



Link to Spring 2010 program registration form

Please note

- Newsletter plus forms to download or complete online from the website.
- Winter session ends 3/13. Registration for spring session opens 3/08. Spring session starts week of 3/22.
- See page 2 for policies on registration
- Summer camp brochures will be distributed at the end of February. See page 8 for details. Registration opens 3/01.
- Summer Registration opens 6/01.

Spring Highlights

Earth Hour 2010

Sat, March 27 1:00 - 3:00 p.m.

Earth Hour is a global climate change initiative which calls on individuals, businesses, and cities around the world, to turn off their lights and turn on their attention to our climate for one hour. For the second year Plainsboro will get involved by offering activities for the whole family including hands-on experiments and interactive displays, demonstrations on how you can make a difference, nature walks and more. See event flyers for additional details. Free

Spring Break Activities

Ginga Brasileira - Free to Dance

Tues, March 30 11:00 a.m.

Efrain Silva and his "Capoeira" dancers will dazzle the audience as they leap, jump, and whirl in this performance of Brazilian dance. Program also includes instrumental and vocal music - enjoy the spirit of Carnival! Free tickets - first come first serve available starting 3/08. Space limited.

Schoolhouse Rock Live Too

Fri, Apr 2 11:00 a.m. **NEW DATE**

The energetic & zany cast sing favorites from Schoolhouse Rock while trying to save a rundown diner. Free tickets - first come first serve available starting 3/08. Space limited.

Natural Dye & String Art Eggs

Thurs, April 1 Two Sessions
11:30 a.m. - 1:00 p.m. or 1:30 - 3:00 p.m.

Youngsters ages 6-12 will learn about making and using natural dyes and make unique colored eggs with string art! Space limited. \$5/pp

On View

National Youth Arts Month Exhibit

The annual Youth Arts Month Exhibit will be on display at the Plainsboro Municipal Complex during the month of March. Hundreds of works by all grade levels in the West Windsor-Plainsboro School District will be on view. The public is invited to view the exhibit during regular building hours.

Inside this issue:

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Founders Day

Sunday, May 2 (rain date May 8)

The 31st Annual Founders Day Celebration will soon be here! Once again, the day will feature live musical performances, magic & juggling, games, family activities, static displays, food concessions, and more. The kick-off parade starts at Pond View Drive, travels Edgemere Avenue, then continues to the Municipal Complex on Plainsboro Road. A wide array of festival activities take place throughout the afternoon. Event parking will be available at the lot across the street. Residents are advised to be alert for temporary road closings and detours on the day of the event. Detailed flyers will appear later this spring. Community groups or individuals that would like to be involved in the event can contact the Dept. of Recreation and Community Services for information (see back for phone number) or visit the township website at www.plainsboronj.com for applications and participant guidelines. For traffic / road closing questions call the Police Dept. at 799-2333.

Activities for Adults

Music Without Borders

Sat, April 10 3:00 - 5:00 p.m.

Experience the art of Tabla - a musical drum from India with unique tones, versatility, and scope. A one session workshop will be offered by Plainsboro-based Guru Krupa Music Academy. Open to all ages, registration required. Free

Jazzercise

Aerobic exercise program for all fitness levels. Contact Mary Jane Brady at 890-3252.

* means babysitting available.

Municipal Building

Tues/ Wed/ Thurs/Fri
9:30 - 10:35 a.m.*

Wed/Fri
8:20 - 9:25 a.m.

Sat
9:00 - 10:05 a.m.

Wicoff School

Mon / Wed
5:45 - 6:45 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 - registration required at class. Room A/B.

Sun (ongoing) 8:00 - 10:30 a.m.

Southern Style Shaolin

Kung Fu

Beginner to master level. Outreach program taught by Sifu Bonifacio Lim. Information and registration call 716-9620. Room A/B.

Tues 4:30 p.m.

Sat 10:30 a.m.

Tai Chi Club

Open to adults of all ages, this group offers a great opportunity to practice your skills and join others with similar interests. Free

Mon 11:30 a.m. - 12:30 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. For details contact Lynda Smolarek at 712-3769. Upcoming dates:

3/14, 4/11, 5/16

Sun 1:00 - 5:00 p.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 Room A/B at the municipal building. Free

Yoga

Yoga is great for relaxation and enhancing flexibility. Join local yoga instructors for beginner level yoga instruction. Open to teens and adults. 10 weeks 3/22 - 6/07 (no 3/29, 5/31) Space is limited. Mon 7:00 - 8:00 p.m.

