



# Parks, Recreation & Community Services

[<Link to Summer 2010 Registration Form>](#)

[<Link to Summer 2010 Registration Form for youths with special needs>](#)

[<Link to Aquatics Registration Form>](#)

[<Link to park application form>](#)

Summer 2010

## NOTICE

The township phone system was changed this spring. The information provided in this newsletter reflects the new extensions. For an interim period, callers will be advised how to access department staff using new extensions.

The Dept. of Recreation and Community Services will have copies of the new listings for the department available for pick-up as well as on the township website by the end of May.

## Township Parks

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

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

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

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

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

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

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

*COMMUNITY PARK, Scotts Corner Road* – includes ballfields, soccer field, dog park, concession stand, pavilion, picnic area, an asphalt court for skateboarders or rollerbladers as well as a playground facility.

**PLAINSBORO PARK RANGERS** - For questions on park facilities, regulations, or reservations call park rangers at 799-0909 x1707. A copy of the park ordinances and applications are available from the ranger office as well as on the township website.

*Under Construction: Morris Davison field area; Schalks Meadow courts*

## 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 park). All sports fields are “no pet” areas at all times. Owners responsible for cleaning up after their pets. Special rules apply at the dog park.
- 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.

## Inside this issue:

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## Activities & Enrichment for Adults

### Jazzercise

Aerobic exercise program for all fitness levels. Contact Mary Jane Brady, at 890-3252. *Evening classes move to the municipal building June 15 No class 7/07*  
T / W / Th / F 9:30 - 10:35 a.m.  
Sat 9:00 - 10:05 a.m.  
Mon & Wed 5:45 - 8:45 p.m.

### Meditation

Relieve stress and improve your quality of life through meditation in this relaxed drop-in program. The method is simple, practical in approach and tangible in results. Free - register at class. Rm A/B.  
Sun (ongoing) 8:00 - 10:30 a.m.

### Ping Pong

Adult open ping pong meets 2nd & 4th Fridays of month, from 7:00-10:00 p.m., and on 1st & 3rd Saturdays from 2:30-5:30 p.m. in Rm A/B at the municipal building. Free

### Shaolin Kung Fu

Beginner to master level. Outreach program taught by Sifu Bonifacio Lim. Information and registration call 716-9620.  
Sat 11:00 a.m. - 12:00 p.m.

### Sewing Guild

Residents who enjoy quilting and other forms of sewing such as home décor, machine embroidery, or clothing are invited to share interests and camaraderie. Contact Lynda Smolarek at 609-712-3769 for details. 6/13, 7/11, 8/08, 9/12  
Sun 1:00 - 5:00 p.m.

### Tai Chi Club

Open to adults of all ages, a great opportunity to practice skills with others with similar interests. Free.  
Mon 11:30 - 12:30 p.m.

### Adult Swim Instruction

See pages 6-7

### English Language Classes

English as a Second Language classes will resume in the fall.



### Registration

Opens for the summer session on June 1 unless otherwise stated. Residency and advance registration required for classes unless otherwise indicated. Space may be limited. Registration is non-transferable.

### Refund Policy

Unless otherwise noted, program fees are **non-refundable**. Exceptions made only in case of emergency; documentation may be required. Refund requests must be made in writing and take 6-8 weeks.

### Class Changes

Requests to change a class registration is subject to a \$5 fee. Fee also applies to "no shows".

### Program Fees

Fees are due with registration; payment is by check or cash. The township does not accept credit cards.

### Special points of interest:

- Registration forms and more are available to download from the website See page 8.
- Summer session registration will open 6/01.
- Summer camp registration continues on a space available basis. Contact the office for availability.
- Summer session begins 6/21.
- Fall registration will open 8/16. Fall session begins 9/13.
- See front page about changes to the township phone system.

## Community Service Opportunities

**Volunteer Resources** - Residents interested in volunteer opportunities will find the resources below helpful. The Township *Volunteer Directory*, has listings from the township as well as local organizations. It is available for viewing online or at the library (Reference Desk). *VolunteerConnect.org* is a regional resource site.

