



# RECREATION & COMMUNITY SERVICES

Fall 2016

## Haunted Tonight!

### SAVE THE DATE

SATURDAY, OCTOBER 29, 2016

JOIN US FOR THIS SPOOKTACTULAR EVENT!

5:00-8:00 PM

Come out and enjoy our costume parade,  
safe trick-or-treating village, pumpkin  
patch, crafts, hayrides, and more!

Fall Session  
9/6-12/17

Fall registration opens  
Wednesday,  
August 31st  
Register online or in the  
Recreation & Cultural  
Center

## Special Events

### Plainsboro's Got Talent

Come out and share your talent! See website for registration information. Only new acts will be considered.

Audition Dates: Sat 10/1 5:00-7:00 pm (children) 7:00-8:00 pm (adults) OR

Mon 10/3 5:00-7:00 pm (children)  
7:00-8:00 pm (adults)

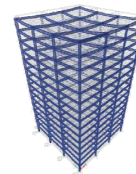
**Show Date:** Sat 11/5 starting at  
6:00 pm



### Engineering Family Night

Ages 4+ Join Engineering For Kids (EFK) and our Partner Tabor Math for a fun filled Family Night. Each family will play engineering games and take on a special Civil Engineering challenge to build the tallest structure out of limited materials. Free event, registration required.

Sat. 9/10 6:30-8:00pm



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## Family Trips

### Philadelphia Zoo

Spend the day together as we head to Philadelphia for an unguided tour. Participants select their own activities. Entrance tickets can be purchased from the Recreation center at a price of \$19.00 per person. The Zoo is filled with a variety of animal exhibits. Each exhibit is designed to provide you and your family with an up close and personal experience

Fri 11/11 8:30 am-4:30 pm

Bus Fee: \$10.00 per resident

\$15.00 per non-resident, can register after 10/03



### Radio City Christmas Show

Enjoy a great holiday season tradition and leave the driving to us! Register for your seats on the bus; then purchase your group rate ticket for the Christmas Spectacular Show. Bus will depart Plainsboro at 11:00 am and arrive in time for lunch. Bus will depart NYC after the 4:00 pm show. Full registration details online.

Sat 11/26 Bus Fee: \$10.00 per resident

\$15.00 per non-resident, can register after 10/26



# Classes & Programs for PreK - Teens

Fall 2016

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

## Mommy & Me Playtime!

*Parent & Child (Infant-preschool)* Children can play in a controlled, safe environment while moms/caregivers can socialize.

Tues 10:00 am-12:00 pm



Free

## Tumble Time

Ages 3-10 Children will learn basic gymnastic skills.

10 classes (9/20-11/29)

\$50.00

Ages 3-5

Tues 4:00-4:45 pm

Ages 6-10

Tues 4:45-5:45 pm

## Music & Movement

Ages 1-6 Activities combine singing, music, creative movement, and rhythm instruments.

9 classes (9/19-11/28)

\$45.00

Ages 1-3

Mon 9:45-10:30 am

Ages 3-6

Mon 1:15-2:00 pm

## Pre-Ballet & Creative Movement

Ages 3-6 Will focus on dance fundamentals and allow students to explore their own creativity.

8 classes (9/22-11/17)

\$40.00

Thurs 1:15-2:00 pm



## Inclusive Messy Fingers Messy Hands

Ages 3-6 (*Parent & Child*) After listening to a story, children will do a craft or cooking activity based on the stories themes.

4 classes (per session) Sat 10:00-10:50 am

Session 1 9/24-10/15

\$20.00

Session 2 11/5-11/26

\$20.00

## New! ABC's of Sports!

Ages 3-5 Introduce your little one to the fun and exciting world of sports.

4 classes (per session) Mon 4:30-5:15 pm

Session 1 9/19-10/17

\$20.00

Session 2 11/7-11/28

\$20.00

## Inclusive Sports Play

Ages 5-8 This inclusive class will help little athletes build muscles, increase their focus, and get a workout! Class includes warm-up games, stretches, aerobic circuit, and skill building activities related to different sports.

10 classes (9/22-12/1)

\$50.00

Class 1

Thurs 5:00-6:00 pm

Class 2

Thurs 6:00-7:00 pm

**\*For additional sports classes for children see pg. 5.**

## Creative Cool Crafts

Ages 5-9 Children will create various crafts using different materials. New craft project each session. Sign up for one both!

4 classes (per session) Mon 5:30-6:30 pm

Session 1 9/19-10/17

\$20.00

Session 2 11/7-11/28

\$20.00

## Chess Instruction

Ages 5-14 Learn to play chess-the game of strategy and problem solving!

8 classes (9/24-11/19)

Sat

\$96.00

Ages 5-8 (Beginner/Adv Beg)

9:00-10:00 am

Ages 5-14 (Adv. Beginner/Inter)

10:00-11:00 am

~~Ages 9-14 (Beginner/Adv Beg) 11:00 am-12:00 pm~~

## Speak-Up!

Ages 6-14 Students will practice presentation and public speaking skills.