ESL for Plainsboro Adults

The Spring Session will begin the week of April 5th. Classes are held in the municipal building. Fee \$35

Beginner classes

Wed 7:00 - 9:00 p.m.

Conversation classes

Fri 6:00 - 8:00 p.m.

Register early, classes fill fast!



Registration

Opens for the Spring session 3/08 unless otherwise stated. Residency required for classes unless otherwise indicated.

Refund Policy

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

Class Changes

Requests to change a class registration are subject to a \$5 fee (also applies to 'no shows' for free trips). Registrations are not transferable.

Program Fees

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

Community Service Opportunities

Volunteer Resources - Residents interested in volunteer opportunities will find the resources below helpful. The Township's *Volunteer Directory*, has listings from the township as well as local organizations. It is available for viewing online or at the library (Reference Desk). *Handsonhelpers.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 x352 for more information.

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

Active Programs for Youngsters

Pre-School

Act A Folk Tale

Folktales from around the world teach creative drama to ages 3 - 5. 10 weeks 3/22 - 6/07 (no 3/29, 5/31) Fee \$20
 Mon 10:30 - 11:30 a.m.

Rhythms & Rhymes

Activities combine singing, music, creative movement and rhythm instruments. 10 weeks 3/22 - 6/07 (no 3/29, 5/31) Fee \$20
Pre-K ages 3 - 5 (child only)
 Mon 9:30 - 10:15 a.m.
Mommy & Me ages 18-36 mos.
 Mon 10:30 - 11:15 a.m.

Don't miss out!

When people wait too long to register they sometimes lose their chance! The class might be filled or we may think there is no interest and cancel the program!

Enjoy Spring Break with scheduled activities. See front cover for details!



Grade School - Teen

Kids Get Fit

Junior Jazzercise for ages 6 - 11
 Combining fun and fitness, class is geared toward the musical tastes and physical needs of young people. Contact Mary Jane Brady at 890-3252 to register or visit www.jazzplainsboro-windsors.com
 8 weeks 4/08 - 5/27. Fee \$50
 Thurs 6:00 - 7:00 p.m.

www.jazzplainsboro-windsors.com.
 8 weeks 4/08 - 5/27. Fee \$50
 Thurs 7:00 - 8:00 p.m.

Mini Masters Art Classes

Students experiment with materials and techniques, learn about old and new masters of art, and create masterpieces of their own! 4 weeks 4/12 - 5/03. Space limited. Fee: \$20

Mon *Gr K - 2* 4:00 - 5:00 p.m.
Gr 3 - 5 5:00 - 6:00 p.m.
Gr K - 2 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 6th Dan Black Sash. For details call (732) 821-7817. Fee \$70/month
 Mon & Fri 4:00 - 5:30 p.m.

Fencing

Ages 11-17 learn basics of Olympic -style foilattacks fencing including footwork, simple attacks, and defense. 6 weeks 4/19 - 5/24. Fee \$30 (plus \$20 equipment fee if needed, to WWP N Varsity Fencing)
 Mon 5:30 - 7:00 p.m.

Team Dance

New program for ages 11 - 18
 Combines active movement and music. Offered in partnership with Jazzercise. Call Mary Jane Brady at 890-3252 to register or visit



Special Needs

(also check listing with West Windsor Recreation Dept. www.wwparks-recreation.com)

Kids Co'Motion

A popular movement program for youth ages 4 - 21 with disabilities. Open to non-residents on space available basis. 8 weeks 3/24 - 6/02 (no 3/31, 4/14, 5/12). Fee \$35
 Wed (ages 4-9) 5:30 - 6:30 p.m.
 (ages 10-21) 6:30 - 7:30 p.m.

Artful Artists

VSA Arts of NJ brings out the creative side of participants ages 4-21 to promote self-expression through art. Space limited. 8 weeks 4/09 - 6/04 (no 4/30). Fee \$35
 Fri (ages 10-21) 4:15 - 5:15 p.m.
 (ages 4-9) 5:15 - 6:15 p.m.

Beat of the Drum (New Program)

New drumming and rhythm program for special needs youth. Participants will make music through instruments, chants, and song. Open to non-residents on a space available basis. Room A/B at the municipal building. 4 weeks 4/08 - 4/29. Fee \$20.00
 Thurs (ages 9-21) 4:30 - 5:15 p.m.

