



# RECREATION & COMMUNITY SERVICES

Township of Plainsboro

Fall 2019

## Haunted Tonight!

Saturday, October 26, 2019

Come experience the magic!

5:00-8:00 PM

Trick or Treating, Pumpkin Picking, Halloween Games, Spooky Crafts, Halloween Show, Halloween Stories, Haunted Trail, Hay Ride, Refreshments & more

(Parking available at Enterprise Drive)



## Centennial Pumpkin Carving

*Ages 13+* Help us celebrate Plainsboro's Centennial by lighting up the field with 100 jack-o'-lanterns for Haunted Tonight! Bring a Pumpkin to carve and donate. Bring your own carving kit or borrow one of ours. This is a great family activity that will bring a lot of Halloween fun.



Friday, October 25

6:30-8:30 pm  
Municipal Grounds



Fall Session  
9/16-12/8

Fall registration opens  
Tuesday,  
Resident: August 26  
Non-Resident: September 3  
Register online or in the  
Recreation & Cultural Center

641 Plainsboro Road  
Plainsboro, NJ 08536

### Hours

8:30 am-4:30 pm Mon-Fri  
4:30-8:00 pm Tues & Thurs

### Call us:

609-799-0909 x1719

### Email us:

recdept@plainsboronj.com

### Connect with us online:



## American Museum of Natural History

All Ages Spend the day together as we head to New York City and spend the day at the famous American Museum of Natural History. Participants select their own activities. Entrance fees payable in advance online or on arrival. Check out the American Museum of Natural History's website for ticket prices or for more information about the exhibits:

<http://www.amnh.org/>

Bus departs at 8:30am from the Recreation & Cultural Center.

Fri 11/8

8:30 am-5:00 pm  
Bus Fee: \$10.00 per resident/  
\$15.00 per non-resident, can register after 10/8.

## New York City!

All Ages Get into the holiday spirit and enjoy a trip to NYC with your family! There is so much to do this time of year, you can catch a Broadway show, visit St. Patrick's Cathedral, ice skate at The Rink Rockefeller Center, see the Christmas Spectacular starring the Radio City Rockettes, view the holiday displays on 5th Avenue, visit Central Park, treat yourself to lunch and do some holiday shopping or anything else you would like to do since there is no planned itinerary for this trip.

Sat 11/30 Bus Fee: \$10.00 per resident /  
\$15.00 per non-resident, can register after 10/30  
Bus departs Plainsboro at 9:30am  
Bus departs NYC at 6:30 pm



# Classes & Programs for PreK - Teens

Fall 2019

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

## 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

## Music & Movement

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

9 classes (9/16-12/2)

Resident \$45.00

Mon 1:15-2:00 pm

Non-Resident \$63.00

## Pre-Ballet & Creative Movement

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

9 classes (9/17-11/26)

Resident \$45.00

Tues 1:15-2:00 pm

Non-Resident \$63.00

Room A/B

## Kids Yoga

**Ages 7-11** Class will include poses to increase strength, flexibility, and coordination. It will also help to increase your child's self-esteem, concentration, and much more.

8 classes (9/16-12/2)

Resident \$40.00

Mon 6:00-6:45 pm

Non-Resident \$56.00



## Archery

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

4 Classes (9/16-10/7)

Resident \$20.00

Mon 4:00-5:30 pm

Non-Resident: \$28.00

## ABC's of Sports!

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

8 classes (9/16-11/25)

Resident \$40.00

Mon 4:30-5:15 pm

Non-Resident \$56.00

## 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 (9/19-12/5)

Resident \$50.00

Thurs 6:00-7:00 pm

Non-Resident \$60.00

## New! Robotics Club

**Ages 10-13** Here students will discover new mechanics and have an introduction into the world of STEM.

9 classes (9/19-12/12)

Resident \$18.00

Thurs 6:30-8:00 pm

Non-Resident \$27.00

## Chess Instruction

**Ages 5-14** Program designed for children who are new to chess or those with a minimum knowledge of chess. Learn to play the most popular game ever invented: the game of strategy and problem solving.