\$45.00

9 classes (9/20-11/26)

Ages 6-8 Level 1

Tuesday 6:00-7:00 pm

Ages 9-11 Level 1

Tuesday 7:00-8:00 pm

Ages 6-8 Level 2

Wednesday 6:00-7:00 pm

Ages 6-8 Level 1

Wednesday 7:00-8:00 pm

~~Ages 9-11 Level 2 Saturday 10:00-11:00 am~~

~~Ages 12-14 (All levels) Saturday 11 am-12:00 pm~~

## Archery

Ages 9-14 Learn the basics of archery using compound bows.

4 Classes (9/19-10/17)

\$20.00

Mon 4:00-5:30 pm

## New! World Dance

## Kids Bollywood Dance

Ages 7-16 Class will review as well as teach new and different variations of Bollywood dance.

8 classes (9/20-11/8)

\$40.00

Tues 6:00-7:00 pm

## Hip Hop Dance



## JumpStart Into Bio

Ages 8-11 Children will learn basic concepts of biology.

8 classes (9/24-11/19)

\$16.00

Sat 11:00 am-12:00 pm

## STEM Smart

Ages 5-8 Kids will explore science through hands on experiments and gain exposure to subjects such as: biology, chemistry, physics, earth science, and astronomy, outside of the classroom, enabling them to delve further into their topics of interest.

8 classes (9/16-12/2)

\$16.00

Fri 5:00-6:00 pm

## STEM-agic for Girls

Ages 6-11 Students will work on hands-on obstacles while learning about 4 core subjects: Science, Engineering, Technology, and Math.

8 classes (9/22-11/26)

\$16.00 Thurs 4:30-6:00pm OR Sat 12:30-2:00 pm

## New! Junior Mechanical Engineering

Ages 5-7 Introduces young engineers to fundamental concepts of energy, materials, and movement by constructing six different toys

8 classes (9/27-11/15)

\$170.00

Tues 5:15-6:15 pm

## New! Apprentice Engineering Club

Ages 8-12 During this class, students use the Engineering Design Process to design, create, test, and refine basic electronics and circuits.

8 classes (9/27-11/15)

\$190.00

Tues 5:15-6:30 pm

## Martial Arts Class

Ages 5+ Encompasses Sil Lum Kung Fu, Chin Na & Kempo beginner-master level. Outreach program. For information and registration call 732-821-7817. \$80.00 per month. Room A/B

Mon & Fri 4:00-5:30 pm

## Volunteer Peer Tutoring Program

Grades K-10 Students can receive help in math, science, history, writing, or other subjects with a volunteer high school student. Interested in receiving help? Sign up at

<http://www.pboropeertutoring.com/>

To volunteer as a tutor, send an email to:

[pboropeertutoring@gmail.com](mailto:pboropeertutoring@gmail.com)

# Classes & Programs for Teens-Adults

Fall 2016

*Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.*

## New! Instructional Tennis

Ages 18+ Have fun and learn the basics of tennis: stroke, movement and footwork.

7 classes (9/18-10/30) Resident \$125.00  
Sun. 8:00-9:00 am Non-Resident \$139.00

## Morning Zumba

Ages 18+ Dance/exercise to fun music for a great workout! All levels welcome.

9 classes (9/23-12/2) Resident \$45.00  
Fri 9:30-10:30 am Non-Resident \$63.00

## Evening Zumba

Ages 18+ Dance and get fit to music from different cultures. All levels welcome.

10 classes (9/19-11/28) \$50.00 Resident  
Mon 6:00-7:00 pm \$70.00 Non-Resident

## Zumba & Toning

Ages 16+ Stretch and tone with the use of light weights and Zumba dance. Room A/B

9 classes (9/24-11/26) \$45.00 Resident  
Sat 8:45-9:45 am \$63.00 Non-Resident

## Zumba Sculpt Intervals

Ages 18+ Dynamic whole body muscle conditioning mixed with fun intervals of Zumba dance!

10 classes (9/19-11/28) \$50.00 Resident  
Mon 9:30-10:30 am \$70.00 Non-Resident

## Yoga & Meditation

Ages 18+ Enjoy a range of yoga exercises, breathing techniques and meditation.

10 classes (9/19-11/28) \$50.00 Resident  
Mon 7:15-8:15 pm \$70.00 Non-Resident

## Lite Yoga & Meditation



## Yoga Strength

Ages 16+ Build strength, flexibility, and muscle tone, using your own body weight. Emphasis on posture, balance, abs, and back. Room A/B

10 classes (9/21-11/30) \$50.00 Resident  
Wed 6:00-7:00 pm \$70.00 Non-Resident

## Inspirational Boot Camp

Ages 18+ Combination of strength, cardio, muscle endurance, flexibility, core, balance, and healthy eating tips. Beginners to advanced.

10 classes (9/22-12/1) \$50.00 Resident  
Thurs 7:15-8:15 pm \$70.00 Non-Resident

## Bollywood Dance Class

Ages 18+ Class reviews as well as teaches new and different variations of Bollywood dance moves. Open to all levels.