Bounce U - Special Needs Family Event

Sun, April 18 1:30 - 3:30 p.m.
 Families with special needs children can enjoy a fun-filled afternoon bouncing. Includes bounce time in two different bounce rooms, pizza and dessert. Each family can register up to 5 participants. Families are responsible for their own transportation. Space is limited, registration required. Not a drop-off program. Location: West Windsor, NJ
 Fee \$10/family or \$3/person. (All minors must be accompanied by an adult)

Adapted Aquatics

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

Athletic Leagues

WW-P Soccer Association
www.wwpsoa.org

Cranbury-Plainsboro Little League
www.cpll.org

WW-P Babe Ruth League
www.wwpbaberuth.org

WW-P Beach Volleyball League
www.wvwbc.pbworks.com

WW-P Football & Cheerleading
www.wwpwildcats.org

Lightning Lacrosse
www.lightninglacrosse.com

Plainsboro Adult Softball League
www.plainsborocoedssoftball.com

Link to Special Needs program registration form

Link to Bounce U program registration form

Nature & Environmental Education

Spring Events

Earth Hour 2010

Sat, March 27 1:00 - 3:00 p.m.
See page 1

Stream Clean-Up

Sat, April 24 9:30 a.m. - noon
Celebrate Earth Week by helping us keep our streams healthy as we clean up the Cranbury Brook along the Lenape Trail. Individuals, families, and groups welcome! For info, contact Park Ranger at

799-0909 x354. Clean-up is coordinated in conjunction with the Dept. of Public Works and Stonybrook Millstone Watershed Assoc.

Signs of Spring Walk

Sat, May 22 10:00 a.m.
Family-friendly nature walks / scavenger hunts are a seasonal highlight. With each season, participants observe the changes in wildlife along the pond. Meet at 10:00 a.m. at Waters Edge Park. Dress for the

weather and bring your binoculars. Call 799-0909 x354 to register. Free

Spring Canoe Trip

Sat, June 12 1:00 - 3:00 p.m.
Park Ranger guided canoe trip at the D&R State Canal Park. Canoe rental fee from Griggstown Canoes \$19 (up to 4 people); kayak rental is \$19/pp. Reservations limited - deadline 6/10. Own PFD req. for children under 30 lbs. For info call 799-0909 x332.

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 x323.

Spring Session : no classes 4/20, 5/31 unless otherwise stated. See descriptions for additional information.

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



Programs

Pre-School Nature Series

Nature for ages 3-5 with parent featuring indoor/outdoor activities and crafts that change with each season. Spring themes: *What Every Rabbit Should Know, Birds, Hiding in Plain Sight, Spring Has Sprung, Crazy Compost, Deep Blue Sea, Ants on Parade, Spring Safari.*
8 weeks 3/25 - 5/27 (no 4/1,4/8)

Fee \$16
Thurs 11:00 a.m.-noon
or 1:30 - 2:30 p.m.

Junior Ranger Program

Popular program for budding young naturalists ages 6 - 12. Do projects on your own or join get-togethers for group activities and excursions. Activity books available from the office as well as on the township website.

Upcoming Jr. Ranger activities:

All About Birds / Part 1
Join Kathy Easton from "All About Birds" and learn what birds can be found in our area and how to identify them by their markings and calls. Fee \$3
Sat, April 3 10:00 - 11:00 a.m.

All About Birds / Part 2
Kathy Easton will lead us into the field where we will use the skills we learned in the first session. Fee \$3
Sat, April 17 10:00 - 11:30 a.m.

Insect Safari
There are over a million types of insects! We will go out and meet some of our tiny neighbors, using nets and bug boxes to get a closer look. Fee \$3
Sat, May 29 10:00 - 11:30 a.m.

Discover Nature at Night
Let's explore Plainsboro Preserve at night! We will look for nocturnal animals, watch what they do and see where they live. Fee \$3
Sat, June 5 8:00 - 9:30p.m.

Kids Gardening Club

Ages 6 - 8 lets kids get down and dirty learning about plants, soil, senses, and more while helping to tend the township's sensory garden. Space limited. 8 weeks 3/24 - 5/26 (no 3/31, 4/07) Fee \$20
Wed 4:00 - 5:30 p.m.

