



# RECREATION & COMMUNITY SERVICES

Winter 2020

## Director's Message



Winter Session  
1/6-3/15



Winter registration opens  
Monday,  
Resident: December 2  
Non-Resident: December 9  
Register online or in the  
Recreation & Cultural Center

As 2019, Plainsboro's Centennial year, draws to a close, we here in the Recreation and Cultural Center would like to wish you a happy holiday season and a healthy New Year. We thank you for your support of the many Centennial events and recreation programs you participated in throughout 2019. In 2020, we will strive to continue to offer a variety of exciting programs and events. Please peruse this brochure to find programs which meet your recreational and educational needs. We are confident that you will find participating in our offerings not only enlightening, but a great way to enjoy winter.

~Leonard Celluro Jr., RA

Director of Recreation and Community Services



## Centennial Winter Wonderland

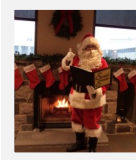
Centennial Winter Wonderland, a celebration of a vintage holiday season, will conclude our year-long Centennial Celebration and includes: performances, horse drawn carriage rides, Old English strolling carolers, amusements, a visit from Santa, fireworks, and more in the Recreation and Cultural Center, Wicoff House Museum and the Municipal Grounds!

Saturday, December 7th

5:00-8:00 pm Free

LIVE ICE CARVING starting at approx. 5:30 pm

FIREWORKS starting at approx. 8:00 pm



## Winter Break Holiday Fun



### *Magic of Lights Bus Trip*

Join us on a bus trip to PNC Bank Arts Center in Holmdel, NJ where the bus will drive us through a spectacular light display featuring the Enchanting Tunnel of Lights, incredible animation, your favorite holiday characters and more! Halfway through the ride we will stop and all participants will have the opportunity to visit the holiday village which features festive music, Santa, snacks & more! (Note: Some activities have a fee) Bus Departs Plainsboro at 4 pm and departs PNC Bank Arts Center at approximately 7 pm  
Thursday, December 26th  
Resident Bus Fee \$10.00  
Non-Resident Bus Fee \$15.00 beginning on 12/9

### *Magical Winter Wonderland Show*

See magician and ventriloquist Bob Conrad in his winter themed magic show featuring snowmen, penguins, reindeer, and good clean winter fun! What a great way to spend your winter break! Open to all ages. Parent supervision is required.

Not a drop-off program.

Friday, December 27th (1:00 pm show)

Free



### *Pajama Party Movie Day & NOON Years Eve Celebration!*

Join us for our 6th Annual Pajama Party Movie Day and NOON Year's Eve Celebration! This year, we will be showing the 1983 classic movie, *A Christmas Story*. Children can come in their PJ's and can bring a pillow and/or blanket to watch the movie. Registration required and children must be chaperoned. **Free**

Monday, December 31st

9:30 am - 12:30 pm





# Classes & Programs for PreK - Teens

Winter 2020

**Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center. Resident registration opens December 2, Non-Resident December 9. Register online at [www.plainsboronj.com](http://www.plainsboronj.com) or in 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

## Tumble Tots

*Ages 3-5* Children have fun tumbling and jumping their way through this beginner class. No tumbling experience required. Focus will be on development of balance, flexibility and strength, while learning forward and backward rolls, cartwheel, handstands, and bridges.

9 classes (1/7-3/10)

Tues 4:15-5:00 pm

Resident \$45.00

Non-Resident \$63.00

## Tumbling—Flip and Fit

*Ages 6-10* This class is an introduction to basic tumbling skills and techniques. No previous tumbling experience required.

