

# NEW HORIZONS



FALL 2015

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



[recreation.rutgers.edu/nh](http://recreation.rutgers.edu/nh)



RURecNewHorizons

# NEW HORIZONS

## DEAR NEW HORIZONS PARENTS,

**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.

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### LOCATION ADDRESSES & DIRECTION LINKS

#### COLLEGE AVENUE GYM



130 College Avenue  
New Brunswick, NJ 08901  
848-932-8204  
[rec.rutgers.edu/cag\\_directions](http://rec.rutgers.edu/cag_directions)

#### COOK/DOUGLASS REC CENTER



50 Biel Road  
New Brunswick, NJ 08901  
848-932-8700  
[rec.rutgers.edu/cdr\\_directions](http://rec.rutgers.edu/cdr_directions)

# REGISTRATION BEGINS

## Wednesday, August 12<sup>th</sup>

### online or by phone

 **ONLINE** [rec.rutgers.edu/newhorizons](http://rec.rutgers.edu/newhorizons)

**Wednesday, August 12th, 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.

**Wednesday, August 12th, beginning at 7:00pm, 7:00-9:00pm ONLY.**

Payment by VISA or MasterCard is required for all phone registrations. Phone registrations will continue on August 13-14 from 12:00pm-6:00pm. Phone registrations will continue to be accepted during normal business hours provided openings in the classes remain.

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



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

**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](http://rec.rutgers.edu/newhorizons/nhresources.html)

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

# 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!  
**PREREQUISITE:** Child must be toilet trained.

## Eleven (11) 30-minute classes

**Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3021.105	Friday	3:45 – 4:15pm	Sep 18 - Dec 4	\$180

*Note: Classes will not meet Friday, November 27*

**Location:** Cook/Douglass Recreation Center

3021.106	Saturday	4:15 – 4:45pm	Sep 19 - Dec 5	\$180
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*Note: Classes will not meet Saturday, November 28*

**Location:** College Avenue Gym

3021.107	Sunday	2:00 – 2:30pm	Sep 20 -Dec 6	\$180
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*Note: Classes will not meet Sunday, November 29*

## SESSION ONE

### Twelve (12) 30-minute classes

**Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3021.101	Mon & Wed	4:15 – 4:45pm	Sep 14 - Oct 21	\$195
3021.102	Mon & Wed	8:00 – 8:30pm	Sep 14 - Oct 21	\$195
3021.103	Tues & Thurs	4:15 – 4:45pm	Sep 15 - Oct 22	\$195
3021.104	Tues & Thurs	8:00 – 8:30pm	Sep 15 - Oct 22	\$195

## SESSION TWO

### Twelve (12) 30-minute classes

**Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3021.201	Mon & Wed	4:15 – 4:45pm	Oct 26 - Dec 7	\$195
3021.202	Mon & Wed	8:00 – 8:30pm	Oct 26 - Dec 7	\$195

*Note: Classes will not meet Wednesday, November 25*

3021.203	Tues & Thurs	4:15 – 4:45pm	Oct 27 - Dec 10	\$195
3021.204	Tues & Thurs	8:00 – 8:30pm	Oct 27 - Dec 10	\$195

*Note: Classes will not meet Tuesday, November 10 and Thursday, November 26*

# 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.



## 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

### Eleven (11) 45-minute classes

Location: College Avenue Gym

Course #	Days	Times	Dates	Fee
3020.107	Friday	4:30 – 5:15pm	Sep 18 - Dec 4	\$180
3020.108	Friday	5:30 – 6:15pm	Sep 18 - Dec 4	\$180
3020.109	Friday	6:30 – 7:15pm	Sep 18 - Dec 4	\$180

Note: Classes will not meet Friday, November 27

Location: Cook/Douglass Recreation Center

3020.110	Friday	3:30 – 4:15pm	Sep 18 - Dec 4	\$180
3020.111	Friday	4:30 – 5:15pm	Sep 18 - Dec 4	\$180
3020.112	Friday	5:30 – 6:15pm	Sep 18 - Dec 4	\$180
3020.113	Friday	6:30 – 7:15pm	Sep 18 - Dec 4	\$180

Note: Classes will not meet Friday, November 27

### Eleven (11) 45-minute classes

Location: Cook/Douglass Recreation Center

3020.114	Saturday	12:15 - 1:00pm	Sep 19 - Dec 5	\$180
3020.115	Saturday	1:15 - 2:00am	Sep 19 - Dec 5	\$180
3020.116	Saturday	2:15 - 3:00pm	Sep 19 - Dec 5	\$180
3020.117	Saturday	3:15 - 4:00pm	Sep 19 - Dec 5	\$180

Note: Classes will not meet Saturday, November 28

**Eleven (11) 45-minute classes cont.****Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3020.118	Sunday	10:00 – 10:45am	Sep 20 - Dec 6	\$180
3020.119	Sunday	11:00 – 11:45am	Sep 20 - Dec 6	\$180
3020.120	Sunday	12:00 – 12:45pm	Sep 20 - Dec 6	\$180
3020.121	Sunday	1:00 – 1:45pm	Sep 20 - Dec 6	\$180

*Note: Classes will not meet Sunday, November 29***SESSION ONE****Twelve (12) 45-minute classes****Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3020.101	Mon & Wed	5:00-5:45pm	Sep 14 - Oct 21	\$195
3020.102	Mon & Wed	6:00-6:45pm	Sep 14 - Oct 21	\$195
3020.103	Mon & Wed	7:00-7:45pm	Sep 14 - Oct 21	\$195

**Location:** College Avenue Gym

3020.104	Tues & Thurs	5:00-5:45pm	Sep 15 - Oct 22	\$195
3020.105	Tues & Thurs	6:00-6:45pm	Sep 15 - Oct 22	\$195
3020.106	Tues & Thurs	7:00-7:45pm	Sep 15 - Oct 22	\$195