Teen Gardening Program

Ages 12-16 learn fundamentals of organic gardening, plant & weed identification, ecosystems, soil care and stewardship in the Plainsboro Community Garden. Space limited. 6 weeks 5/07 - 6/11. Free
Fri 4:30 - 5:30 p.m.

Advanced registration required for Nature and Junior Ranger programs. Register at Recreation & Community Services office.

Local & Regional Services

Assistive Services

Middlesex County Office on Aging
(877) 222-3737

Middlesex County Office for the Disabled (732) 745-4013
Middlesex County Board of Social Services (732) 745-3500

Affordable Housing

Plainsboro Non-Profit Housing Corp. (609) 786-1101

Transportation Services

Middlesex County Area Transit

Information (732) 745-7456
Reservations (800) 221-3520
NJ Transit Information (973) 275-5555
Access Link (800) 955-2321
Reduced Fare Program (973) 378-6401

Information Services

InfoLine of Central Jersey area database of services
www.info-line.org or call at (888) 908-4636

Often requested Twp.

Contacts Main # 799-0909

Building x203
Housing x214
Tax Office x546
Voting, Pet Licenses, and Passports x547

Call Public Works at 799-0099

Bulk Waste Days, Leaf Pick Up, and Community Garden

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 age 60 and up. Limited space is allowed for non-resident members of Plainsboro Senior Club.

New registration required for Spring/Summer session of Tai Chi, Jazzercise Lite and Yoga. New registration required each session for all other programs. Spring registration opens 3/08.

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

Yoga

Yoga is great for relaxation and enhancing flexibility. Beginners and individuals with experience welcome. 10 weeks 3/23 - 6/8 (no 3/30, 4/20) Free
Tues 1:00 - 2:00 p.m.

Tai Chi

Instruction led by Sifu Bonifacio Lim. Ancient martial art strengthens the body, loosens muscles, promotes balance. 10 weeks 3/27 - 6/12 (no 4/13, 4/24) Free
Sat 12:00 - 1:00 p.m.

Jazzercise Lite

A 45-minute fun and easy dance/fitness program for seniors age 60 and over. 11 weeks 3/25 - 6/10 (no 4/1) Free
Thurs 11:00 - 11:45 a.m.

Strength Training

Designed to tone muscles, build strength, and increase bone density. *Registration required each session.* 11 weeks 3/24 - 6/09 (no 3/31)
Fee \$38/resident;
\$43/non-resident Sr. Club only
Wed 10:45 - 11:45 a.m.



Special Interest & Senior Social Activities

Needle Art Engineers 8 – 80

Special interest group for learning, practicing and sharing any kind of stitchery.

Mon 12:30 - 1:30 p.m.

Tai Chi Club

Open to adults of all ages, a great chance to practice skills and share interest with others. *This is not an instructional program.* Free

Mon 11:30 a.m. - 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 senior club president, Janet Schock 799-0442.

Sr. Fridays Drop-In Program

A grant-funded program for active seniors, featuring refreshments, games, activities, entertainment

and time with friends. Meets 12:30 – 2:30 p.m. September - June.

Guitar Hero

Musical activities have great benefits for senior citizens. Join other seniors for an interactive session of Guitar Hero; video simulated guitar playing. Sunday afternoons this Spring. Details available at Recreation & Community Services office.

Senior Trips and Services

Upcoming Senior Trips

The Township sponsors bus trips for seniors throughout the year. Space is limited. Advanced registration is required for trips and is accepted on a first-come, first-served basis. Registration forms are mailed with the *Senior Citizen Newsletter* and are available for pick-up at the Municipal Bldg. For information, contact the senior trip coordinator, Carol Golden at 924-0883.

Trip registration is not accepted

through the office. See registration form for instructions. Additional details are only available through the coordinators.

To: **Tour UN Building**

Date: April 20

Cost: \$45/pp

To: **Polka Party Brownstone**

Date: May 4

Cost: \$46 / pp

To: **Atlantic City**

Date: June 10

Cost: No fee

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 has been received, police personnel 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 Children, Youth & Families

Note: Effective January 1, 2010 the American Red Cross Learn-to-Swim criteria are revised. Please contact the YW aquatics outreach program staff regarding child placement in swim classes. Detailed information regarding registration policies can be found on program registration forms.

Pre-School Swim

3 1/2 - 5 1/2 years learn to swim without parent/guardian.
3520211 Mon 6:30-7:00 p.m.
3520213 Wed 6:30-7:00 p.m.
3520215 Fri 6:30-7:00 p.m.
3520216 Sat 2:00-2:30 p.m.

