to 5pm Monday to Thursday and 8am to 5pm Fridays. Note: registration will be handed over to the YMCA the day before each session starts (i.e. Session #1 will be handed over to the YMCA Friday, September 11, 2009 late afternoon...). Unavailable for registration? Call or stop by the Bridgewater Recreation Department after Wednesday, September 9, 2009 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, September 9, 2009 registration night!

Registration for Youth and Adult Swim will begin Monday, August 10, 2009 at the Bridgewater Recreation Department during office hours and there after. Once a session has begun, registration for that particular session is turned over to the YMCA and further registration will be held at the YMCA on Garretson Road.

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

- Participants can swim in the kiddie pool. For ½ hour before and or after your scheduled time.
- 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 or 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).

## 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 unless pro-rated for holidays and shorten class

Pre-School Swim Lesson - \$112.00 (\*pro-rated fee \$99 eight session)

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 2009 Dates (pending class selection)

Mondays – September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 2009  
Tuesdays – September 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 2009  
Wednesdays – September 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 2009  
Thursdays – September 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 2009  
Fridays – September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 2009  
Saturdays – September 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 2009  
Sundays – September 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 2009

### Session #2 - Winter 2009-2010 Dates (pending class selection)

Mondays – November 23, 30, December 7, 14, 21, January 4, 11, 25, February 1, 2010  
Tuesdays – November 24, December 1, 8, 15, 22, January 5, 12, 19, 26, 2010  
Wednesdays, November 25, December 2, 9, 16, 23, January 6, 13, 20, 27, 2010  
\*Thursdays – December 3, 10, 17, January 7, 14, 21, 28, February 4, 2010  
Fridays – November 27, December 4, 11, 18, January 8, 15, 22, 29, February 5, 2010  
Saturdays – November 28, December 5, 12, 19, January 9, 16, 23, 30, February 6, 2010  
Sundays – November 29, December 6, 13, 20, January 3, 10, 17, 31, February 7, 2010

### Session #3 - Mid-Winter 2010 Dates (pending class selection)

Mondays – February 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 2010  
Tuesdays – February 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 2010  
Wednesdays – February 10, 17, 24, March 3, 10, 17, 24, 31, April 7, 2010  
Thursdays – February 11, 18, 25, March 4, 11, 18, 25, April 1, 8, 2010  
Fridays – February 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 2010  
Saturdays - February 13, 20, 27, March 6, 13, 20, 27, April 10, 17, 2010  
Sundays - February 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 2010

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**

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
18. 6:30-7:00pm Intermediate
19. 7:00-7:30pm Beginner
20. 7:30-8:00pm Advanced



**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

" ===== "

Fall, Winter & Mid-Winter 2009-2010 YMCA Swim in conjunction w/ Bridgewater Recreation

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

cq \$112 Pre-School Swim (cq \$99 Pro-Rated Session #2 Thursday) cq \$148 Youth Programs cq \$115 Adult Beginner cq \$75 Aqua Exercise

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.

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

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date