8 classes (9/21-11/16)

Sat 9:00-10:00 am \$96.00

## New! Dream Big-Computer Genius

**Ages 8-11** Girls will learn coding, problem solving skills, and critical thinking in difficult situations.

10 classes (9/21-11/30)

Resident \$20.00

Sat 2:00-3:00 pm

Non-Resident \$30.00

## New! Dream Big-Sports Stars

**Ages 8-11** Girls will learn basketball, soccer, and improve their athletic skills.

10 classes (9/21-11/30)

Resident \$20.00

Sat 3:30-4:30 pm

Non-Resident \$30.00

## Intro to Drawing!

**Ages 5-9** This intro to drawing class will teach participants basic drawing skills while building confidence and creativity! Children who were registered for this class in the past can sign up again as new skills will be taught.

8 classes (9/16-11/25)

Resident \$40.00

Non-Resident \$56.00

Level 1 (new students)

Mon 5:00-5:45 pm

Level 2 (previous students)

Mon 6:00-6:45 pm

## Debate Clinic

**Ages 10-15** This class will help you gain and sharpen specific tools and techniques related to persuasive communication and evidence-based argumentation including formal competitive team debates and informal 1-on-1 debates.

8 classes (9/19-11/14)

\$144.00

Thurs 5:30-6:45 pm

## AI Inspire-Data Structures and Algorithms

**Ages 11-16** This class starts off with easier data structures such as arrays and lists and progresses to more advanced types of computational structures such as hash maps and trees.

8 classes (9/17-11/7)

Resident \$16.00

Tues 7:00-8:00 pm

Non-Resident: \$24.00

## Bengali Heritage Class

**Ages 5+** Learn how to read and write the language, as well as perform plays, music and poem recitation in Bengali.

10 classes (9/22-12/1)

Residents \$20.00

Non-Residents \$30.00

(\$35 book fee for new students – book is good for two years) Sun 3:00-5:00 pm

## 3-D Printing

**Ages 7-14** Our classes will have students learn engineering and art design for the application of 3D printing and robotics. We will teach students how to create and printout 3D models. All models produced by students are theirs to keep.

4 classes per session

\$160.00

Wed 5:00 - 7:00 pm

Session 1: 9/18 - 10/9 Session 2: 10/16 - 11/6

Session 3: 11/13 - 12/11

Sat 10:30 am -12:30 pm

Session 1: 9/21 - 10/19 Session 2: 11/2 - 11/23

## Kids Badminton

**Ages 8-12** Instructional class to teach kids the basics of badminton. Shuttlecocks and nets provided. Participants must bring a racket. Community Middle School Gym

6 classes (9/17-10/22)

Tues

Beginner/Intermediate: 6:30-7:30 pm

Advanced: 7:45-8:45 pm Resident \$30.00

Non-Resident \$42.00

## Speed, Agility, Quickness for Boys and Girls

**Ages 10-18** Learn training methods to improve overall speed and strength. Room A/B

8 classes (9/19-11/14)

\$144.00

Thurs 7:00-8:15 pm

## Acrylic Landscape

**Ages 14+** Learn how to paint a beautiful fall inspired landscape with acrylic paints.

(9/25)

Resident \$20.00

Wed 4:00-6:00 pm

Non-Resident \$22.00

## Pastel Still Life

**Ages 14+** Draw a beautiful pastel still life.

(11/20)

Resident \$20.00

Wed 4:00-6:00 pm

Non-Resident \$22.00

## 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 (9/5-6/18) Free Thurs 4:30-6:30 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 summer help in math, science, history, writing, or other subjects with a volunteer high school student. Details will be posted on their website: [www.pboropeertutoring.com](http://www.pboropeertutoring.com)



# Classes & Programs for Teens-Adults

Fall 2019

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

## Morning Zumba

Ages 18+ Dynamic whole body muscle conditioning mixed with fun intervals of Zumba dance  
 10 classes (9/16-12/2) Resident \$50.00  
 Mon 9:30-10:30 am Non-Resident \$70.00

## Zumba Fusion

Ages 18+ Two Zumba formats offered in one class equals twice the fun and twice the fitness! This class will consist of 30 minutes of traditional Zumba dance followed by 30 minutes of the new and popular STRONG by Zumba. This class is appropriate for all fitness levels from beginner to advanced.