Adapted Aquatics

Children 6-15 years with mental or physical challenges receive one-on-one instruction. Grant subsidized half hour program.
3531212 Tues 7:00-7:30 p.m.
3531222 Tues 7:30-8:00 p.m.
3531232 Tues 8:00-8:30 p.m.
3531216 Sat 1:00-1:30 p.m.
3531226 Sat 1:30-2:00 p.m.
3531236 Sat 2:00-2:30 p.m.

Red Cross Lessons

Adults 15+ Levels 1-3
3550112 Tues 7:45-8:30 p.m.
3550114 Thurs 7:45-8:30 p.m.

Family / Lap Swim

Mon - Fri 6:30-9:30 p.m.
Sat 1:00-5:30 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. 3500022 \$135
Youth Lap - Minimum age 14
Senior Lap - Minimum age 62
Guest Pass \$10 1 person/day

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

Youth Ages 6-15

Level 1 - Intro to Water Skills

3530111 Mon 7:00-7:45 p.m.
3530113 Wed 7:00-7:45 p.m.
3530115 Fri 7:00-7:45 p.m.
3530116 Sat 2:30-3:15 p.m.

Level 2 - Fundamental Skills

3530211 Mon 7:00-7:45 p.m.
3530212 Tues 6:15-7:00 p.m.
3530213 Wed 7:00-7:45 p.m.
3530214 Thurs 6:15-7:00 p.m.
3530215 Fri 7:00-7:45 p.m.
3530216 Sat 2:30-3:15 p.m.

Level 3 - Stroke Development

3530311 Mon 7:45-8:30 p.m.
3530312 Tues 6:15-7:00 p.m.
3530313 Wed 7:45-8:30 p.m.
3530314 Thurs 6:15-7:00 p.m.
3530315 Fri 7:45-8:30 p.m.
3530316 Sat 3:15-4:00 p.m.

Level 4 - Stroke Improvement

3530411 Mon 7:45-8:30 p.m.
3530413 Wed 7:45-8:30 p.m.
3530415 Fri 7:45-8:30 p.m.
3530416 Sat 3:15-4:00 p.m.

Level 5 - Stroke Refinement

3530514 Thurs 7:00-7:45 p.m.
3530515 Fri 8:30-9:15 p.m.
3530516 Sat 4:00-4:45 p.m.

Level 6 - Swimming & Skill Proficiency

3530614 Thurs 7:00-7:45 p.m.
3530616 Sat 4:00-4:45 p.m.

Teens age 13 & 14 Level 1

3540112 Tues 7:45-8:30 p.m.
3540114 Thurs 7:45-8:30 p.m.

Advanced and Certification Programs

The American Red Cross Aquatic Program, used by the YWCA, has been a 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.

Competitive Swim Clinic

Ages 6 - 15 Training for speed, endurance, plus instruction for racing dives, starts, turns, and

strokes. Must have passed Level 5.

3531315 Fri 8:30-9:30 p.m.
3531316 Sat 4:45-5:45 p.m.

ARC Lifeguard Training

15 years & up Includes First Aid & CPR/AED for Professional Rescuer. Pre-requisites: Age 15 by course completion, swim 300 yds. continuously using front crawl, breast stroke and front crawl/breast stroke (100 yards each); swim 20 yards, surface dive to 7-10 ft. and

retrieve 10 lb. brick, and then return with object in time limit.

Swim suit & towel required every class. First class includes pre-course evaluation (must pass to qualify). Starts 4/08
3540344 Thurs 6:00-10:00 p.m.

New! Diving Class

(Level 3 & above) Work on approach, take off and body position diving from pool side, starting block, and springboard.
3550511 Mon 6:30-7:00 p.m.
3550513 Wed 6:30-7:00 p.m.