9 classes (1/7-3/10)

Tues 5:00-5:45 pm

Resident \$45.00

Non-Resident \$63.00

## Pre-Ballet & Creative Movement

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

10 classes (1/7-3/10)

Tues 1:15-2:00 pm

Resident \$50.00

Non-Resident \$70.00

## Music & Movement

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

8 classes (1/6-3/9)

Mon 1:15-2:00 pm

Resident \$40.00

Non-Resident \$56.00

## ABC's of Sports!

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

8 classes (1/6—3/9)

Mon 4:30-5:15 pm

Resident \$40.00

Non-Resident \$56.00

## Speed, Agility, Quickness for Boys and Girls

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

Training Session A 5 classes (1/9-2/6)

\$90.00

Training Session B 5 classes (2/20-3/19)

\$90.00

Thurs 7:00-8:15 pm



## Inclusive Sports Play

*Ages 5-8* This inclusive class will help little athletes build muscles, increase their focus, and get a workout!

10 classes (1/9-3/12)

Thurs 6:00-7:00 pm

Resident \$50.00

Non-Resident \$70.00

## Intro to Drawing!

*Ages 5-8* 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 (1/6-3/9)

Mon 5:00-5:45 pm

Resident \$40.00

Non-Resident \$56.00

## Chess Instruction

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

8 classes (1/11-2/29)

Sat 9:00-10:00 am

\$96.00

## AI Inspire-Graph Theory Algorithms

*Ages 11-16* This class surveys the most important algorithms in Graph Theory beginning with the most introductory level to more advanced concepts.

10 classes (1/7-3/10)

Tues 7:00-8:00 pm

Resident \$20.00

Non-Resident: \$30.00

## 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.

Room A/B

\$80.00 per month.

Mon & Fri 4:00-5:30 pm

What's new?

## See What's New!

## Wicoff House Museum Children & Teen Programs

### New! Junior Historians Club

*Ages 8-11* This new club will teach children the importance of preserving our shared history through fun projects and immersive experiences.

### New! Museum Youth Advisory Council

*Ages 12-18* The YAC meets Sundays at the Wicoff House Museum to develop museum programming, participate in projects such as oral histories, and learn about museum operation and archive management.

Contact Kate Nolan for more information and meeting times at [knolan@plainsboronj.com](mailto:knolan@plainsboronj.com)

## Soccer Squirts

*Ages 3-4* learn the fundamental skills of soccer, Including dribbling, passing, shooting and defending. Municipal Building, Room A/B  
8 classes (1/11-2/29) \$139.00  
Sat 2:30-3:30 pm

## Senior Soccer Squirts

*Ages 5-6* Each session will focus on developing a particular skill or technique.  
Municipal Building, Room A/B  
8 classes (1/11-2/29) \$139.00  
Sat 3:30-4:30 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. New & repeat students welcome.  
9 classes (1/16-3/12) \$144.00  
Thurs 5:30-6:45 pm

## Bengali Heritage Class

*Ages 5+* Learn how to read, write, perform plays, music, and poems in Bengali.  
10 classes (1/12-3/15) Resident \$20.00  
Sun 3:00-5:00 pm Non-Resident \$30.00

(\$35 book fee for new students – book is good for two years)

## Tennis Squirts

*Ages 3-5* A fun-filled learning adventure that introduces children to tennis. Room A/B  
8 classes (1/14-3/3) \$130.00  
Tues 4:00-5:00 pm

## Foundation Tennis

*Ages 5-8* Designed to introduce beginner level players to the fundamentals of tennis. Room A/B  
8 classes (1/14-3/3) \$130.00  
Tues 5:00-6:00 pm OR 6:00-7:00 pm

## Kids Yoga

*Ages 7-12* Class will include poses to increase strength, flexibility, and coordination.  
8 classes (1/6-3/9) Resident \$40.00  
Mon 6:00-6:45 pm Non-Resident \$56.00





# Classes & Programs for Teens-Adults

Winter 2020

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## Morning Zumba

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

8 classes (1/6-3/9) Resident \$40.00  
Mon 9:30-10:30 am Non-Resident \$56.00

## Zumba Strong

Ages 18+ Zumba Strong combines high intensity interval training with the science of synced music motivation.