10 classes (9/16-12/2) Resident \$50.00  
 Mon 6:00-7:00 pm Non-Resident \$70.00

## Zumba Strong

Ages 18+ Class combines high intensity interval training with the science of synced music motivation.  
 10 classes (9/20-11/22) Resident \$50.00  
 Fri 9:30-10:30 am Non-Resident \$70.00

## Yoga & Meditation

Ages 18+ Enjoy a range of yoga exercises, breathing techniques and meditation.  
 10 classes (9/16-12/2) Resident \$50.00  
 Mon 7:15-8:15 pm Non-Resident \$70.00

## 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 (9/18-11/20) Resident \$50.00  
 Wed 6:00-7:00 pm Non-Resident \$70.00

## Pilates Strength & Endurance

Ages 18+ A challenging but safe class that will add resistance for strengthening, toning and lengthening your entire body. Attention to a full body fitness which will include low impact, breathing, flexibility and proper body alignment.  
 10 classes (9/19-11/21) Resident \$50.00  
 Thurs 7:15-8:15 pm Non-Resident \$70.00



## Teen Volleyball

Ages 12-17 This is a weekly program which encourages teens to exercise and have fun while learning to play volleyball. Location: Community Middle School  
 8 classes (9/20-11/15) Resident \$40.00  
 Fri 7:00-9:00 pm Non-Resident \$56.00

## Pilates Mat Class

Ages 18+ This Pilates class is good for all body types and fitness levels. Pilates stretches and strengthens the body. This class focuses on the core and builds strength in the rest of the body.

10 classes (9/17-12/3) Resident \$50.00  
 Tues 12:00-1:00 pm Non-Resident \$70.00

## Self-Defense for Women: RAD (Rape Aggression Defense)

Ages 14+ R.A.D. Women is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk reduction strategies, including: Awareness, recognition and Avoidance. Physical defense techniques. Positive visualization techniques. Techniques are simple, practical and effective. This course is designed for every women regardless of physical fitness and no prior experience is needed. Registration will be taken directly through Princeton HealthCare.

Register at 888-897-8979 or [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)

4 classes (10/3-10/24) \$25.00  
 Thurs 5:45-9:00 pm

## Women's Foundation Tennis

Ages 18+ Foundation Tennis is designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please note participants are required to provide their own tennis racquet for this program.) Schalks Meadow Park.

8 classes (9/15-11/3) \$130.00  
 Sun 8:00-9:00 am

## Dancing and Dessert

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

9/14, 10/19, and/or 11/2  
 Sat 7:00-8:30 pm Resident \$10.00  
 Non-Resident \$12.00



## 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 weeks (9/11-11/20) Resident \$50.00  
 Wed 8:30-10:30 pm Non-Resident \$70.00

## Jazzercise Dance Fitness

Ages 18+ Burn up to 600 calories in one fun and powerfully effective 60-minute workout! To register call: 609.429.5678 or email: [JazzerciseCranburyWindsors@comcast.net](mailto:JazzerciseCranburyWindsors@comcast.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 (9/17-11/19) Resident Free  
 Tues 7:00-9:00 pm Non-Resident \$10.00

## Wake up with Yoga Flow

Ages 16+ Start your morning with yoga! This class will feature warm up, slow flow, balances and cool down.

10 classes (9/18-11/20) Resident \$50.00  
 Wed 7:00-8:00 am Non-Resident \$70.00

## Southern Style Shaolin Kung Fu

Ages 18+ For information and registration contact Sifu Bonifacio Lim at 609-240-9588  
 Room A/B Sat 11:15 am-12:15 pm  
 Wed 4:45-5:45 pm



# Classes & Programs for Seniors

Fall 2019

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 program (unless otherwise noted) beginning 9/3.

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

## Archery for Seniors

Learn the basics of archery using a compound bow.

4 classes (9/16-10/7)      Mon 1:00-2:30 pm

## Senior Strength Training

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

12 classes (9/11-12/12)  
Wed 10:45 am OR 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 (9/9-12/9)      Resident \$36.00  
Mon 12:00-1:00 pm      Non-Resident \$46.00

## Senior Chair Exercise

Strengthen and stretch while seated in a chair.  
12 classes (9/13-12/13)      Fri 12:00-12:45 pm

## Senior Chair Yoga

Gentle Yoga poses done on and behind the chair with breath work and meditation.  
12 classes (9/12-12/12)      Thurs 2:00-2:45 pm

## Senior Yoga

Gentle yoga poses with breath work and meditation.