**Shadow Buddies** - Volunteers ages 14 & up help special needs youngsters in programs such as *Kids Co'Motion* or *Adapted Aquatics*. Applications available for pick-up from the office or on the township website.

**Food Pantry Volunteers** - Volunteers prepare bags of food for distribution to families in need. Contact Cindy Capritti, coordinator, at 799-0909 x1706 for more information.

**Bilingual Volunteers** - Bi-lingual volunteers interpret for group discussions/presentations or translate written materials. Contact the office or download a bi-lingual application from the township website.

## Activities for Ages 3-6

### Munchkin Tennis

*Ages 4-7 with parent/guardian*  
Basic instruction stressing enjoyment of the game. Plainsboro Park 6 weeks 6/21—7/28. Space limited and adv. registration required. \$60 p/c (\$25 add'l child) Mon & Wed 9:00-9:30 a.m. OR 9:45-10:15 a.m.

### Nature Pre-School Series

Nature for ages 3-5 with parent features indoor/outdoor activities and crafts that change each season. *Summer themes—Insects, Nature Palette, Flowers with Wings, Life Underground, In the Garden, Warm Sun-Cool Shade, and Dinosaurs.* \$12/series (No class 8/05, 8/06) Thurs (7/01-8/12) 11:00 a.m.-noon Fri (7/02-8/13) 11:00 a.m.-noon

### Kids Play in the Park

*Ages 3-6 with parent/guardian*  
New summer series to introduce very young children to outdoor group activities at Community Park. Advance registration req.; space limited. Dates 6/26, 7/10, 7/17, 7/24, 8/21 Free Sat 10:00 - 11:00 a.m.

## Program Cancellations

*If schools have early dismissal or are closed due to weather, all school-based activities for the remainder of the day are cancelled.*

*If the municipal complex closes due to weather conditions, information will be posted on the main phone line.*

*Instructors who cancel classes will contact their students directly. Aquatics program changes are also posted on 497-2100 x 323.*

*Summer Session : no classes 7/05 unless otherwise stated. See descriptions for additional information.*

*Programs may be canceled due to low registration—decisions are generally made a week in advance.*

## Active Programs for Youngsters

### Junior Tennis Lessons

#### *Beginner / Adv. Beginner*

*Ages 7-15* In drills, practices, and class activities students will learn basic strokes and rules of play while stressing enjoyment of the sport. Geared for those with little or no prior experience. Separate classes for 7-11 and 10-15 year olds. Space limited; advance registration required. Location Plainsboro Park \$100 6/21 - 7/28  
*7-11 year olds* 6:00 - 7:00 p.m. Mon & Wed OR Tues & Thurs  
*10-15 year olds* 7:00 - 8:00 p.m. Mon & Wed

#### *Advanced Intermediate*

*Ages 10-15* This new class is open to youth who have been in the township program previously for at least 2 years or who have

strong skills. Space limited; adv. registration required. Questions can be directed to the coordinator, John Cook at 799-8135. Location Plainsboro Park \$100 6/22 - 7/29 Tues & Thurs 7:00 - 8:00 p.m.

### Kids Garden Club

Ages 6-8 get down and dirty, learning about plants, soil, senses, and more. Participants will help with the township sensory garden and take home fun projects of their own. Advance registration req. Tues (6/22-8/10) 3:30 - 5:00 p.m.

### Teen Volleyball

Teens entering 6th-11th grades are welcome to join the group while learning skills and techniques of the sport. Registration required. Tues (6/22-8/24) 6:00 - 7:30 p.m.

### Gardening for a Cause

#### *Teen Gardening Program*

Learn basics of organic gardening, ecosystems, soil care and stewardship in the context of a Community Garden. Our group will share its harvest with the Plainsboro Food Pantry. Participants will also earn community service hours. Adv. registration required, space limited. Free No class 8/17 Tues (6/29-8/31) 9:00 - 10:00 a.m. Wed (6/23-8/25) 6:00 - 7:00 p.m.