8 classes (1/10-3/13) Resident \$40.00  
Fri 9:30-10:30 am Non-Resident \$56.00

## 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

## 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.

8 classes (1/6-3/9) Resident \$40.00  
Mon 6:00-7:00 pm Non-Resident \$56.00

## Adult Yoga & Meditation

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

8 classes (1/6-3/9) Resident \$40.00  
Mon 7:15-8:15 pm Non-Resident \$56.00

## 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 (1/8-3/11) Resident \$50.00  
Wed 6:00-7:00 pm Non-Resident \$70.00

## 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. 5 session options. Take one or all 5.

4 classes per session \$120.00

Wed Session 1: 1/8-1/29 5:00-6:30 pm

Wed Session 2: 2/5-2/26 5:00-6:30 pm

Sat Session 1: 1/11-2/1 10:30 am-12:00 pm

Sat Session 2: 2/8-2/29 10:30 am-12:00 pm

March Session 3:

Tues 3/3 5:00-6:30 pm

Sat 3/7 10:30 am-12:00 pm

Wed 3/11 5:00-6:30 pm

Sat 3/14 10:30 am-12:00 pm

## 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 (1/8-3/11) Resident \$50.00  
Wed 7:00-8:00 am Non-Resident \$70.00

## Painting Flowers with Acrylic Landscape

Ages 15+ Paint along with the teacher by following step by step instructions. Open to beginners. Please dress for mess.

Tues 1/21 Resident \$20.00  
4:00-6:00 pm Non-Resident \$22.00

## Decorative Wall Art with Pastels

Ages 15+ Create a beautiful wall art piece to compliment your décor by using chalk pastels. Learn about design elements, contrast, and volume. Open to beginners.

Tues 1/28 Resident \$20.00  
4:00-6:00 pm Non-Resident \$22.00

## Adult 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 (1/8-3/11)

Resident \$50.00  
Wed 9:00-11:00 pm Non-Resident \$70.00

## Pilates Mat Class

Ages 18+ Pilates stretches and strengthens the body. The class focuses on the core and builds strength in the rest of the body.

10 classes (1/7-3/10) Resident \$50.00  
Tues 12:00-1:00 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.

6 classes (1/17-2/21) Resident \$30.00  
Fri 7:00-9:00 pm Non-Resident \$42.00

## Robotics Club

Ages 10-13 (Grades 5-8) Learn the fundamentals of simple machinery explored with Legos. A laptop or tablet is required for this session.

10 classes (1/9-3/12) Resident \$20.00  
Thurs 6:30-8:00 pm Non-Resident \$30.00

## Mental Health First Aid

Ages 18+ Learn how to help someone who is developing a mental health problem or experiencing a mental health crisis. Identify, understand, and respond to signs of addictions and mental illnesses. Registration will be taken directly through Penn Medicine Princeton Health.

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

2 classes (1/27, 2/3) Mon 6:00-10:00 pm

## 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 (1/7-3/10) Resident Free  
Tues 7:00-9:00 pm Non-Resident \$10.00

## Dancing and Dessert

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

1/25, 2/15, and/or 3/28 Resident \$10.00  
Sat 7:00-8:30 pm Non-Resident \$12.00

## 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. Registration will be taken directly through Penn Medicine Princeton Health. Register at 888-897-8979 or [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)

4 classes (1/7-1/28) \$25.00  
Tues 6:00-9:00 pm

## Dream Big-Computer Genius

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

10 classes (1/11-3/14) Resident \$20.00  
Sat 3:30-4:30 pm Non-Resident \$30.00

## Dream Big-Design Your World

Ages 8-11 Girls will learn to make their own masterpieces, design, write stories, and create their own films.

10 classes (1/11-3/14) Resident \$20.00  
Sat 2:00-3:00 pm Non-Resident \$30.00

## 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 (1/9-3/12) Resident \$50.00  
Thurs 7:15-8:15 pm Non-Resident \$70.00





# Classes & Programs for Active Adults 55+

Winter 2020

Registration is required and available online from the township website [www.plainsboronj.com](http://www.plainsboronj.com) 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 12/9.