Aquatics Schedule, Fees & General Information

[Link to Aquatics](#)

Session Dates: April 5 - June 12. Class schedules/fees reflect closings. When WW-P schools are closed, there are no programs. Pool Closings: Sat, 5/29, Mon, 5/31, Fri, 6/04, Sat, 6/05 (post prom)

Monday 9 weeks	Tuesday 10 weeks	Wednesday 10 weeks	Thursday 10 weeks	Friday 9 weeks	Saturday 8 weeks
6:30-7:00 p.m. Preschool \$125	6:15-7:00 p.m. Levels 2 & 3 \$155	6:30-7:00 p.m. Preschool \$139	6:15-7:00 p.m. Levels 2 & 3 \$155	6:30-7:00 p.m. Preschool \$125	1:00-1:30 p.m. Adapted \$60 1:30-2:00 p.m. Adapted \$60
6:30-7:00 p.m. Diving \$135		6:30-7:00 p.m. Diving \$150	6:00-10:00 p.m. Lifeguard Trng \$280		2:00-2:30 p.m. Adapted \$60
7:00-7:45 p.m. Levels 1 & 2 \$140	7:00-7:30 p.m. Adapted \$75	7:00-7:45 p.m. Levels 1 & 2 \$155	7:00-7:45 p.m. Levels 5 & 6 \$155	7:00-7:45 p.m. Levels 1 & 2 \$140	2:00-2:30 p.m. Preschool \$111
	7:30-8:00 p.m. Adapted \$75				2:30-3:15 p.m. Level 1 & 2 \$124
7:45-8:30 p.m. Level 3 & 4 \$140	7:45-8:30 p.m. Adults & Teens \$180	7:45-8:30 p.m. Levels 3 & 4 \$155	7:45-8:30 p.m. Adults & Teens \$180	7:45-8:30 p.m. Levels 3 & 4 \$140	3:15-4:00 p.m. Levels 3 & 4 \$124
	8:00-8:30 p.m. Adapted \$75				4:00-4:45 p.m. Level 5 & 6 \$124
				8:30-9:30 p.m. Competitive Swim \$185	4:45-5:45 p.m. Competitive Swim \$165

[Link to Aquatics registration form](#)

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 Municipal Building as well as on the township website.

In-person registration will take place at the HS North pool Mar 24 & 25, 7 - 8 p.m.

Mail-in registration will be accepted after March 25 and must include registration form, check, and a 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 registration forms are available on township website www.plainsboronj.com, from the township municipal building or through the link on this page. Class fees are paid directly to the YWCA.

Aquatics - Program Policies

Withdrawal / Refund Policy

A new policy is now in place. Refunds are issued by check—allow 2-4 weeks for processing.
7 business days or more prior to start of class, **100% refund less registration fee**
Less than 7 business days prior to start of class, **NO Refund**

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.



**Department of Recreation
& Community Services**

Plainsboro Township
641 Plainsboro Road
Plainsboro, NJ 08536

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799-5168

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RECORDED CANCELLATION LINE

799-0909 x551

OFFICE

799-0909 x332 OR 799-5168

AQUATICS PROGRAM INFORMATION

497-2100 x323

PARK RANGER DIVISION

799-0909 x354

Township Parks

PLAINSBORO PRESERVE, Scotts Corner Road – The 1000 acre Nature Preserve opens at 7:00 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. *Special note: Fields 1 & 2 will be closed for repair in the spring. Effective date to be posted.*

SCHALKS MEADOW PARK, Parker Road – playground, basketball, tennis, cricket area, and ballfields. Please note - The tennis courts will be closed for repair during the spring.

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, cross-country skiing (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. *The open field is currently under construction.*

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 the park ranger office at 799-0909 x354. A copy of the park ordinances and applications are available from the ranger office as well as on the township website.

[Link to park application form](#)

2010 Summer Program Preview

Summer 2010 Camps & Clinics Brochure

The summer camp brochure is distributed late February to grades K-8 in the WWP School District. Copies are available for pick-up from the office after that time for families with pre-schoolers and home / private school students. The brochure and registration documents can also be downloaded from the township website at that time. The camp booklet contains detailed information as well as registration information.

Online form submission opens February 22.

Registration opens March 01.

CDBG Funded Financial Assistance

Financial assistance is available to income eligible Plainsboro residents (HUD guidelines) for select summer and school year EDP programs. There is only ONE funding cycle per year. Application packets for the 2010-2011 cycle (which begins with summer 2010) are now available for pick up from the Department of Recreation & Community Services. The filing deadline is Friday, May 14.

Summer Employment

Applications for summer camp employment are now available from the office or online from the township website. Interviews are arranged with **qualified** applicants starting in January, continuing until all positions are filled. Minimum age for paid employment is 16. Minimum age for volunteer staff is 15.

Note: The township does not hire counselors for segments of the summer camp season. Eligible applicants must be available for the entire program.