### Martial Arts Class

Encompasses Sil Lum Kung Fu, Chin Na & Kempo beginner – master level. Outreach program led by Sifu Gary Vaganek, certified 6<sup>th</sup> Dan Black Sash. For details call (732) 821-7817. Fee: \$70/month Mon & Fri 4:00 p.m. - 5:30 p.m.

## Programs for “Differently-Abled” Youth

### Kids Co'Motion

A popular movement program for youth ages 4- 21 with disabilities. Open to non- residents on space available basis. Pre-registration is required. 6 wks Starts 6/30 (no class 7/07) Fee \$25 Wed (age 4-21) 4:30 - 5:30 p.m.

### Super FitKids *NEM!*

Skill building fitness program for children with special needs. Class activities include gross motor skills, hand-eye coordination, partner or group cooperation, dance, stretching, and relaxation techniques. 4 week pilot 7/01 - 7/22 Fee \$20 Thurs age 4-9 4:30 - 5:15 p.m. age 10-21 5:30 - 6:15 p.m.

### Adapted Aquatics

Specialized aquatics program for school-age children. *See Aquatics pages 6-7 for details.*

## 2010 Summer Camps & Clinics

Registration for summer camps and clinics will continue until programs have reached their capacity. Program and registration materials are available on the township website. The camp programs listed below were available as of printing - call the office or check the website for updates. Full payment and required documents must accompany registration. Financial assistance available to income eligible residents of Plainsboro (HUD guidelines) for select summer and school year EDP programs. The deadline for the 2010-2011 cycle is past; for information about applying mid-year, contact the coordinator at 799-0909 x1706.

*Unless otherwise stated, camps are co-ed ; half day is 9 a.m.-noon; and full day is 9 a.m.-3 p.m.*

### Skills Development Sports

**Fencing**

Aug. 9-13

Gr. 7-12 (1/2 day) \$160

*plus \$50 rental if needed*

**Speed-Agility-Quickness**

Eight 1-week sessions from

6/21-8/12 M/T/Th \* Wk 3 W/Th/F

Gr. 6-12 (3:30-5:15 p.m.) \$ 80 ea

**Super Sports**

Gr. 5-9

June 28-July 2 or August 2-6

(full day) \$210

### Athletic Leagues

*WW-P Soccer Association*  
www.wppsa.org

*Cranbury-Plainsboro Little League*  
www.cpll.org

*WW-P Babe Ruth League*  
www.wppbaberuth.org

*WW-P Volleyball League*  
www.wppbc.pbworks.com

*WW-P Football & Cheerleading*  
www.wppwildcats.org

*Lightning Lacrosse*  
www.lightninglacrosse.com

*Plainsboro Adult Softball League*  
www.plainsborocoedsoftball.com

### Field & Courts Sports Programs

**Baseball (Boys)**

July 19-23

Gr. 3-8 (1/2 day) \$160

**Basketball (Girls)**

July 6-9 or July 19-23

Gr. 1-5 (1/2 day) Gr. 5-9 (full day)