**SESSION TWO****Twelve (12) 45-minute classes****Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3020.201	Mon & Wed	5:00-5:45pm	Oct 26 - Dec 7	\$195
3020.202	Mon & Wed	6:00-6:45pm	Oct 26 - Dec 7	\$195
3020.203	Mon & Wed	7:00-7:45pm	Oct 26 - Dec 7	\$195

*Note: Classes will not meet Wednesday, November 25***Location:** College Avenue Gym

3020.204	Tues & Thurs	5:00-5:45pm	Oct 27 - Dec 10	\$195
3020.205	Tues & Thurs	6:00-6:45pm	Oct 27 - Dec 10	\$195
3020.206	Tues & Thurs	7:00-7:45pm	Oct 27 - Dec 10	\$195

*Note: Classes will not meet Tuesday, November 10 and Thursday, November 26*

# 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, backstroke and breaststroke, as well as 25 yards of butterfly. If participants are unable to complete the prerequisite, they will not be able to continue in the class. A full refund minus a \$25 processing fee will be given.



## SESSION ONE

### Twelve (12) 60-minute classes

**Location:** Cook/Douglass Recreation Center

Course #	Days & Times	Dates	Fee
3027.101	Mon & Wed 6:15 – 7:15pm	Sep 14 -Oct 21	\$225
3027.102	Mon & Wed 7:30 – 8:30pm	Sep 14 -Oct 21	\$225

**Location:** College Avenue Gym

3027.103	Mon & Wed 3:45 – 4:45pm	Sep 14 - Oct 21	\$225
3027.104	Mon & Wed 8:00 – 9:00pm	Sep 14 - Oct 21	\$225
3027.105	Tue & Thu 8:00 – 9:00pm	Sep 15 - Oct 22	\$225

## 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.



## SESSION TWO

**Location:** Cook/Douglass Recreation Center

Course #	Days & Times	Dates	Fee
3027.201	Mon & Wed 6:15 – 7:15pm	Oct 26 - Dec 7	\$225
3027.202	Mon & Wed 7:30 – 8:30pm	Oct 26 - Dec 7	\$225

*Note: Classes will not meet Wednesday, November 25*

**Location:** College Avenue Gym

3027.203	Mon & Wed 3:45 - 4:45pm	Oct 26 - Dec 7	\$225
3027.204	Mon & Wed 8:00 – 9:00pm	Oct 26 - Dec 7	\$225

*Note: Classes will not meet Wednesday, November 25*

3027.205	Tue & Thu 8:00 – 9:00pm	Oct 27 - Dec 10	\$225
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*Note: Classes will not meet Tuesday, November 10 and Thursday, November 26*

ages 13 - 17

## Teen Group Swim Lessons



### Eleven (11) 45-minute classes

**Location:** College Avenue Gym

Course #	Days	Times	Dates	Fee
3030.101	Sun	2:45 - 3:30pm	Sep 20 - Dec 6	\$180

*Note: Classes will not meet Sunday, November 29*

ages 6mos. - 3yrs

## Parent/Child Classes

Rutgers Recreation offers American Red Cross Parent Child Aquatics. This class is developed for children ages 6 months to 3 years. The goal of this class is to help young children get ready to swim by emphasizing fun in the water. Parents and children will experience instructor-guided classes that are geared to help children learn basic skills such as water entry, bubble blowing, kicking, and water exploration. Instructors will also work with parents to teach them how to best assist and supervise their child in aquatic environments.

### Twelve (12) 45-minute classes

**Location:** Cook/Douglass Recreation Center

Course #	Days	Times	Dates	Fee
3035.101	Sat	11:30am - 12pm	Sep 19 - Dec 5	\$195

*Note: Classes will not meet Saturday, November 28*

**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.

[rec.rutgers.edu/nh](http://rec.rutgers.edu/nh) | 848.445.8285 | [horizons@rutgers.edu](mailto:horizons@rutgers.edu)

# ROCK CLIMBING

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 hour sessions**

### Session #1

Mon & Wed      4:00 - 5:30pm  
Sep 21 - Oct 14    \$145  
3513.803

### Session #2

Mon & Wed      4:00 - 5:30pm  
Oct 26 - Nov 18    \$145  
3513.804



# FAMILY SWIM

## Location: Werblin Recreation Center

**WHEN:** 7:00 - 8:30pm beginning Friday, September 18th and ending Friday, December 4th.  
**Exception Dates:** Sept. 25, Oct. 16, Oct. 23, Nov. 6, Nov. 20, Nov. 27. (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.



**FIND US**  
— ON —  
**FACEBOOK**



**/RuRecNewHorizons**



# PARTIES

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 848-445-0462. 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 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.*

*Interested in adding paper products, movie projector, popcorn machine or a party assistant?*

*Call 848-445-0462 for availability & pricing.*



# POLICIES

## **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. You may not park in Lot 27 at the College Avenue Gym. Please obey all signs and markings and park only in marked stalls in designated areas.

**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](http://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.

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**NOTES:**

**RUTGERS**

Student Affairs

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

Non-Profit Org.  
U.S. Postage  
**PAID**  
New Brunswick, NJ  
Permit No. 157

[REC.RUTGERS.EDU/NEWHORIZONS](http://REC.RUTGERS.EDU/NEWHORIZONS)



[f](#) [RURecNewHorizons](#)

# PROGRAM PERKS

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

SEE PAGE 2 FOR DETAILS.

**FUN  
INSIDE  
REGISTRATION  
BEGINS  
AUG  
12<sup>TH</sup>**