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

## Strength Training for Active Adults 55+

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

10 classes (1/8-3/12)

Wed 10:45-11:45 am, 11:45 am-12:45 pm OR

Thurs 10:30-11:15 am

## Advanced Strength Training Active Adults 55+

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

8 classes (1/6-3/9)

Resident \$24.00

Mon 12:00-1:00 pm

Non-Resident \$25.00

## Just Balance for Active Adults 55+

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

10 classes (1/7-3/10)

Tues 11:00-12:00 pm

## Dance and Tone for Active Adults 55+

Simplified dance movement exercises that build strength, flexibility, and balance while having fun to music.

10 classes (1/9-3/12)

Thurs 1:00-1:45 pm

## Yoga for Active Adults 55+

Gentle yoga poses with breath work and meditation.

10 classes (1/7-3/10)

Tues 1:00-2:00 pm

## Chair Yoga for Active Adults 55+

Gentle Yoga poses done while seated or standing, using the chair to maintain alignment.

10 classes (1/9-3/12)

Thurs 2:00-2:45 pm

## Jazzercise Lite for Active Adults 55+

Fun, easy dance/fitness class for all levels.

10 classes (1/10-3/13)

Fri 9:15-10:00 am

## Tai Chi for Active Adults 55+

Ancient martial arts strengthens the body, loosens the muscles, and promotes balance. Municipal Building, Room A/B.

10 classes (1/11-3/14)

Sat 12:15-1:15 pm

## Chair Exercise for Active Adults 55+

Strengthen and stretch while seated in a chair. Work on balance while standing and holding onto a chair.

10 classes (1/10-3/13)

Fri 12:00-12:45 pm

## Zumba Lite for Active Adults 55+

Fun and lively Latin dance exercise class. Municipal Building, Room A/B.

10 classes (1/7-3/10)

Tues 2:15-3:00 pm

## Painting Flowers with Acrylic Landscape

Ages 15+ Paint along with the teacher by following step by step instructions. Open to beginners. Please dress for mess.

Tues 1/21

Resident \$20.00

4:00-6:00 pm

Non-Resident \$22.00

## Decorative Wall Art with Pastels

Ages 15+ Create a beautiful wall art piece to compliment your décor by using chalk pastels. Learn about design elements, contrast, and volume. Open to beginners.

Tues 1/28

Resident \$20.00

4:00-6:00 pm

Non-Resident \$22.00

## Creative Wellbeing for Active Adults 55+

Brain/body activities, social engagement, dance sequences, chair exercises/yoga, mindfulness, and other interactive exercises to help stimulate creativity and cognition.

10 classes (1/11-3/14)

Sat 10:00-11:15 am



Fun for Seniors

## Let's Dance Active Adults 55+

Fun, energetic class with lively music working on balance and coordination

8 classes (1/6-3/9)

Mon 2:00-2:45 pm

## Plainsboro Senior Citizen Club

The Senior Club is a non-profit 55+ group that meets on the 2nd Wednesday of the month from 12:30-2:00 pm in Jan, Feb, Mar, Jun, Sep, and Nov and 5:30 pm in Apr and Oct in the Municipal Building, Room A/B. Gatherings include potluck or other meal, socializing and other entertaining or educational programs. Contact President:

Douglas Fullman 609-275-4965 for details.

## Trips for Active Adults 55+

Advanced registration is required for trips on a first-come, first-served basis. Registration forms are available at the Recreation & Cultural Center though you must register through the Senior Club. Contact Sr. Trip Coordinator, Janet Schock 609-751-7148.

## New! Healthy Eating for Successful Aging

Nutrition for good health.

4 classes (1/7-1/28)

Tues 11 am-12 pm

## New! Book Club

Participants will choose books and meet bi-monthly to discuss the choices.

5 meetings (1/13, 1/27, 2/10, 2/24 & 3/9)

Mon 11:00-12:00 pm

Free

## Drop-In Programs

Free weekly programs. No registration required.

## Fabulous Fridays

Socialize and enjoy refreshments with friends; speakers, entertainment, pot luck lunches, birthday celebrations and bingo. A full schedule will be in the senior mailing and available in the Recreation Office. Fri 12:30-2:30 pm

## Pickleball Room A/B

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.