7/6-7/9 1/2 day \$130; FD \$170

7/19-7/23 1/2 day \$160; FD \$210

**Basketball (Boys / Junior)**

July 26-30

Gr. 1-5 (1/2 day) \$160

**Basketball (Boys / Senior)**

July 12-16

Gr. 5-9 (full day) \$210

**Football (Boys)**

July 6-9

Gr. 5-7 (8:00-11:00 a.m.) \$130

Gr. 8-9 (12:00—3:00 p.m.) \$130

June 28-July 2

Gr. 10-12 Full Day \$210

**Lacrosse (Girls)**

July 26-30

Gr. 2-10 (1/2 day) \$160

**Soccer**

June 21-25

Gr. 1-9 (1/2 day) \$160

**Softball**

July 26-30

Gr. 3-9 (1/2 day) \$160

**Tennis**

July 12-16; July 19-23; or Aug. 2-6

Gr. 1-8 (Full Day) \$210

**Volleyball**

June 21-25

Gr. 4-9 (1/2 day) \$160

### Special Interest Programs

**Broadway Babies**

June 21-25 or June 28-July 27

Gr. 1-3 (full day) \$210

**Sing Your Heart Out**

Aug. 2-6 or Aug. 9-13

Gr. 3-5 (full day) \$210

**High School Musical**

July 6-16

Gr. 5-8 (full day) \$410

**Acting**

July 19-30

Gr. 3-8 (full day) \$280

**Cheerleading**

July 6-9

Gr. 1-8 (1/2 day) \$130

**Math Academy**

July 12-16 Gr. 5-9 (1/2 day)

\$160



**Summer Enrichment Camp for ESL Students**

Detailed program information will be available after May 15 on a new summer program for ESL students in ages 11-18. Space is limited. Activities will include a wide range of camp activities combining typical camp activities with reinforcement and practice of language skills.

## Health & Fitness for Seniors

To promote physical health and well-being, the township offers the senior programs below at no, or reduced, cost to township seniors. Limited space is allowed for non-resident members of Plainsboro Senior Club. Note: New policy will be in place effective fall 2010.

Seniors currently registered for Tai Chi and Yoga, do not need to register again for the dual Spring / Summer 2010 session. The summer session segment will start week of June 21. Registration opens June 1. New registration required each session for all other programs.

### Yoga

Beginners and individuals with experience welcome. Mini session dates for summer TBD Free  
Tuesday 1:00 - 2:00 p.m.

### Tai Chi

Instruction led by Sifu Bonifacio Lim. Ancient martial art strengthens the body, loosens muscles, promotes balance. 6/26-8/14 Free  
Saturday 12:00 - 1:00 p.m.

### Strength Training

Designed to tone muscles, build strength, and increase bone density. Registration required for each session. 6/23 - 8/04 No class 7/14  
\$24/resident; \$30/non-resident  
Wednesday 10:45 - 11:45 a.m.

For information on other programs and activities of interest to seniors, see *Adult Activities and Aquatics*.



## Special Interest & Senior Social Activities

**Needle Art Engineers 8 – 80**  
Special interest group for learning, practicing and sharing any kind of stitchery. Meets Mondays, 12:30–1:30 p.m.

### Tai Chi Club

Open to adults of all ages, a great chance to practice skills & join others with similar interest. Not instructional. Free.  
Mon 11:30 - 12:30 p.m.

**Plainsboro Senior Citizen Club**  
The Senior Citizen Club is a non-profit group that meets on the 2nd Wednesday of the month (except July, August and December) at the Municipal Bldg. Call club president Janet Schock at 799-0442.

### Sr. Fridays Drop-In Program

This is a grant-funded socialization program for active seniors, featuring refreshments, games, activities, and time with friends. Meets 12:30

– 2:30 p.m. September–June.  
Watch upcoming bulletins for the fall schedule starting 9/10.

### Senior BBQ

The annual senior bbq will feature a luau theme - wear your island look and we'll supply the food and entertainment. Adv. registration is mandatory - open June 21 and closes June 25.  
Wed 7/07 5:30 - 7:00 p.m.

## Senior Trips and Services

### Upcoming Senior Trips

The Plainsboro Recreation Dept. sponsors bus trips for seniors throughout the year. Space is limited. Advance registration is required for trips and is accepted on a first-come, first-served basis. Registration forms are mailed with the Senior Newsletter and are available for pick-up at the Twp. Municipal Bldg. For details, call the senior trip coordinator, Carol Golden at 924-0883.

Trip registration is not accepted through the Recreation office. See registration form for instructions. Additional details are only available through the coordinators.

