NEW HORIZONS

SPRING 2016

CONTENT

Pre-School Swimming
Group Swimming
Competitive Edge Swimming
Parent/Child Aquatics
Family Swim
Rock Climbing
Birthday Parties

recreation.rutgers.edu/nh

RURecNewHorizons
THANK YOU for your interest in the Rutgers Recreation children’s programs. We are happy to have the opportunity to provide quality programs for you and your children. Please take a moment to read through the registration information on the next page before you register. If you are fully prepared we can serve you better. We strongly encourage you to register for all classes at the same time. Many sections fill quickly.

Please visit our website to help answer questions you may have. Our FAQ section will answer many of the questions you may have on class size and structure, refunds, and the online registration process.

We hope that, after participating in one of our children’s programs, you will realize that we are committed to the well being of your child. Thank you for participating in New Horizons.
REGISTRATION BEGINS
Tues. December 8th
online or by phone

ONLINE rec.rutgers.edu/newhorizons

Tuesday, December 8th, beginning at 7:00pm, available 24 hours a day.
The fastest and easiest way to register! No waiting, simply type in your own information
and pay with either MasterCard, VISA, or AMEX. A confirmation email will be sent
immediately after registration.

BY PHONE Call 848-445-8285.
Tuesday, December 8th, beginning at 7:00pm, 7:00-9:00pm ONLY.
Payment by VISA, MasterCard or AMEX is required for all phone registrations. Phone
registrations will continue on December 9th from 12:00pm-6:00pm. Phone registrations
will continue to be accepted during normal business hours provided openings in the
classes remain.

PARKING PASSES: Parking Passes will be distributed on the first day of class.

PLEASE NOTE: We encourage you to register for all courses at one time.
Class sizes are limited and many classes fill up early.

PLEASE NOTE: There is NO advantage to registering by phone. All methods of
registration will utilize the same online registration system. To save time, we
encourage you to use the online registration feature from the comfort of your own home or
office if you are able to do so.

Registration Confirmations: Confirmation letters are sent via email immediately after
registration. Please add us to your address book to ensure delivery. Directions, Waivers
and Course Information Materials are available from our website at: rec.rutgers.edu/newhorizons/nhresources.html

For the Cancellation/Refund Policy please go to page 13 for more info.

rec.rutgers.edu/nh | 848.445.8285 | horizons@rutgers.edu
SWIM LESSONS

Pre-School Swim Lessons
Group Swim Lessons
Competitive Edge Swim Training
Teen Group Swim Lessons
Parent/Child
Pre-School Swim Lessons

Rutgers Recreation offers the American Red Cross Pre-School Swimming program. This adventure holds many potential rewards for you and your child. Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards. The purpose of the program is to promote water safety knowledge and practices, aquatic adjustment and swimming readiness skills, fun and enjoyment in the water. Once children develop a comfort level in and around the water, they are ready to start learning how to swim. Timing is everything! 1:3 instructor/student ratios.

PREREQUISITE: Child must be toilet trained.

Ten (10) 30-minute classes
Location: College Avenue Gym

Course #  Days     Times        Dates       Fee
3021.305  Friday   3:45 – 4:15pm  Feb 5 - Apr 29 $165
Note: Classes will not meet Friday, March 11, March 18 and March 25

Location: Cook/Douglass Recreation Center

3021.306  Saturday  4:15 – 4:45pm  Feb 6 - Apr 30 $165
Note: Classes will not meet Saturday, March 12, March 19 and March 26

Location: College Avenue Gym

3021.307  Sunday    2:00 – 2:30pm  Jan 31 - May 1 $165
Note: Classes will not meet Sunday, March 13, March 20, March 27 and April 17

SESSION ONE

Twelve (12) 30-minute classes
Location: College Avenue Gym

Course #  Days    Times        Dates       Fee
3021.301  Mon & Wed  4:15 – 4:45pm  Feb 1 - Mar 9 $195
3021.302  Mon & Wed  8:00 – 8:30pm  Feb 1 - Mar 9 $195
3021.303  Tues & Thurs  4:15 – 4:45pm  Feb 2 - Mar 10 $195
3021.304  Tues & Thurs  8:00 – 8:30pm  Feb 2 - Mar 10 $195

SESSION TWO

Twelve (12) 30-minute classes
Location: College Avenue Gym

Course #  Days    Times        Dates       Fee
3021.401  Mon & Wed  4:15 – 4:45pm  Mar 21 - Apr 27 $195
3021.402  Mon & Wed  8:00 – 8:30pm  Mar 21 - Apr 27 $195
3021.403  Tues & Thurs  4:15 – 4:45pm  Mar 22 - Apr 28 $195
3021.404  Tues & Thurs  8:00 – 8:30pm  Mar 22 - Apr 28 $195
Ten (10) 45-minute classes
Location: College Avenue Gym