## 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

## Transportation for Active Adults 55+

**Tuesday:** Every other Tuesday we provide transportation from the Recreation & Cultural Center to McCaffrey's Market or Shop Rite (alternating weeks). Free. Registration required.

**Friday:** Door to door service to the Recreation & Cultural Center every Friday! Free, but registration is required and MUST be received by the end of the day Wednesday in order to reserve a space on the bus. To register call 609-799-0909 x1719.

For questions about Active Adult programs and to be placed on the Senior Mailing List, contact Active Adult & Special Events Program Coordinator, Tina Preville at 609-799-0909 x1705 or x1719.



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## HOLIDAY WISHES 2019

In cooperation with Queenship of Mary Church and The Plainsboro Library, Holiday Wishes is a community drive to aid local families facing financial hardship. You can touch the lives of our neighbors in need and help make their holiday a little brighter. Just choose a wish from one of our "Giving Trees" which will be available throughout late November and early December. Please help us give the gift of kindness this season!

Question call x1711.

- Individuals can select a "wish" from one of our community giving trees at the following locations: Municipal Building, Public Library, Recreation & Cultural Center.
- Opportunities for groups or businesses to distribute tags to participants/employees. Please call for details.
- Wrapped gifts must be received by December 17th. All gifts must be new. Accepted at the Recreation & Cultural Center Monday - Friday 8:30 am - 4:30 pm. Tues & Thurs 8:30 am - 7:45 pm
- Monetary donations will be used to supplement donated gifts, where needed. Unused cash donations will benefit the food pantry.

## Family Ski Trip, Summer Camp 2020 Preview, & Camp Day

### Ski Trip!

All Ages Sunday, 2/9. Join us for a trip to the Poconos on a coach bus for a day of skiing, snowboarding and/or tubing. Bus will leave Plainsboro Recreation & Cultural Center for Ski Shawnee @ 7:15 am and return by 6 p.m. For registration information visit the Township web page [www.plainsboronj.com](http://www.plainsboronj.com).

For information on Ski Shawnee visit:  
<http://www.shawneemt.com/index.html>

Resident bus fee: \$10

Non-resident bus fee: \$15

(non-residents may register on/after Dec. 9)



Scan the Code for Information  
Group ID: 001dv  
Member Password: 2020member001



The 2020 summer camp information will be posted on the Township website the end of February. Registration opens in the Recreation & Cultural Center and online on March 2, 2020. The Township offers summer recreation camps. Pre-K Summer Fun Camp for pre-school children ages 4 to 5 and Lenape Day Camp for children entering grades 1-6 for the 2020-2021 school year. Partnerships with other agencies allow us to offer sports, academic, theater, and dance camps. Scholarship aid is available to income eligible Plainsboro residents for select summer camps. (See Scholarship Assistance information.) Applications for summer camp employment and volunteers will be available by December 16 in the office or on the website. Minimum age for paid employment is 16. Minimum age for volunteers at Lenape Day Camp is 15 and 14 for Pre-K.

### Summer Camp Day!

Ages 6-11 Join our Summer Lenape Day Camp teachers for a day of activities. Play fitness games, participate in a science experiment, and make a craft in our art class. All activities are typical of our summer camp. Come see what Summer Camp 2020 will be like! Snacks will be served but feel free to pack a lunch for your child.

12/23

Thurs 10:00 am-1:00 pm

\$5.00 per child





# Special Needs Classes & Events

Winter 2020

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## Special Olympics-Young Athlete Program

Ages 2-7 Sponsored by Special Olympics of NJ. Inclusive program that improves gross motor skills, social and language skills, and develops foundational skills for future participation in sports.  
9 classes (1/8-3/11) **FREE**  
Wed 4:30-5:15 pm



## Expressive Arts

Ages 13 & up Participants will enjoy movement, theatre games, improvisation, sensory art music and more! while developing social skills and self-confidence.  
9 classes (1/8-3/11) Resident: \$36.00  
Wed 6:00-7:00 pm Non-Resident \$45.00