14 classes (9/10-12/10)      Tues 1:00-2:00 pm

## New! Let's Dance

Fun energetic class with lively music. We will work on balance and coordination.  
10 classes (9/16-12/9)      Mon 2:00-2:45 pm

## Dance and Tone

Simplified dance movement exercises that build strength, flexibility, and balance while having fun to music.  
12 classes (9/12-12/12)      Thurs 1:00-1:45 pm

## Senior Zumba Lite

Fun and lively Latin dance exercise class.  
Municipal Building, Room A/B.  
13 classes (9/10-12/10)      Tues 2:15-3:00 pm

## Senior Jazercise Lite

Fun, easy dance/fitness class for all levels.  
12 classes (9/13-12/13)      Fri 9:15-10:00 am



## Art Classes

### Acrylic Landscape

Ages 14+ Follow step by step instructions to paint a landscape with acrylic paints. Open to beginners. Please dress for the mess.

(9/25)      Resident \$20.00  
Wed 4:00-6:00 pm      Non-Resident \$22.00

### Pastel Still Life

Ages 14+ Draw a beautiful pastel still life by following step by step instructions.

(11/20)      Resident \$20.00  
Wed 4:00-6:00 pm      Non-Resident \$22.00

### Creative Wellbeing

Brain/body activities, social engagement, dance sequences, chair yoga, meditation, vocalizations, and other exercises.

11 classes (9/14-12/14)      Sat 10:00-11:00 am

### New! Just Balance

Class will help you keep and improve your balance through an array of exercises.

12 classes (9/11-12/4)      Wed 1:00 -2:00 pm



## Plainsboro Senior Club

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

## Senior Trips

Advanced registration is required for trips on a first-come, first-serve basis. Contact Sr. Trip Coordinator, Janet Schock 609-751-7148.

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/\$30 non-resident senior club members.

Wed. 12/11 12:00-2:00 pm

\*Note: Registration opens with our regular fall programs on 8/26.

## AARP Smart Driver Course

Awareness of safe driving.  
Mon. & Tues. 9:00 am-12:00 pm (9/23 & 9/24)  
\$15.00 AARP members/\$20.00 non-members

## Senior Tai Chi

Ancient martial arts Municipal Building, Room A/B.  
11 classes (9/14-12/14) Sat 12:15-1:15 pm

## Drop-In Programs

Free weekly programs. No registration required.

### Fabulous Fridays

Kicks off 9/13 with an ice cream social. Enjoy entertainment sponsored by Ovation at Riverwalk refreshments with friends; speakers, pot luck lunches, birthday celebrations and bingo. Every Friday. A calendar of activities will be included in the senior mailing.



Fri 12:30-2:30 pm

### Pickleball

A fun paddle type game using a short court and whiffle ball. Great exercise, easy to learn and social. Equipment must be signed out for play. New members call Dicky 609-578-0738 or Liz 609-462-9662.



### Needle Art Engineers

Calling all knitters, quilters, needlepoint, and crafters. Join this social group while you work on and share your talent.

Mon 12:00-2:00 pm

### Scrapbooking Club

Bring photos, a blank book, adhesives, and embellishments to create your own scrapbook masterpiece while enjoying the company of others.

Wed 12:00 -4:00 pm

## Nature Programs for Children-Adults & Wicoff House Events

### Evergreen Wreath Workshop

Ages 13+ Add a little holiday cheer to 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!

Location: Historic Wicoff House

12/5 Resident \$10.00  
Thurs 6:30 pm-8:30 pm Non-Resident \$20.00

### 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. Meet at the Recreation Center at 9am for breakfast.

11/2 Free  
Sat 9:30-11:30 am

### Fall Nature Walk

All ages Join us for an autumn walk in Charles Rogers Wildlife Refuge!