<table>
<thead>
<tr>
<th>Course #</th>
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<tbody>
<tr>
<td>3020.307</td>
<td>Friday</td>
<td>4:30 – 5:15pm</td>
<td>Feb 5 - April 29</td>
<td>$165</td>
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<tr>
<td>3020.308</td>
<td>Friday</td>
<td>5:30 – 6:15pm</td>
<td>Feb 5 - April 29</td>
<td>$165</td>
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<tr>
<td>3020.309</td>
<td>Friday</td>
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Note: Classes will not meet Friday, March 11, March 18 and March 25

Location: Cook/Douglass Recreation Center

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Ten (10) 45-minute classes
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<td>3020.316</td>
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<td>3020.317</td>
<td>Saturday</td>
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Note: Classes will not meet Saturday, March 12, March 19 and March 26

Swimming Program Highlights
- American Red Cross Instructors
- Certificates given to each participant
- Individual assessments prior to lessons to ensure appropriate placement
- Excellent instructor/student ratios:
  1:3 for pre-school
  1:5 for all other levels

Group Swim Lessons
There’s something for everyone in the Rutgers Recreation New Horizons Learn-to-Swim program. Six levels of instruction are designed to help swimmers of all ages develop and refine their skills. American Red Cross Water Safety Instructors teach a variety of strokes, including front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Children are invited to join us in a program that guarantees your children will learn new and exciting skills. All classes are designed to help students learn to swim or to improve their swimming skills with new strokes, stroke refinements, diving safety tips and techniques, and more. Instruction in swimming and water safety is complemented by games to provide a positive experience in the water. Expose your children to the excitement of water activities for life-long enjoyment.
GROUP SWIM LESSONS

Ten (10) 45-minute classes cont.

Location: College Avenue Gym

<table>
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<tr>
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<tr>
<td>3020.319</td>
<td>Sunday</td>
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<td>3020.320</td>
<td>Sunday</td>
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<td>3020.321</td>
<td>Sunday</td>
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<td>$165</td>
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Note: Classes will not meet Sunday, March 13, March 20, March 27, and April 17

SESSION ONE

Twelve (12) 45-minute classes

Location: College Avenue Gym

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<td>3020.302</td>
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<td>$195</td>
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<td>3020.303</td>
<td>Mon &amp; Wed</td>
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Twelve (12) 45-minute classes

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<td>$195</td>
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<tr>
<td>3020.305</td>
<td>Tues &amp; Thurs</td>
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<td>3020.306</td>
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SESSION TWO

Twelve (12) 45-minute classes

Location: College Avenue Gym

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<td>Mon &amp; Wed</td>
<td>6:00-6:45pm</td>
<td>Mar 21 - Apr 27</td>
<td>$195</td>
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<tr>
<td>3020.403</td>
<td>Mon &amp; Wed</td>
<td>7:00-7:45pm</td>
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<td>3020.404</td>
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<td>Mar 22 - Apr 28</td>
<td>$195</td>
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<tr>
<td>3020.405</td>
<td>Tues &amp; Thurs</td>
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<td>Mar 22 - Apr 28</td>
<td>$195</td>
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<tr>
<td>3020.406</td>
<td>Tues &amp; Thurs</td>
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<td>Mar 22 - Apr 28</td>
<td>$195</td>
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SAFETY DAY INFORMATION

In accordance with the American Red Cross Learn-to-Swim curriculum, our program teaches your children about water safety. If there is inclement weather or pool maintenance issues, we may hold a safety day. Please remember these safety topics are part of the required curriculum.
COMPETITIVE EDGE SWIM TRAINING

Your child has now climbed the swimming staircase to the first landing. Prepare them to continue their journey to excellence. This New Horizons Competitive Edge Swim Training program will prepare youth to enter the competitive swimming scene. The class will focus on developing the four competitive strokes as well as starts and turns. Working in a small group setting, the coaching staff will work with each swimmer to teach them how to swim faster and compete more successfully. Further details will be provided by the swim coaches.

PREREQUISITE: Swim a minimum of 50 yards each of front crawl, back crawl, and breaststroke; 25 yards of butterfly; as well as, a 100 IM. There are requirements for each component that must be met. Try-outs in advance are STRONGLY recommended. If participants are unable to complete the prerequisite at the start of class, they will not be able to continue in the program. A full refund minus a $25 processing fee will be given.

SAFE DAY INFORMATION
In accordance with the American Red Cross Learn-to-Swim curriculum, our program teaches your children about water safety. If there is inclement weather or pool maintenance issues, we may hold a safety day. Please remember these safety topics are part of the required curriculum.