## 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!  
9 classes (1/8-3/11) Resident: \$36.00  
Wed 5:15-6:00 pm Non-Resident \$45.00



## Valentine Dance Party

Ages 13+ Dance the night away at our Special Needs Valentine dance for teens and adults. Shadow Buddy volunteers will be on hand to assist participants. Registration required and available from Township website. Refreshments will be served. Parents wishing to volunteer for the event can contact program coordinator at [cbuonavolonta@plainsboronj.com](mailto:cbuonavolonta@plainsboronj.com)  
Don't forget to wear something red!

2/15 Resident \$5.00  
Sat 6:00-8:00 pm Non-Resident: \$7.00

## Inclusive Sports Play

Ages 5-8 This inclusive class will help little athletes build muscles, increase their focus, and get a workout! .  
10 classes (1/9-3/12) Resident \$50.00  
Thurs 6:00-7:00 pm Non-Resident \$70.00

## Adapted Aquatics

Specialize aquatics program for school-age children. See Aquatics page for details.

## Special Needs Social Hour

Ages 13+ Monthly social hour will include refreshments, music, games, and lively discussion groups.  
2/5 & 3/11 Resident \$5.00 per evening  
Wed 7:00-8:00 pm Non-Resident \$7.00



## Special Needs Movie! Spies in Disguise East Windsor Picture Show

All ages Join other special needs families for a showing of this animated comedy, *Spies in Disguise*. Super spy Lance Sterling and scientist Walter Beckett are exact opposites but must team up for the ultimate mission that will require an almost impossible disguise.

Theater will be reserved for special needs families only. This is not a drop off program. Every participant must be accompanied by an adult responsible for the special needs individual's care. All those attending must purchase a ticket.

1/5 \$5.00 per resident  
\$6.00 per non-resident  
Sun 3:00 pm

## Recreation Fun for Everyone



## Family Fun Nights!

Get the family together and enjoy time playing various board games, Bingo, Wii Sports and more! Crafts will be offered and children can participate in relay races. Children must be chaperoned at the event. Family Fun Nights take place on the 2nd Saturday of the month. No registration needed.

1/11, 2/8, 3/14  
Free Sat 6:00-8:00 pm





## Classes & Programs at the Plainsboro Preserve

Winter 2020

**Unless otherwise noted, all programs and activities will take place at the Plainsboro Preserve. Resident registration opens December 2, Non-Resident December 9. Register online at [www.plainsboronj.com](http://www.plainsboronj.com) at the Plainsboro Preserve, or in the Recreation & Cultural Center.**

### Little Ones Nature Series

**Ages 3-5 (Parent & Child)** This is a weekly nature program for children featuring winter themed activities and crafts. Themes include: stories and crafts, the moon, over in the arctic, love is in the air, winter birds, and Native Americans.

6 classes (1/31-3/6)  
Fri 1:30—2:30 pm

Resident \$30.00  
Non-Resident \$42.00



### Systems 4— Science Discoveries

**Ages 5-11** Join Mad Science as they explore different systems. The weekly topics include Bugs, Detective Science, Earthworks, Radical Robots, Mad Machines, Movie Effects, Science of Toys, and Walloping Weather.

8 classes (1/23-3/12)  
\$115.00

Thurs 5:00-6:00 pm



### Kid's Nature Photography

**Ages 7-10** Learn the basics of using a digital camera to capture winter at the Plainsboro Preserve. Dress for winter. Participants are welcome to bring his or her own digital camera or borrow one of ours. Flash drive required for last two classes.

6 Classes (1/11-2/15)  
Sat 11:00 am -12:00 pm

Resident \$30.00  
Non-Resident \$42.00



### Creative Gardening

**Ages 9-17** Come learn the ins and outs of starting seeds indoors. Learn the best way to design gardens, build some structures for our outdoor garden, get seeds started in the green house, and more.