8 classes (9/20-11/8) \$40.00  
Tues 7:00-8:00 pm

## New! Classical Indian Dance (Bharat Natyam)

Ages 18+ Bharat Natyam is an art that is primarily a means of spiritual expression. It has many aspects: movement of the limbs, hand gestures, eye movement, rhythm as executed by the feet, and poetry as sung by the musicians. Dance is a form of yoga where one trains the body, mind, and soul into a single entity.

8 classes (9/22-11/17) \$40.00  
Thurs 12:00-1:00 pm

## New! World Dance



## Dancing and Dessert

Ages 18+ Enjoy coffee and dessert and then take a dance lesson.

9/17, 10/15, 11/19 and/or 12/17  
Sat 7:00-8:30 pm  
\$10.00 Resident / \$12.00 Non-Resident

## Hip Hop Aerobics

Ages 18+ Class involves high energy steps and today's hottest dance moves at a pace you can groove, shake, and sweat to.

8 classes (9/23-11/18) \$40.00 Resident  
Fri 7:30-8:30 pm \$56.00 Non-Resident

## Cultural Language Classes for Children

### Hindi Pathshala

Ages 5-18 Participants will learn to speak, read and write Hindi. Room A/B. To register, visit Recreation website. For questions contact Payal at 609-716-1999 or Parul at 609-297-8757.  
9/11/16-6/25/17 \$50 for book plus exam fee  
Sun 4:00-5:00 or 5:00-6:00 pm

### Bengali Heritage Class

Ages 5-17 Learn how to read, write, perform plays, music, and poems in Bengali.  
(9/24/16-6/17/17) \$25.00 payable to instructor  
Sat 2:00-4:00 pm

### Tamil Club

Ages 5-15 Learn to read, write and speak the south Indian language 'Tamil' with us. For more details contact Suchitra Srinivas 609-297-8840.  
Room A/B (9/8-6/9) Free Thurs 4:30-6:30 pm

### Badminton

Ages 18+ The WW-P High School North Gym will be available for badminton on Wednesday evenings. Shuttlecocks and nets will be provided. Participants must bring their own rackets. 10 classes (9/21-11/30) \$50.00 Resident  
Wed 9:00-11:00 pm \$70.00 Non-Resident

### Jazzercise Dance Fitness

Ages 18+ Burn up to 600 calories in one fun and powerfully effective 60-minute workout! To register call: 609-890-3252 or email mjjazz81@verizon.net. Municipal Building, Room A/B. Ongoing.

Tues 9:30 am & Thurs 8:15 am

### Chinese Calligraphy

Ages 18+ Learn and share techniques of this ancient art form.

10 classes (9/20-11/22) Free to Resident  
Tues 7:00-9:00 pm \$10.00 Non-Resident

### Ping Pong Club

Ages 18+ Adults interested in playing ping pong can join this weekly club. Municipal Building, Room A/B. Ongoing.

29 classes (9/9-12/17) \$29.00 Resident  
Fri & Sat 7:00-10:00 pm \$58.00 Non-Resident

### Southern Style Shaolin Kung Fu

Ages 18+ For information and registration contact Sifu Bonifacio Lim at 609-716-9620.  
Room A/B Sat 11:00 am-12:00 pm

# Classes & Programs for Seniors

Fall 2016

Registration is required and available online from the township website or in-person. If you need assistance creating a user account contact us at 609-799-0909 x1719. Classes are FREE unless otherwise noted and are open to township residents ages 55+. Limited space available to non-resident Senior Club Members for \$25.00 per class beginning 9/05.

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

## New! Archery for Seniors

Learn the basics of archery.  
4 classes (9/19-10/17) Mon 1:00-2:30 pm

## Artistic Explorations

Jump start your imagination and try something new and different each class. Find your inner artist!

7 classes (9/15-11/17) \$35.00 Resident  
Thurs 1:30-2:30 pm \$45.00 Non-Resident

## Senior Strength Training

Exercises to tone muscles, build strength, and increase bone density.

(9/7-12/8) Wed 10:45 am, 11:45 am OR  
Thurs 10:30am

## Advanced Senior Strength Training

Advanced class for those who have been in previous strength training classes.

12 classes (9/12-12/5) \$36.00 Resident  
Mon 12:00-1:00 pm \$46.00 Non-Resident

## Senior Chair Exercise

Strengthen and stretch while seated in a chair.  
12 classes (9/9-12/9) Fri 12:00-12:45 pm

## Senior Kundalini Yoga

Gentle Yoga postures, breath and meditation.  
14 classes (9/6-12/6) Tues 1:15-2:15 pm

## Senior Hatha Yoga

A slightly more vigorous yoga class incorporating standing balance and power poses.  
13 classes (9/6-12/6) Tues 12:15-1:15 pm

## Senior Zumba

Fitness dance class based on international rhythms. Municipal Building, Room A/B.  
12 classes (9/12-12/5) Mon 11:00 am-12:00 pm

## Senior Zumba Lite

Fun and lively Latin dance exercise class. Municipal Building, Room A/B.  
13 classes (9/8-12/8) Thurs 9:30-10:15 am