10/19 Resident \$5.00  
Sat 10:00 am Non-Resident \$7.00

### Backyard Compost Workshop

Ages 12+ Composting is nature's way of recycling. By utilizing the natural process of decomposition, organic materials often considered "waste," such as grass clippings, food scraps, autumn leaves and even paper, can be recycled back into a rich soil conditioner. This workshop thoroughly covers the importance of composting, setting up a compost pile, proper maintenance and ways of using finished compost.

10/3 Resident \$5.00  
Thurs 6:30-7:30 pm Non-Resident \$7.00



### Events at the Wicoff House Museum

Thursday, August 29th, 6-9PM

"Elsie's World's Fair"

\*\* A celebration of Elsie's 1939 NY World's Fair debut with free ice cream, carnival games and innovation exhibition

\*\* New temporary Elsie exhibit inside the Wicoff House Museum, detailing the history of Walker-Gordon farm and Elsie the Cow with their connection to Borden Dairy

\*\* Scavenger hunts and prizes. All are welcome, free admission

Sunday, October 6th, 3PM

Illustrated lecture about Elsie the Cow and her Plainsboro connection by historian Bill Hart

Lecture held in Plainsboro Recreation Center

Wicoff House Museum open for tours until 6PM. All are welcome, free admission

Sunday, November 3rd, 3PM

Illustrated lecture about the War of the Worlds radio broadcast and its Plainsboro connection by historian Bill Hart

Lecture held in Plainsboro Recreation Center

Wicoff House Museum open for tours until 6PM. All are welcome, free admission

## Additional Sports Classes for Children

### Tennis Squirts

Schalks Meadow Park  
Ages 3-5 Children will have great fun learning the fundamental skills and tennis strokes in a low pressured, fun environment.

8 classes (9/15-11/3) \$130.00  
Sun 9:00-9:45 am

### Development Tennis

Schalks Meadow Park  
Ages 8-14 For players with previous experience, designed to refine their technique.

8 classes (9/15-11/3) \$130.00  
Sun  
Ages 8-10 11:00 am-12:00 pm  
Ages 11-14 12:00-1:00 pm

### Foundation Tennis

Ages 5-14 Designed to introduce beginner level players to the fundamentals of tennis.

8 classes (9/15-11/3) Schalks Meadow Park  
Sun \$130.00  
Ages 5-8 9:00-10:00 am or 10:00-11:00 am  
Ages 8-10 10:00-11:00 am or 11:00 am-12:00 pm  
Ages 11-14 12:00 -1:00 pm

### Squirts Multi Sports

Ages 3-5 Try a variety of sports. Municipal Grounds  
7 classes (9/14-11/2) \$110.00  
Sat 8:30-9:30 am

### Senior Squirts Multi Sports

Ages 5-7 Try a variety of sports. Municipal Grounds  
7 classes (9/14-11/2) \$110.00  
Sat 9:30-10:30 am

### Soccer Squirts

Ages 3-5 learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Municipal Grounds

7 classes (9/14-11/2) \$110.00  
Sat 10:30 -11:30 am

### Senior Soccer Squirts

Ages 5-7 Learn the principles of attacking, defending and passing. Municipal Grounds  
7 classes (9/14-11/2) \$110.00  
Sat 11:30 am-12:30 pm



# Special Needs Classes & Events

Fall 2019

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

## Special Olympics-Young Athlete Program

Ages 2-7 Children with and without special needs, and their parents are invited to participate in this sports play program sponsored by Special Olympics of New Jersey. This program will improve gross motor skills, social and language skills, as well as develop foundational skills for future participation in sports. Space is limited so sign up early to ensure your spot.

PLAY with your child and CELEBRATE what your child can do! Any questions email:

[AVM@sonj.org](mailto:AVM@sonj.org)

10 classes (9/18-12/4)

Wed 4:30-5:15 pm

FREE

## Special Needs Social Hour

Ages 13+ Monthly social hour will include refreshments, music, games, and lively discussion groups. 1st Wednesday of the month 10/2, 11/6, 12/4 Resident \$5.00 per evening Wed 7:00-8:00 pm Non-Resident \$6.00 per evening

## 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 (9/19-12/5) Resident \$50.00

Thurs 6:00-7:00 pm Non-Resident \$60.00

## Expressive Arts Jr.

Ages 8-12 Special needs tweens now have a class of their own! Similar to our Expressive Arts class for teens and adults, this *Junior* class will also be an interdisciplinary, creative program. Participants will enjoy movement, theatre games, improvisation, sensory art, music, and more!