8 Classes (1/11-3/21)  
Sat 2:00-3:00 pm

Free







**Unless otherwise noted, all programs and activities will take place at the Plainsboro Preserve. Resident registration opens December 2, Non-Resident December 9. Register online at [www.plainsboronj.com](http://www.plainsboronj.com) or in the Recreation & Cultural Center.**

## Fiber Arts Workshops:

Ages 12+ Sat 10:00 am –1:00 pm

\$20.00 per class

3 classes

### Cobweb Felt 1/25

Students will be making large wrap using fine merino wool fibers.

### Nuno Felting 2/22

Students will create a nuno felt scarf using silk fabric and merino wool fibers.

### Felt Bag 3/28

Students will be making a seamless felt bag.



## Morning Walking Club

**Ages 18+** Grab your winter boots, scarf, hat, coat and gloves then come on over to the Plainsboro Preserve and join us in a winter walk through the preserve. Winter is a great time to check out water fowl on the lake and other animal tracks in the snow. Registration required.

10 meetings (1/10-3/13)

Free

Fri 11:00 am - 12:00 pm



## Family Nature Walk Series

**All Ages** Join us as we take a walk through the Preserve to see what nature is up to in the winter time. Dress for the weather.

3 sessions (1/19, 2/2, 3/15)

Sunday 1:00-2:00 pm

\$5.00 per family

## Family Art

**Ages 4+ plus an adult**

This is a parent/child art activity. Adults and children will work side by side to discover their inner artist. This is not a drop off program.

3 classes

Fee \$5.00 per class

### Cartoon Birds 1/25

Adults and children will create cartoon birds.

Sat 2:00-3:00 pm

### Cute Groundhogs 2/2

Adults and children will create cute groundhogs.

Sun 2:00-3:00 pm

### Butterflies for Art Installation 3/21

Adults and children will create butterflies for an art exhibit that will be installed at the Preserve.

Sat 2:00-3:00 pm

## Days End Yoga

**Ages 16+** End your day with yoga. This class will feature a warm up, yoga poses, balances, and a cool down. Bring your own yoga mat.

10 classes (1/9-3/12)

Thurs 6:30-7:30 pm

Resident \$50.00

Non-Resident \$70.00



**Plainsboro Preserve**

**(609) 427-3052**

**Scotts Corner Road**

## Winter Hours

**November 1st-March 31st**

**Thursday—Sunday**

**11 am—4 pm**



# Winter 2020

**Session Dates:** January 2-March 7. Class schedules/fees reflect closings. When WW-P schools are closed, there are no programs.  
**Pool Closings:** Monday 1/20, Thursday-Saturday 1/30-2/1, Friday-Monday 2/14-2/17.

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

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

## Special Needs Swim Lesson

**Ages 6-15 years** Children with mental or physical challenges receive one-on-one instruction. Grant subsidized half hour program.

## Pre-School Swim 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

## Swim testing for all new participants

in American Red Cross Learn to Swim levels 2-6 on Mon. 12/16 & Tue. 12/17 from 6:30-8:30 pm.


## NEW Private Swim Lessons (M,T,Th)

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.