## Senior Tai Chi

Ancient martial arts Municipal Building, Room A/B. 11 classes (9/10-12/10) Sat 12:00-1:00 pm

## Senior Jazzercise Lite

Fun, easy dance/fitness class for all levels.  
14/12 classes (9/7-12/9)  
Wed 1:00 pm OR Fri 9:15 am

## New! Healthy Bones

Osteoporosis prevention and exercise.  
25 classes (10/5-3/29) Wed 1:00-2:15 pm

## Senior Brain Fitness Part 1

Practice brain fitness exercises.  
8 classes (9/8-10/27) Resident \$5.00  
Thurs. 10:30-11:30am Non-Resident \$15.00

## Senior Mindfulness Meditation

Learn how to reduce stress and lower blood pressure through healing visualizations.  
8 classes (9/8-10/27) Resident \$5.00  
Thurs. 11:30-12:30pm Non-Resident \$15.00

## New! Writing Review

Gain writing and editing skills by producing essays, shorts stories and poetry.  
11 classes (9/7-12/7) Wed. 9:30-10:30 am

## New! Senior Support Group

Share feelings and needs in a safe environment. 4 classes (9/6, 10/4, 11/1, 12/6) Tues 11:00am-12:00 pm

## New! Creative Therapy

Yoga, dance and meditation.  
11 classes (9/10-12/10) Sat 10:00-11:00 am  
\$5.00 residents/\$15.00 non residents

## AARP Smart Driver Course

Awareness of safe driving. 2 classes (9/7 & 9/9)  
Wed. & Fri. 9:00 am-12:00 pm  
\$15.00 AARP members/\$20.00 nonmembers

## Plainsboro Senior Citizen Club

The Senior Club is a non-profit 55+ group that meets on the 2nd Wednesday of the month from 12:30-2:00 pm (except July, August, and December) in the Municipal Building, Room A/B. Contact President: Douglas Fullman 609-275-4965 for details.

## Senior Trips

Registration forms are mailed with the Senior Spirit Newsletter and are posted at the Recreation & Cultural Center. Trip registration is not accepted at the Recreation & Cultural Center. Questions? Contact Sr. Trip Coordinator, Janet Schock 609-799-0442.

For questions about senior programs and to get on the Senior Mailing List, contact Program Coordinator for Seniors, Tina Preville at 609-799-0909 x1705 or x1719.

## Senior Holiday Luncheon

Gather with friends and enjoy entertainment and lunch at the Cranbury Inn. Registration required. Free for residents/\$28 non-resident senior club members Wed. 12/14 12:00-2:00 pm

## Trip! Grounds for Sculpture

9/29 Thurs. 10:00 am-2:30 pm \$12.00 resident/\$22 non-resident. Registration required.

## Basic Computers

Learn basic computer skills.

11 classes (9/6-12/6) Tues. 10:30-11:30 am

## Walking Club

Exercise and stay fit. Morris Davison Park

12 classes (9/12-12/5) Mon 9:30-10:00 am

Interested in MUSIC class? Contact Tina.

## Drop-In Programs

Free weekly programs. No registration required.

## Fabulous Fridays

Will kick off with an Ice Cream Sundae Social and live entertainment. Fri (9/9) 12:30-2:00pm

## Pickleball

A paddle sport using a short court and whiffle ball that was created for all ages and skill levels. Room A/B Mon 8:30-11:30 (outside) 12:30-3:30 pm (inside) & Thurs 10:30 am-12:30 pm (learn to play) 12:30-2:30 pm (games)

## Spanish Club

Learn to speak Spanish. Arts & Crafts Room.

Tues 10:00-11:00 am

## Needle Art Engineers

Calling all knitters, quilters, needlepoint, and crafters. Join this social group while you work on and share your talent. Fri 12:00-2:00 pm

## Game Drop-In

Come over and play Rummikub, Checkers, Chess, Backgammon, or any other game you prefer. Fri 2:00-4:00 pm

## Scrapbooking Club

Bring photos, a blank book, adhesives, and embellishments. Wed 11:00 am-1:00 pm

# Nature Programs for Children - Adults

Fall 2016

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

## New! Nature Journaling

Ages 9-13 Your nature journal might include sketches, drawings, poems, photographs, natural objects such as leaves or flowers, or scientific data such as lists or wildlife tallies. We will meet each week at the Plainsboro Preserve to record the animals, insects, and plants throughout the season.

5 classes (9/29-10/27) \$25.00  
Thurs 4:00-5:30 pm



## New! Gourmet Cooking for Young Chefs

Ages 10-16 Learn essential cooking skills by preparing and enjoying a meal together using fresh ingredients. By the end of our program, students will develop techniques necessary to start making delicious meals to share with family and friends. Each class will be centered around cooking an important meal of the day-- Breakfast, Lunch, Dinner, and (don't forget) Dessert!

5 classes (9/15-10/13) \$50.00  
Thurs 7:00-8:30 pm

## Kids Nature Play

Ages 7-12 Join us as we explore different parts of the Plainsboro Preserve. We will build forts, fairy houses, look under logs & more!