10 classes (9/18-12/4)

Resident: \$40.00

Wed 5:15-6:00 pm

Non-Resident \$50.00

## 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.

10 classes (9/18-12/4)

Resident \$40.00

Wed 6:00-7:00 pm

Non-Resident \$50.00

## Halloween Dance Party

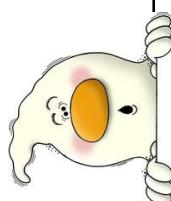
Ages 13+ Halloween dance party for special needs teens and adults. Costumes encouraged. Shadow Buddy volunteers on hand to assist participants. Refreshments will be served. Registration required and available from our website. Each participant will leave with a Halloween Treat! Parents wishing to volunteer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

10/19

Resident \$5.00

Non-Resident: \$6.00

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.

10/20

Sun 11:00 am-1:00 pm

Resident: \$10.00 per family

Non-Resident \$11.00 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!

All Ages Get the family together and enjoy time playing various board games, Bingo, and Wii games. Crafts will be offered and children can play races and games with our Lenape Camp Fitness Teacher! Children must be chaperoned at the event. No advanced registration. Family Fun Nights take place on the 2nd Saturday of the month.

10/12, 11/9, 12/14

Free

Sat 6:00-8:00 pm

## Plainsboro's Got Talent

Join us for our sixth annual Plainsboro Talent Show! We are looking for Plainsboro children and adults to participate! All acts must be appropriate for families. Participants must be from Plainsboro or groups must have a majority of Plainsboro residents. All participants are allowed to register up to two acts. Acts should be no longer than 2-3 minutes. All acts wanting to be considered for the final show must register for an audition date. Top scoring acts will be selected for the actual show. Participants should not audition with the same acts as they previously performed for either of the last four years. Only new acts will be considered for the final show. Come out and share your talent!

Audition Dates: Wed 9/18 and Mon 9/23 5:00-7:00 pm (children)

7:00-8:00 pm (adults)

Show Date: Sat 11/2 starting at 6:00 pm

## NJEA School Break Movie Day! *Little Giants*

All Ages Ever since childhood, nerdy Danny O'Shea has felt inferior to his brother, Kevin, a former college football star. When Kevin's team rejects Danny's daughter, Becky, because she's a girl, Becky convinces her dad to start a rival team, though the city can support only one. To prove himself against his brother, Danny begins coaching his team of misfits for a playoff game.

Parent supervision is required. Not a drop-off program. Participants will receive popcorn to enjoy during the show.

11/7

Free

Thurs 1:00 pm

# Aquatics Schedule, Fees & General Information

**Session Dates:** September 9-December 14 Class schedules/fees reflect closings. When WW-P schools are closed, there are no programs.

**Pool Closings:** Monday, 9/30, Wednesday 10/9, Thursday-Saturday 11/7-11/9. Wednesday-Saturday 11/27-11/30.

## Family / Lap Swim Pass

Mon - Fri 6:30-9:30 pm

Sat 1:00-5:30 pm

Family 1 year \$400  
6 months \$280  
3 months \$230

Adult 1 year \$295  
Lap 6 months \$230  
3 months \$180

Youth/ Senior 1 year \$200  
6 months \$180  
Lap 3 months \$150

## September Lap Swim Special

Family 9 months \$340  
Adult 9 months \$260  
Youth/Senior 9 months \$190

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

## Special Needs Swim Lesson 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 - 6 years

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

**Adults 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 9+** Training for speed, endurance, plus instruction for racing dives, starts, turns, and strokes. Must have passed Level 5.