To: River Lady, Toms River  
Date: July 15  
Cost: \$32 / pp

To: Wheatland Tour  
Date: August 19  
Cost: \$27 / pp

### In the community...

### Public Safety Services 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.

**Food Pantry**  
The Food Pantry now operates under the auspices of the Department of Recreation & Community Services. Application information is available from the office. Resource information on other assistive services is also available.

## Aquatics for Youth, Adults & Families

### Pre-School Swim

3 1/2-5 1/2 years learn to swim without parent/guardian.

3523221	Mon.	12:00-12:30 pm
3523212	Tues.	6:15-6:45 pm
3523223	Wed.	12:00-12:30 pm
3523214	Thurs.	6:15-6:45 pm
3523225	Fri.	12:00-12:30 pm

### Adapted Aquatics

Children 6-15 years with mental or physical challenges

Grant subsidized program with one-on-one instruction.

3543222	Tues.	5:00-5:30 pm
3543212	Tues.	6:15-6:45 pm
3543213	Tues.	6:45-7:15 pm
3543214	Thurs.	5:00-5:30 pm
3543234	Thurs.	6:15-6:45 pm

### Family / Lap Swim Pass

Mon.-Fri. 4:30-7:30 p.m.

Family	1 yr.	3500011	\$385
	6 mos.	3500012	\$265
	3 mos.	3500020	\$215
Adult	1 yr.	3500013	\$280
Lap	6 mos.	3500014	\$215
	3 mos.	3500021	\$165
Youth/	1 yr.	3500015	\$185
Senior	6 mos.	3500016	\$165
Lap	3 mos.	3500020	\$135

Youth Lap-Minimum age 14

Senior Lap-Minimum age 62

Guest Pass-\$10 1 person/day

### Summer Only Lap Passes

Valid 6/21-8/13

Family	3500017	\$165
Adult	3500018	\$135
Youth/Senior	3500019	\$ 85

### Red Cross Swim Lessons for Adults

See descriptions of Levels below

#### Adults 15 & Up Levels 1-3

3543112	Tues.	6:45-7:30 pm
3543114	Thurs.	6:45-7:30 pm
3543125	Fri.	12:00-12:45 pm

Plainsboro Township

collaborates with the

YWCA Princeton in

providing aquatics

programs for residents.

All classes are held at

WW-P HS North and

are open to

Plainsboro/ West

Windsor residents.

YWCA membership is

not required for the

high school north

location.

## Red Cross Swim Lessons for Ages 6-15

#### Level 1—Intro to Water Skills

3533121	Mon.	12:00-12:45 pm
3533122	Tues.	12:00-12:45 pm
3533112	Tues.	5:30-6:15 pm
3533123	Wed.	12:00-12:45 pm
3533124	Thurs	12:00-12:45 pm
3533114	Thurs	5:30-6:15 pm
3533125	Fri.	12:00-12:45 pm

#### Level 2—Fundamental Skills

3533221	Mon.	12:00-12:45 pm
3533222	Tues.	12:00-12:45 pm
3533212	Tues.	5:30-6:15 pm

3533223 Wed. 12:00-12:45 pm

3533224 Thurs 12:00-12:45 pm

3533214 Thurs 5:30-6:15 pm

3533225 Fri. 12:00-12:45 pm

#### Level 3—Stroke Development

3533321	Mon.	12:00-12:45 pm
3533311	Mon.	6:00-6:45 pm
3533322	Tues.	12:00-12:45 pm
3533323	Wed.	12:00-12:45 pm
3533313	Wed.	6:45-7:30 pm
3533324	Thurs.	12:00-12:45 pm

#### Level 4—Stroke Improvement

3533411	Mon.	6:00-6:45 pm
3533422	Tues.	12:00-12:45 pm
3533424	Thurs.	12:00-12:45 pm
3533413	Wed.	6:45-7:30 pm

#### Level 5—Stroke Refinement

3533511	Mon.	6:45-7:30 pm
3533513	Wed.	6:00-6:45 pm

#### Level 6—Swimming & Skill Proficiency

3533611	Mon.	6:45-7:30 pm
3533613	Wed.	6:00-6:45 pm

## Competitive Swim / Guard Start

### Competitive Swim Clinic

Youth ages 6—15 and be at minimum ARC Level 5

Training for speed, endurance, plus instruction for racing dives, starts, turns, and strokes.