6 classes (9/27-11/1)  
Tues. 4:00-5:30 pm



\$30.00

## Little Ones Nature Series

Ages 3-5 (Parent & Child) Weekly program that encourages children to explore nature through stories, activities and crafts. This seasons topics include: honey bees, praying mantis, gourds, and pumpkins, very best bed, spiders, and turkeys.

6 classes (9/28-11/2)  
Wed. 1:00-2:00 pm

\$30.00

## Evergreen Wreath Workshop

Ages 13+ Add a little holiday cheer o your house by creating a wreath made of fresh evergreens! We will provide all the materials, greenery, and fun! Bring along gloves and hand pruners if you have them!

12/1

\$10.00 Resident

\$15.00 Non-Resident

Thurs

6:30 pm-8:30 pm



## Annual Fall Stream Cleanup

Ages 7+ (children under the age of 16 must be accompanied by a parent or adult) Come out before winter sets in and help us clean up the trash along our waterways and keep garbage out of our waterways by joining us as we clean up along the Lenape Trail & the Millstone Park.

10/15

Sat 9:30-11:30 am

Free

## Fall Canoeing Trip

All ages Join us for a fall foliage guided canoe trip at the D & R State Canal Park in Griggstown. You will be responsible for renting your own canoe or kayak from the Griggstown canoe and kayak rental. Canoe & kayak rental fee for two hours is between \$23- \$30 for two hours. Children under 30 pounds must provide own personal floatation device (life jacket). Registration is required. For more information check out the website at [www.canoenj.com](http://www.canoenj.com)

10/16

Sun 1:00-3:00 pm



# Additional Sports Classes for Children



| Tennis Classes (Plainsboro Park)                                                      |  | Developmental Tennis                                                                |  | Soccer Sqrts                                                                                                                                                                                                                                                |  |
|---------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Tennis Sqrts</b>                                                                   |  | Ages 8-14 For players with previous experience, designed to refine their technique. |  | Ages 3-5 learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Classes are taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly: fun, fun, fun! |  |
| Ages 3-5 A fun-filled learning adventure that introduces children to tennis.          |  | 7 classes (9/18-10/30)                                                              |  | 6 classes (9/17-10/22)                                                                                                                                                                                                                                      |  |
| 7 classes (9/18-10/30)                                                                |  | Sun                                                                                 |  | \$105.00                                                                                                                                                                                                                                                    |  |
| Sun 9:00-9:50 am                                                                      |  | Ages 8-10                                                                           |  | Sat 2:00-3:00 pm                                                                                                                                                                                                                                            |  |
| \$125.00                                                                              |  | 11:00 am-12:00 pm                                                                   |  |                                                                                                                                                                                                                                                             |  |
|                                                                                       |  | Ages 11-14                                                                          |  |                                                                                                                                                                                                                                                             |  |
|                                                                                       |  | 12:00-1:00 pm                                                                       |  |                                                                                                                                                                                                                                                             |  |
| Foundation Tennis                                                                     |  | Soccer Classes (Municipal Grounds)                                                  |  | Senior Soccer Sqrts                                                                                                                                                                                                                                         |  |
| Ages 5-14 Designed to introduce beginner level players to the fundamentals of tennis. |  | Parent & Me Soccer                                                                  |  | Ages 5-6 Learn the principles of attacking, defending and passing.                                                                                                                                                                                          |  |
| 7 classes (9/18-10/30)                                                                |  | <b>CANCELLED</b>                                                                    |  | 6 classes (9/17-10/22)                                                                                                                                                                                                                                      |  |
| Sun                                                                                   |  |                                                                                     |  | \$105.00                                                                                                                                                                                                                                                    |  |
| Ages 5-7                                                                              |  |                                                                                     |  | Sat 4:00-5:00 pm                                                                                                                                                                                                                                            |  |
| 9:00-10:00 am                                                                         |  |                                                                                     |  |                                                                                                                                                                                                                                                             |  |
| Ages 8-10                                                                             |  |                                                                                     |  |                                                                                                                                                                                                                                                             |  |
| 11:00 am-12:00 pm                                                                     |  |                                                                                     |  |                                                                                                                                                                                                                                                             |  |
| Ages 11-14                                                                            |  |                                                                                     |  |                                                                                                                                                                                                                                                             |  |
| 12:00 am-1:00 pm                                                                      |  |                                                                                     |  |                                                                                                                                                                                                                                                             |  |

Registration Opens Aug. 31. Register online at [www.plainsboronj.com](http://www.plainsboronj.com) or in the Recreation & Cultural Center.

# Special Needs Classes & Events

Fall 2016

**Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.**

## Special Olympics-Young Athlete Program

Ages 2-7 Sponsored by Special Olympics of NJ. Inclusive program that Improves gross motor skills, social and language skills, and develops foundational skills for future participation in sports. New two-part registration. First, register with Special Olympics at [AVM@song.org](mailto:AVM@song.org) then register with us on the township website.