SESSION ONE

TWELVE (12) 60-MINUTE CLASSES

LOCATION: COOK/DOUGLASS RECREATION CENTER

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<td>3027.302</td>
<td>Mon &amp; Wed</td>
<td>7:30 – 8:30pm</td>
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LOCATION: COLLEGE AVENUE GYM

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</tr>
<tr>
<td>3027.304</td>
<td>Mon &amp; Wed</td>
<td>8:00 – 9:00pm</td>
<td>Feb 1 - Mar 9</td>
</tr>
<tr>
<td>3027.305</td>
<td>Tue &amp; Thu</td>
<td>8:00 – 9:00pm</td>
<td>Feb 2 - Mar 10</td>
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SELF-OUTS: Monday, Nov. 30th @ 8:30pm and Saturday, Dec. 5th @ 9:30am (@ Cook) Try-outs in advance are STRONGLY recommended for NEW swimmers.
SESSION TWO

Twelve (12) 60-minute classes
Location: Cook/Douglass Recreation Center

<table>
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<tr>
<th>Course #</th>
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Location: College Avenue Gym

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<td>3027.405</td>
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ages 13 - 17

Teen Group Swim Lessons

Ten (10) 45-minute classes
Location: College Avenue Gym

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<tr>
<td>3030.301</td>
<td>Sun</td>
<td>2:45 - 3:30pm</td>
<td>Jan 31 - May 1</td>
<td>$165</td>
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Note: Classes will not meet Sunday, March 13, March 20, March 27, and April 17.

ages 6mos. - 3yrs

Parent/Child Classes

Ten (10) 30-minute classes
Location: Cook/Douglass Recreation Center

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<td>3035.301</td>
<td>Sat</td>
<td>11:30am - 12pm</td>
<td>Feb 6 - Apr 30</td>
<td>$165</td>
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Note: Classes will not meet Saturday, March 12, March 19 and March 26.

PREREQUISITE: Child must either be potty trained or in a swimmy diaper, plastic diaper cover, and bathing suit to participate. Parents are required to be in the water with their children at all times.
Start your child on a new adventure. Register them for Indoor Rock Climbing. The sheer verticals, sculpted bulges and horizontal overhangs of our 80' X 25' wall will challenge them all the way to the top. They’ll be having fun as well as increasing balance, body awareness and both mental and physical strength. Classes are taught with a 1:5 instructor to student ratio. For ages 9 to 13.

Location: College Avenue Gym, Rock Wall

**BASIC CLIMBING**

Eight (8) 1.5 hr sessions

Session #1
Mon & Wed
4:00 - 5:30pm
Feb 8 - Mar 2
3513.803
$165

Session #2
Mon & Wed
4:00 - 5:30pm
Mar 29 - Apr 20
3513.804
$165

**ADVANCED CLIMBING**

Eight (8) 1.5 hr sessions

Session #1
Tue & Thur
4:00 - 5:30pm
Feb 8 - Mar 2
3513.805
$165

Session #2
Tue & Thur
4:00 - 5:30pm
Mar 29 - Apr 20
3513.806
$165
Location: Werblin Recreation Center

WHEN: 7:00 - 8:30pm beginning Friday, February 12th and ending Friday, April 29th. Exception Dates: Feb 19, Mar 11, March 18 and March 25. (Family Swim is NOT available on these dates)

COST
$3.00 per child • $5.00 per adult (Fee is for admittance into aquatics facility, even if the adult does not swim.) Adult with valid Rutgers ID is admitted FREE (ID must be presented at time of purchase AND on pool deck as proof of membership.)

- Each member may bring up to three guests at one time.
- Children must be 5-15 years old and at least 36 inches tall.
- Children must be supervised by an adult; adults are not allowed to “drop off” children.

- Restricted to Patio Pool only.
- For additional information on admittance and the purchase of group passes, call 848-445-0462 or stop by the office at the Sonny Werblin Recreation Center.

POLICIES
All guests wishing to use the facility for Family Swim will be required to obtain a wrist band from the Administrative Office prior to entering the pool area. An ID is required for all affiliates at all times. NO EXCEPTIONS. Recreation Staff reserves the right to deny entry to any persons failing to adhere to any recreation policy.
Interested in giving a birthday bash your child and his or her friends won’t soon forget? Rutgers Recreation offers pool and rock climbing parties. We supply the fun, you bring the cake. For additional information on parties including availability, call 848-445-1306. Birthday parties are only available September through April.