**Pre- Competitive Ages 9+** Work on advanced technique instruction in kicking, breathe control, rotary breathing, freestyle and backstroke. Evaluations Aug 5, 6, 8 & 9. from 6-7:45pm.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 weeks	14 weeks	12 weeks	12 weeks	12 weeks	12 weeks
6:30-8:30 pm Competitive Swim Clinic ( Sept.—Mar.) \$1825	6:30-8:30 pm Competitive Swim Clinic ( Sept.—Mar.) \$1825	6:30-7:00 pm Preschool \$205.32 Special Needs \$138	6:30-8:30 pm Competitive Swim Clinic ( Sept.—Mar.) \$1825	6:30-7:00 pm Preschool \$205.32 Special Needs \$138	1:00-1:30 pm Preschool \$205.32 Special Needs \$138
8:30-9:15pm Adult Lessons \$291.46	8:30-9:15pm Teenage Lessons \$313.88	7:00 - 7:45 pm Levels 1 - 2 \$229.32	8:30-9:15pm Teenage Lessons \$269.04	7:00-7:45 pm Levels 3 & 4 \$229.32	1:30-2:15 pm Level 1 & 2 \$229.32
8:30-9:30pm Private Lessons 10 for \$380 30 minutes	8:30-9:30pm Private Lessons 10 for \$380 30 minutes	7:45-8:30 pm Levels 3 - 4 \$229.32 10 for \$380 30 minutes	8:30-9:30pm Private Lessons 10 for \$380 30 minutes	7:45-8:30 pm Levels 5 - 6 \$229.32	2:15-3:00pm Level 3 & 4 \$229.32
8:30-9:30pm High School Warm Up \$540 9/9-11/6	8:30-9:30pm High School Warm Up \$540 9/9-11/6	8:30-9:30pm Pre Competitive Clinic \$372 30	8:30-9:30pm High School Warm Up \$540 9/9-11/6	8:30-9:30pm Pre Competitive Clinic \$372	3:00-5:00pm Competitive Swim Clinic (Sept—Mar) \$1825
		Lifeguard \$300 or WSI \$315 6-10pm		Lifeguard \$300 or WSI \$315 6-10pm	5:00-5:45pm Levels 5 - 6 \$229.32
					Lifeguard \$300 or WSI \$315 1-6pm

## ARC Lifeguard Training \$300

**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 with breast & front crawl and surface dive, retrieve a 10lb. Brick, and swim 20 yards back within 1min & 40 sec. Bring a bathing suit and towel to each class. You must pass the pre-course test in order to take the class. (2 weeks: Wed., Fri., and Sat.) 9/18-9/28

## ARC Water Safety Instructor (WSI) \$315

**Ages 16 & up** WSI is an American Red Cross certification program that qualifies participants to become swim instructors. Pre-requisites: Minimum age of 16 years old. Participants must pass pre-course test to take the class. Swimsuit and towel required every class. (2 weeks: Wed., Fri. and Sat.) 10/2-10/25

**NEW Private Swim Lessons ( M,T,Th) 10 classes for \$380** 30 minute one on one lesson for ages 6 to adults. Instructors tailor swim lesson to suit each student's specific needs, ensuring the most effective learning experience.

**High School Warm Up** Assist high school swimmers getting ready for swim season. Technique & reinforcement will be included in competition strategies. 9/9-11/6

## 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.

**Swim testing for all new participants** in American Red Cross Learn to Swim levels 2-6 on Thurs, 9/5 & Fri, 9/6 from 6:30-8:30 pm.

**Online registration begins Wed. 8/15 through Mon. 9/10.**

When fall classes begin, all spaces online become waitlist only.

Please assistance, call 609-497-2100 x0. Please log-in to

[www.ywcaprinceton.org](http://www.ywcaprinceton.org) for the registration link and detailed description of classes. Beginning 9/9, please bring receipt to supervisor at pool for first class.

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 Tara O'Shea, Director of Programs at: [toshea@ywcaprinceton.org](mailto:toshea@ywcaprinceton.org)

Include your name, phone number, and a brief message.

# Recreation Policies



## Registration

Registration opens 8/26. 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.

**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 be sure the senior is safe.

# 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 coordinator at 799-0909 x1711 or x1712*

## 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 2020). Please check the township website for the 2020-2021 cycle. Applications will become available on February 16, 2020.

## 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.

# 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.

**MILLSTONE RIVER PARK**, Plainsboro Road-Situated along the Millstone River, a walking and biking trail stretch approximately a half mile in length and is abound with wildflowers in spring and throughout the summer.

**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.