8 classes (9/21-11/16)

Wed 4:30-5:15 pm



FREE

## Inclusive Messy Fingers Messy Hands

Ages 3-6 (Parent & Child ) After listening to a story, children will do a craft or cooking activity based on the stories themes.

4 classes (per session) Sat 10:00-10:50 am

Session 1 9/24-10/15 \$20.00

Session 2 11/5-11/26 \$20.00

## Teen Social Hour

Ages 13+ Monthly social hour will include refreshments, music, games, and lively discussion groups. 1st Wednesday of the month

10/5 & 11/2 \$5.00 per evening

Wed 6:30-7:30 pm

## Expressive Arts

Ages 13 & up Participants will enjoy movement, theatre games, improvisation, and music while developing social skills and self-confidence. Shadow buddy volunteers are available to assist participants.

8 classes (9/21-11/16) \$35.00

Wed 5:30-6:30 pm

## Inclusive Sports Play

Ages 5-8 Inclusive class includes warm up games, stretches, aerobic circuit, and skill building activities related to different sports.

10 classes (9/22-12/1) \$50.00

Class 1 Thurs 5:00-6:00 pm

Class 2 Thurs 6:00-7:00 pm

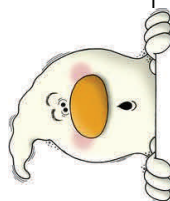
## Halloween Dance Party

Ages 13+ Halloween dance party for special needs teens and adults. Costumes encouraged. Shadow Buddy volunteers on hand to assist participants. Refreshments will be served. Registration required and available from our website. Each participant will leave with a Halloween Treat! Parents wishing to volunteer for the event can contact program coordinator at [kpoveromo@plainsboronj.com](mailto:kpoveromo@plainsboronj.com)

10/22

\$5.00

Sat 6:00-8:00 pm



## Bumper Bowling Halloween Family Event

All Ages This event has become a favorite among our special needs families! Enjoy time bowling with your family at Slocum's Bowling Center in Ewing Township. All lanes in this quaint bowling alley will be set up with bumpers and will be reserved for our event! Families can also enjoy pizza and Halloween themed dessert.

Children can dress in their costumes as long as it does not interfere with their ability to bowl. Every child will leave the event with a special treat bag! Don't miss out, register early! Participants are responsible for own transportation to and from the event.

10/16

Sun 11:00 am-1:00 pm



\$10.00 per family

## Program Sponsors

Funding support for community programs and resources that serve special needs youth and low income families is provided in part, by DCA ROID Grant and HUD CDBG Grant respectively.

# Recreation Fun for Everyone

## Family Fun Nights!

Get the family together and enjoy time playing various board games, Bingo, and Wii games. Children must be chaperoned at the event. No advanced registration. Family Fun Nights take place on the 2nd Saturday of the month. No registration needed.

10/8, 11/12, 12/10

Free

Sat 6:00-8:00 pm



## NJEA School Break Movie Day! Hoodwinked

Everyone knows the story of Little Red Riding Hood . . . or so they think. This favorite fairy tale is turned upside-down, inside-out and reinvented as a comedy that reveals the shocking true-crime investigation behind the legend. Participants will receive popcorn to enjoy during the show. Parent supervision is required. Not a drop-off program.

11/10

Free

Thurs 1:00 pm



## Family Zumba

Ages 6+ Here is a great way for the family to be active together! This fun and healthy Family Zumba program will be a fusion of international and top 40 music with easy to follow routines. Perfect for the whole family. Join us on these two Saturday nights and get fit while having fun together! No registration required.

2 classes (10/1 & 11/19)

Free

Sat 5:00-6:00 pm



# Aquatics Schedule, Fees & General Information

Session Dates: September 9-December 20. Class schedules/fees reflect closings. When WW-P schools are closed, there are no programs.  
Pool Closings: Monday 10/3, Wednesday 10/12, Thursday-Saturday 11/10-11/12, Wednesday-Saturday 11/23-11/26.

## Family / Lap Swim Pass

Mon - Fri 6:30-9:30 pm

Sat 1:00-5:30 pm

Family 1 year \$395  
6 months \$275  
3 months \$225

Adult 1 year \$290  
Lap 6 months \$225  
3 months \$175

Youth/ 1 year \$195  
Senior 6 months \$175  
Lap 3 months \$145

Youth Lap - Minimum age 14  
Senior Lap - Minimum age 62  
Guest Pass - \$10 person/day

**Special Needs Swim Lesson**  
(Formerly Adapted Aquatics) - **Children Ages 6-15 years with mental or physical challenges** receive one-on-one instruction. Grant subsidized half hour program.

## Pre-School Swim - Children Ages 3 1/2 - 5 1/2 years

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

## Adults & Teens Ages 15+ Levels 1-3

For non-swimmers, beginners, and more advanced swimmers.

## Teens Ages 13-14 Level 1

For non-swimmers and beginners in level 1.