POOL PARTIES
Pool parties are held on Saturday and Sundays at the Sonny Werblin Recreation Center, based on facility availability. Your party will be scheduled for two hours. The first hour is spent in the variable depth pool. Children must be at least 5 years old to swim. We supply the pool toys for the kids’ enjoyment. Tables and chairs will be set up before you arrive and entry is available a half-hour before your party begins so that you can decorate. We do not provide food or decorations. A complimentary gift for the birthday child will be provided.

Cost of Pool Parties*
Two hour pool party with two lifeguards (30 persons) $230
Additional guards may be requested at $15 per hour
Additional hour in the pool is available if scheduling permits $120
Additional hour in the party room is available if scheduling permits $120

ROCK CLIMBING PARTIES
Parties are held on Friday evenings and Saturday and Sunday afternoons at the Rock Wall in the College Avenue Gym, based on facility availability. The wall is 25 feet high by 80 feet wide. All climbers are clipped in and belayed by a Rutgers Recreation Rock Wall instructor. Children must be at least 6 years old to climb. Additional children will require additional instructors. A complimentary gift for the birthday child will be provided.

Cost of Rock Climbing Parties*
1.5 hours of instruction and climbing with two instructors and .5 hour of party time with tables and chairs (10 children) $260
Additional child(ren) $10 each

*Prices subject to change.
PARTY ATTENDANT
Let our experienced staff do the work for you: decorate/set-up the party room, usher guests to/from the party activities, serve food and drinks*, clean up. $50 for 2-hour party, based on availability. Additional hour $15
*food and beverages not provided

PAPER PRODUCTS
Lighten your load and leave the tablecloths, plates, napkins, utensils, cups, candles and matches to us. Color options: blue, red, pink, purple, white. $40 for 30 guests. Additional settings $2.50 each.

POPCORN MACHINE
Add to the festivity with your own popcorn machine. Let our party attendant (required, see above) do the popping and serve your guests in individual serving bags. $65 for 2-hour party. Additional hour $15

VIDEO SCREEN & PROJECTOR
Present a slideshow of your child or watch your favorite videos and movies in your private party room. Bring your own computer and connect to our Wifi to make your second hour of partying a hit! $50

FAVORS
Send your guests home with a Rutgers themed favor. Each favor is gift bagged and ready to present when you arrive. Ask for our current options and pricing when you book your party. Prices range from $3.00 - $10.00/each
CANCELLATION OF REGISTRATION FOR CLASSES
A 50% refund will be given if cancellation is made more than 2 weeks before the class starting date. Classes are non-transferable. NO refunds will be given within 2 weeks of the class starting date. ANY changes in section, class type or level made after your registration is accepted will result in a $25.00 processing fee charged in addition to the course fee.

INCLEMENT WEATHER CANCELLATIONS
In case of inclement weather announcements will be made on our website, our registration hotline 848-445-8285, and we will make every attempt to contact you via phone.

MAKE-UP CLASSES
The schedule does not allow for make-up classes. If classes are cancelled due to inclement weather or a university closure, we will offer a prorated refund for that particular class or activity. Refunds are issued at the end of the each session only. Make-up lessons are NOT conducted for missed classes due to illness or scheduling conflicts.

ILLNESS OR INJURY
Refunds will be issued for illness or injury when it results in the loss of three or more consecutive class days AND is supported by a doctor’s note. An illness related refund request must be made within 30 days of the class ending date. Refunds will be pro-rated based on the number of missed classes. A maximum refund of 80% of the class fee paid will be issued for illness and injury related absences when it meets the above criteria. All requests will be processed at the discretion of the Program Director.

PARKING
Rutgers Department of Parking and Transportation controls and monitors the parking lots at Rutgers. ALL vehicles must display a valid parking permit when parked in any lot at Rutgers. Parking permits are issued on the first day of class. Parking permits may only be used in the assigned lot. Please obey all signs and markings and park only in marked stalls in designated areas. Parking is available in lot 76, located across the street (Dudley Road) for Cook patrons, or in lot 30 for College Avenue patrons. Lot 27 (these are the two closest rows to the building) of the College Ave Facility is only for Faculty and Staff that have been issued a specified permit. Patrons of New Horizons’ are not permitted to park here at any time.

Any ticket or summons issued is the responsibility of the vehicle owner or operator.
IN CASE OF INCLEMENT WEATHER

Announcements will be made on our website: rec.rutgers.edu/newhorizons

As well as on our registration hotline: 848-445-8285

Also, we will make every attempt to contact you via phone and e-mail.

NOTES:
Rutgers Recreation
Werblin Recreation Center
656 Bartholomew Road
Piscataway, NJ 08854-8003

RECRUTGERS.EDU/NEWHORIZONS  RURECNewHorizons

PROGRAM PERKS
Expert Instructors!
Low Instructor-Child Ratio!
A Fun Learning Environment!

SEE PAGE 2 FOR DETAILS.