Fee \$124

3534311	Mon.	5:00-6:00 pm
3534313	Wed.	5:00-6:00 pm

### Guard Start

Youth ages 11—14 and be at minimum ARC Level 4

Lifeguard training program

includes classroom instruction, practices, and training with guards. To enter program,

participants must demonstrate the following: swim front crawl 25 yds, tread water 1 minute using arms & legs, submerge & swim 10 ft under water. \$140

3577711	Mon.	5:00-8:00 pm
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### Diving Class (Level 3 & up)

Work on approach, take off, and body position while diving from poolside and progressing

to starting block and spring-board. 8 weeks \$120

3553511	Tues.	4:30-5:00 pm
3553513	Thurs.	4:30-5:00 pm

The YWCA utilizes the American Red Cross Aquatic Program, the leader in aquatic instruction since 1914. This program has a tradition of excellence in aquatics education, offering the most up-to-date teaching and learning systems.

# Aquatics Schedule, Fees & General Information

Session Dates: June 21-August 13. Class schedules/fees reflect closings. Pool Closing: Monday, July 5  
When WW-P schools are closed, there are no programs.

	Monday 7 wks	Tuesday 8 wks	Wednesday 8 wks	Thursday 8 wks	Friday 8 wks
12 -12:30 p.m.	Preschool \$ 97		Preschool \$111		Preschool \$111
12-12:45 p.m.	Levels 1-3 \$ 109	Levels 1-4 \$124	Levels 1-3 \$124	Levels 1-4 \$124	Levels 1 & 2 \$124 Adult Lessons \$144
4:30-5:00 p.m.		Diving \$120		Diving \$120	
5:00-5:30 p.m.		Adapted \$ 60		Adapted \$ 60	
5:00-6:00 p.m.	Comp. Swim \$144		Comp. Swim \$165		
5:30-6:15 p.m.	Guard Start 5:00-8:00 p.m. \$140	Levels 1 & 2 \$124		Levels 1 & 2 \$124	
6:00-6:45 p.m.	Levels 3 & 4 \$ 109		Levels 5 & 6 \$124		
6:15-6:45 p.m.		Pre-School \$111 Adapted \$ 60		Pre-School \$111 Adapted \$60	
6:45-7:30 p.m.	Levels 5 & 6 \$ 109	Adult Lessons \$144 Adapted \$ 60	Levels 3 & 4 \$124	Adult Lessons \$144	

Aquatics registration forms are available on the township website

[www.plainsboronj.com](http://www.plainsboronj.com)

or from the

Recreation office.

Class fees are paid

directly to the YWCA.

## 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 Recreation Office as well as on the township website.

**In-person registration** will take place at the HS North pool June 14 & 15, 7-8 p.m.

**Mail-in registration** will be accepted after June 15 and must include registration form, check, stamped, self addressed envelope. Mail to YWCA Princeton Aquatic Outreach Program 59 Paul Robeson Place Princeton, NJ 08540 Registration will continue throughout the session on a space available basis.

**Refunds/Credits**—see below

**Schedule changes** due to pool availability will be posted.

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

## Aquatics—Program Policies

**Refunds/Credits/Changes**  
A \$10 processing fee is applied to all requests for refunds or changes within a session.

**7 Days prior** to start of class, *refund or change* classes

**3-7 Days prior** to start of class, *change class only*—authorization needed

### Illness or Injury

Written request to director with doctor's note required. Credit for unused portion

(from date of notification).