**Youth Ages 6-15** Contact aquatics director regarding child placement in swim classes.  
*Level 1 - Intro to Water Skills*  
*Level 2 - Fundamental Skills*  
*Level 3 - Stroke Development*  
*Level 4 - Stroke Improvement*  
*Level 5 - Stroke Refinement*  
*Level 6 - Swimming & Skill Proficiency*

## Competitive Swim Clinic

Ages 6-15 Training for speed, endurance, plus instruction for racing dives, starts, turns, and strokes. Must have passed Level 5.

## Aqua Power

A fast paced water exercise class using a variety of techniques and equipment to provide a full body workout.

| Monday<br>14 weeks                                      | Tuesday<br>15 weeks                                   | Wednesday<br>12 weeks                                            | Thursday<br>12 weeks                                          | Friday<br>13 weeks                           | Saturday<br>13 weeks                                                        |
|---------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------------|
| 6:30-7:00 pm<br>Preschool \$219.00                      | 5:15-7:00 pm<br>Levels 2 - 3<br>\$262.00              | 6:30-7:00 pm<br>Preschool<br>\$188.00                            | 6:15-7:00 pm<br>Levels 2 - 3<br>\$210.00                      | 6:30-7:00 pm<br>Preschool<br>\$203.00        | 1:00-1:30 pm<br>Special Needs Swim Lesson<br>\$135.00                       |
| 6:15-7:00 pm<br>Special Needs Stroke Clinic<br>\$245.00 | 7:00-7:30 pm<br>Special Needs Swim Lesson<br>\$155.00 | 6:15-7:00 pm<br>Special Needs Aqua Fit<br>\$216.00<br>(10 weeks) | 6:00-10:00 pm<br>WSI<br>\$315.00<br>(10 weeks)                | 7:00-7:45 pm<br>Levels 1 - 2<br>\$227.00     | 1:30-2:00 pm<br>Preschool \$203.00<br>Special Needs Swim Lesson<br>\$135.00 |
| 7:00-7:45 pm<br>Levels 1 - 2<br>\$245.00                | 7:30-8:00 pm<br>Special Needs Swim Lesson<br>\$155.00 | 7:00 - 7:45 pm<br>Levels 1 - 2<br>\$210.00                       | 7:00-7:45 pm<br>Levels 5 - 6<br>\$210.00                      | 7:45-8:30 pm<br>Levels 3 - 4<br>\$227.00     | 2:00-2:45 pm<br>Level 1 - 2<br>\$227.00                                     |
| 7:45-8:30 pm<br>Levels 3 - 4<br>\$245.00                | 8:00-8:45 pm<br>Adults & Teens<br>\$301.00            | 7:45-8:30 pm<br>Levels 3 - 4<br>\$210.00                         | 7:45-8:30 pm<br>Adults & Teens<br>\$241.00                    | 8:30-9:30 pm<br>Competitive Swim<br>\$299.00 | 2:45-3:30 pm<br>Levels 1 - 2<br>\$227.00                                    |
|                                                         |                                                       | 8:30-9:30 pm<br>Aqua Power<br>\$156.00                           | 6:00-10:00 pm<br>Lifeguard Training<br>\$300.00<br>(10 weeks) |                                              | 3:30-4:15 pm<br>Levels 3 - 4<br>\$227.00                                    |
|                                                         |                                                       |                                                                  |                                                               |                                              | 4:15-5:00 pm<br>Levels 5 - 6<br>\$227.00                                    |
|                                                         |                                                       |                                                                  |                                                               |                                              | 5:00-6:00 pm<br>Competitive Swim<br>\$299.00                                |

## ARC Lifeguard Training

Ages 15 & up Course includes Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certifications. Pre-requisites: Minimum 15 years old; Swim 300 yards continuously using the strokes in the following order: 100 yards front crawl, 100 yards breaststroke, 100 yards front crawl or breast-stroke 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. Bring bathing suit and towel to each class. You must pass the pre-course test in order to take the class. Please call 609-497-2100 x 323 for more details.

## ARC Water Safety Instructor (WSI)

Ages 16 & up WSI is an American Red Cross certification program that qualifies participants to become swim instructors. Pre-requisites: Successful completion of Fundamentals of Instructor (FIT); Participants must pass pre-course test to take the class. Swimsuit and towel required every class. First class includes a pre-course swim evaluation test.

## Special Needs Stroke Clinic

Ages 10-23 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 from Director required).

## Special Needs Aqua Fit

Ages 15+ For students with special needs who can work in a small group setting. Water exercise class can improve range of motion, flexibility, strength, endurance, motor coordination, and balance.

## Aquatics Registration

Programs at WW-P HS North are open to residents of West Windsor and Plainsboro. All registration is directed to the YWCA Aquatics Outreach Program. Registration forms are available at the YWCA website [www.ywcaprinceton.org](http://www.ywcaprinceton.org).

**In-person registration** held at the WW-P High School North pool September 7 & 8 from 7:00-8:00pm.

**Mail-in registration** will be accepted after September 8 and must include registration form, check, and a stamped, self addressed envelope.

Mail to: YWCA Princeton Aquatics, 59 Paul Robeson Place, Princeton, NJ 08540

Registration will continue throughout the session on a space available basis. **Schedule changes** due to pool availability will be posted.