**Mon 8:30-9:30-9:30 pm 6 classes \$228**

**Tue 8:30-9:30-9:30 pm 8 classes \$304**

**Thur 8:30-9:30-9:30 pm 8 classes \$304**

Monday 7 weeks	Tuesday 9 weeks	Wednesday 9 weeks	Thursday 9 weeks	Friday 8 weeks	Saturday 8 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 \$153.99 Special Needs Swim Lesson \$103.50	6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.) \$1825	6:30-8:30 pm Competitive Swim Clinic (Sept.—Mar.) \$1825	1:00-1:30 pm Preschool \$136.88 Special Needs Swim Lesson \$92.00
8:30-9:15 pm Adult Lessons \$156.94	8:30-9:15 pm Teenage Lessons \$201.78	7:00 - 7:45 pm Levels 1 - 2 \$171.99	8:30-9:15 pm Level 3 \$171.99	6:30-7:00 pm Preschool \$136.88 Special Needs Swim Lesson \$92.00	1:30-2:15 pm Level 1 & 2 \$152.88
8:30-9:00 pm Private Lessons 6 for \$228.00 30 minutes	8:30-9:00 pm Private Lessons 8 for \$304.00 30 minutes	7:45-8:30 pm Levels 3 - 4 \$171.99	8:30-9:00 pm Private Lessons 8 for \$304.00 30 minutes	7:00-7:45 pm Levels 2 & 3 \$152.88	2:15-3:00 pm Level 3 & 4 \$152.88
9:00-9:30 pm Private Lessons 6 for \$228.00 30 minutes	9:00-9:30 pm Private Lessons 8 for \$304.00 30 minutes	8:30-9:30 pm Pre Competitive Swim Clinic \$263.50	9:00-9:30 pm Private Lessons 8 for \$304.00 30 minutes	7:45-8:30 pm Levels 3 & 4 \$152.88	3:00-5:00 pm Competitive Swim Clinic (Sept—Mar) \$1825
				8:30-9:30 pm Pre Competitive Swim Clinic \$263.50	5:00-5:45 pm Levels 5 - 6 \$152.88
				8:30-9:15 pm Levels 5 & 6 \$152.88	

## Competitive Swim Clinic

**Ages 13+** This clinic is for pre-competitive and competitive level "career" swimmers and will focus on specific fundamentals and techniques to help swimmers achieve better results in the water. Training for speed, endurance, plus instruction for racing dives, turns and strokes. Water practices are Mon, Tue, Thur, Fri 6:30-8:30 and Sat 3-5. Land exercises is an hour before water practice Mon, Tue, Thur, Fri 5:30-6:30 and Sat 2-3.

**Ages 9+** This clinic is for novice, pre-competitive and competitive level swimmers and will focus on teaching progressive and advanced skills in all 4 strokes (freestyle, backstroke, breaststroke and butterfly). Water practices are Mon, Tue, Thur, Fri 6:30-8:30 and Sat 3-5.

## Pre-Competitive Swim Clinic

**Ages 9+** This clinic works on advanced technique instruction for all 4 strokes (freestyle, backstroke, breast stroke and butterfly) and introduction to racing with turns, starts and dives. Swimmers are placed on age and ability. Wed and Fri 8:30-9:30 pm.

**All Competitive and Pre-competitive Swim Clinic students MUST be evaluated on Mon 12/16 & Tue 12/17 from 6:30-8:30 pm.**

# 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 Mon. 12/16 & Tue. 12/17 from 6:30-8:30 pm.

**Online registration begins Mon. 12/16 through Wed. 1/1/20.** When winter classes begin, all spaces online become waitlist only. Please assistance, call 609-497-2100 x323. Please log-in to [www.ywcaprinceton.org](http://www.ywcaprinceton.org) for the registration link and detailed description of classes. Beginning 1/2, 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 Wendy Trockenbrod, Plainsboro Aquatic Manager at: 609-497-2100 ext. 323 or [wtrockenbrod@ywcaprinceton.org](mailto:wtrockenbrod@ywcaprinceton.org). Include your name, phone number, and a brief message.



# Recreation Policies

## Registration

Registration opens 12/2. Residency required unless otherwise indicated. Registration is accepted online or in the Recreation & Cultural Center during regular business hours, Monday-Friday, 8:30 am-4:15 pm and Tuesday and Thursday, 4:30-8:00 pm. All registrations require a user account and email address. Registration is accepted on a first come first served basis. Check website for class availability.

## Refund Policy

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

## Program Changes or Cancellations

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

## Fees

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

## Class Locations

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

## Class Changes

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

# Community Services

## Food Pantry

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

For information on making a donation, call the coordinator at 609-799-0909 x1711.

## Scholarship Assistance

Scholarship assistance for township camps and school year extended day care in the WW-P school district is available to income eligible families. Funding is provided through a Community Development Block Grant. There is only one funding cycle per year (which begins with summer 2020). Please check the township website for the 2020-2021 cycle. Applications will become available on February 17, 2020.



## 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.

## 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.