### Make-Up Class Policy

Maximum of two make-ups allowed during session. Must be same type/level class. No make-ups permitted first and last weeks of a session.

### Class Observation Policy

Parents are invited to observe their child's class from the bleachers. If parents have questions about their child's swim lesson, questions may be

directed to the instructor *before* or *after* the class.

### Red Cross Levels

Participants are tested by aquatics staff to determine their initial level of ability and progress as required skills are achieved.



## Township of Plainsboro

Department of Recreation &  
Community Services  
641 Plainsboro Road  
Plainsboro, NJ 08536

Phone: 609 799-0909 x1702  
Fax: 609 799-7026

E-mail:  
recdept@plainsboronj.com  
www.plainsboronj.com

## Junior Ranger Week / August 17-20

*The programs listed below are designed for 6-12 year olds. Advance registration is required and space is limited. Fee for the week - \$36*

### Buggin' Out With Bugs

We will meet in Community Park for a morning of insect exploration. Bring along water and a snack, and old sneakers. *Tuesday, August 17 10:00 a.m. – 1:30 p.m.*

### Let's Get Lost!

Join us again at Community Park to learn about the importance of survival skills. We will build shelters, learn how to use a compass, and other useful skills. Bring along water and a snack. *Wednesday, August 18 10:00 a.m. - 1:30 p.m.*

### What's in a Stream?

We will head over to the Stonybrook-Millstone Watershed Association to explore the Stonybrook itself. Junior Rangers will check out insects and other wildlife that call the stream "home". Bring snack, water, and lunch. *Thursday, August 19 10:00 a.m. – 3:00 p.m.*

### Let's Cook Outside!

Learn important safety skills necessary for barbecuing and then make lunch and dessert on the grill! *Friday, August 20 10:00 a.m. – 1:30 p.m.*

*Not a Junior Ranger yet? It's easy and fun! Just pick up a Junior Ranger Adventure Guidebook at the Recreation office or download one from the township website.*

*For information about programs sponsored by NJAS call 897-9400.*

## Outdoor Summer Fun

### Go Fly a Kite!

Kids kite-building workshop at Community Park.  
Thurs, 6/24 6:30 - 7:30 p.m.

### All About Fireflies

Learn about the fascinating little insects called fireflies... what makes them light up and why they do it. Join us as we try to catch some glowing critters at Community Park!  
Thurs, 7/01 8:30 p.m.

### Dusk Hike for Families

Explore nature in twilight... see who is ending their day and who is just waking at the Plainsboro Preserve.  
Thurs, 7/08 7:30 - 8:30 p.m.

### Storytelling in the Park

Join Rebecca Kelly of *Storytelling Creations* at Morris Davison Park as she makes stories come alive.

All ages welcome!

Thurs, 7/15 7:00 – 8:00 p.m.

### Nature Scavenger Hunt

Join a fun nature scavenger hunt at Community Park that holds a special surprise at the end for participants!  
Thurs, 7/22 6:30 - 7:30 p.m.

### Insect Safari

There are over one million types of insects! Come out to meet some of our tiny neighbors in Waters Edge Park. Participants will use nets and bug boxes to get a closer look.  
Thurs, 7/29 6:30 - 7:30 p.m.

### Fairy & Gnome Homes

Family fun. Build homes for our magical friends with nature materials you can find on a nature walk (list provided). Plainsboro Park.  
Thurs, 8/05 6:30 - 7:30 p.m.

### Outdoor Movie Series

A new movies in the park series is planned this summer, thanks to co-sponsorship from Princeton Alliance Church. Movie nights will be held at Morris Davison Park starting a dusk. Bring blankets and lawn chairs. Watch for further details. Free admission!

Tentative line-up:

*G-Force* Sat, 5/29

*Up* Sat, 6/19

*Madagascar* Sat, 7/24

*Cloudy With a Chance of*

*Meatballs* Sat, 8/21



Park programs are free, registration is taken by phone with the Park Rangers, call 609-799-0909 x1707.