**For more information** about swim programs or level placement, contact the YWCA Aquatics Director, Wendy Trockenbrod at 609-497-2100 x323. Leave your name, phone number, and a brief message.

# Recreation Policies

## Registration

Registration opens 8/31. Residency required unless otherwise indicated. Registration is accepted online or in the Recreation & Cultural Center during regular business hours, Monday-Friday, 8:30 am-4:30 pm and Tuesday and Thursday, 4:30-8:00 pm. All registrations require a user account and email address. Registration is accepted on a first come first served basis. Check website for class availability.

## Refund Policy

Program fees are **non-refundable**. Exceptions made only for emergencies; documentation required. Refund requests must be made in writing and take 6-8 weeks.

## Program Changes or Cancellations

Changes in class schedules are communicated via email. If you have a question about class due to weather call 609-799-0909 x 1719.

## Fees

There is a \$2.75 transaction fee per receipt each time you register.

## Class Locations

Rooms A/B and D are located at the Township Municipal Building. All other rooms are located at the Recreation & Cultural Center.

## Class Changes

Requests to change a class registration are subject to a \$5.00 fee (also applies to 'no shows' for free trips). Transfer fees for camp sessions are subject to a \$25.00 fee. Registrations are not transferable.

# Community Services

## Food Pantry

Application information is available on the Township website and in the office. Upon acceptance, residents may pick up pre-packed food bags every 2nd & 4th Thursday of each month. The food pantry is stocked entirely by donations.

*For information on making a donation, call the Food Pantry at 799-0909 x1711*

## Scholarship Assistance

Scholarship assistance for township camps and school year extended day care in the WW-P school district is available to income eligible families. Funding is provided through a Community Development Block Grant. There is only one funding cycle per year (which begins with summer 2016). Please check the township website for the 2016-2017 cycle. Applications will become available on February 16, 2016.

## Information Resources

Informational materials are available to assist residents in locating help. Literature on subsidized programs offered via government agencies and regional non-profit organizations is available in the office. Topics include home energy assistance, food stamps, government services, services for seniors or for the disabled, and more.

## Public Safety Services 609-799-2333

### Operation Reassurance

Enrolled participants who live alone can call police dispatch at a pre-set time daily. If no call is received, police will check to ensure the senior is alright.

### Carrier Link

Mail carrier will advise police if mail is not picked up, so a residence check can be made to ensure the senior is safe.

# Township Parks

**COMMUNITY PARK**, Scotts Corner Road – includes ball fields, soccer field, dog parks, concession stand, pavilion, picnic areas, an asphalt court for skateboarders or rollerblades and a playground facility.

**LENAPE TRAIL**, George Davison Road/Maple Avenue – a linear park that accommodates biking, jogging, walking, and rollerblading (2.2 miles with markers every 0.1 mile).

**MILL POND PARK**, Maple Avenue – on Plainsboro Pond, a scenic area ideal for picnicking, fishing and non-motorized boating.

**MORRIS DAVISON PARK**, Plainsboro Road – playground, volleyball, basketball courts, soccer and baseball fields, biking/jogging path (perimeter approximately ½ mile) and pavilion area.

**PLAINSBORO PARK**, Edgemere Avenue – picnic area, playground, facilities for basketball, softball, baseball, bocce, volleyball, and tennis. Access to biking/jogging on the Lenape Trail.

**SCHALKS MEADOW PARK**, Parker Road – playground, basketball, tennis, cricket area, and ball fields.

**WATERS EDGE PARK**, Pond View Drive – a scenic park area on Plainsboro Pond with a floating dock for non-motorized boating, picnic area and a biking/jogging trail.

**PLAINSBORO PRESERVE**, Scotts Corner Road – The 1000 acre Nature Preserve opens at 7:00 am. Closing time is adjusted for sunset and posted daily. **THE "NO FISHING, HUNTING, DOGS, OR BICYCLING" REGULATIONS AT THE PRESERVE ARE STRICTLY ENFORCED BY THE PARK RANGERS AND VIOLATORS WILL BE PROSECUTED.**

**PLAINSBORO PARK RANGERS** - For questions on park facilities, regulations, or reservations call park rangers at 799-0909 x1707. A copy of the park ordinances is available from the ranger office and at [www.PlainsboroNJ.com](http://www.PlainsboroNJ.com). Park reservation requests are done online.

# General Park Rules

- ◇ Hours - sunrise to sunset.
- ◇ Fires permitted in grills in designated areas only.
- ◇ Motor vehicles restricted to designated parking areas and roadways.
- ◇ No parking permitted except during park hours.
- ◇ Domestic animals permitted only in designated areas on leashes that are six feet or shorter (except in dog parks). All sports fields are "No Pet" areas at all times. Owners are responsible for cleaning up after their pets. Special rules apply at the dog parks.
- ◇ Bicycles/skates/carriages are prohibited on courts.
- ◇ Non-motorized boating is only permitted on Plainsboro Pond.
- ◇ Alcoholic beverages are not permitted.
- ◇ Use of park facilities is at one's own risk.