NEW HORIZONS

SUMMER 2016

CONTENT
Pre-School Swimming
Group Swimming
Competitive Edge Swimming
Parent & Child Aquatics
Family Swim
Adventure Camp
Day Camp
Learn to Row

recreation.rutgers.edu/nh
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 and Facebook page (Rutgers Recreation New Horizons) 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
WEDNESDAY, MAY 11TH AT 7PM
*** online and by phone only ***

ONLINE  rec.rutgers.edu/newhorizons
Wednesday, May 11th, 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, or VISA. A confirmation email will be sent immediately after registration.

BY PHONE  Call 848-445-8285.
Wednesday, May 11th, beginning at 7:00pm, 7:00-9:00pm ONLY.
Payment by Visa, MasterCard, Amex is required for all phone registrations. Phone registrations will continue on May 12 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: Enrollment confirmations are sent via email immediately after registration. Please add us to your address book to ensure delivery. Directions, Waivers and Course Information Waivers and course information is available from our website at: rec.rutgers.edu/nh

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

rec.rutgers.edu/nh | 848.445.8285 | horizons@rutgers.edu
GROUP SWIM LESSONS
TEEN GROUP SWIM LESSONS
PRE-SCHOOL SWIM LESSONS
COMPETITIVE EDGE SWIM TRAINING
PARENT/CHILD AQUATICS
**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.

### Fifteen (15) 45-minute classes

**Location:** College Avenue Gym

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*Note: Classes will not meet Monday, July 4th*

**Location:** Cook/Douglass Rec Center

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### Sixteen (16) 45-minute classes

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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

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.

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**Location:** Cook/Douglass Rec Center

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**Sixteen (16) 45-minute classes**

**Location:** College Avenue Gym

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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.

### Pre-School Swim Lessons

#### Sixteen (16) 45-minute classes

*Location: College Avenue Gym*

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#### Fifteen (15) 30-minute classes

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*Location: Cook/Douglass Rec Center*

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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.

**Fifteen (15) 60-minute classes**

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**Location:** College Avenue Gym

**Fifteen (15) 30-minute classes**

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**Location:** Cook/Douglass Rec Center

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**Parent & Child Aquatics**

Rutgers Recreation offers American Red Cross Parent and 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.

**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.

**Fifteen (15) 30-minute classes**

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TRY-OUTS: Saturday, May 7th @ 10:30am OR Monday, May 9th @ 6:30pm* (Cook) Try-outs in advance are STRONGLY recommended for NEW swimmers. Participants MUST arrive by the start time to participate in the try-out. No late arrivals will be accepted.

*To register for a tryout session, please call (848) 445-8285.

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**ages 8 - 15**

**ages 6mo. - 3yrs**
Location: Werblin Recreation Center

WHEN: 7:00 - 8:30pm beginning Tuesday, June 7th and ending Tuesday, August 9th. Tuesday Evenings ONLY

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.
REGISTRATION AVAILABLE NOW!
camps.rutgers.edu

**Adventure Camp**
available from ages 11-14
Pre-Care and After-Care options are available for an additional fee

**Day Camp**
available from ages 5-11
Pre-Care and After-Care options are available for an additional fee

**Learn to Row Camp**
available from ages 13-16
The 2016 Adventure Camp Schedule will be bringing canoeing and kayaking back into the mix, and each week of camp will contain a combination of water days and dry-land activity off campus and around New Jersey. With surfing lessons every other week, campers will have a chance to get the adrenaline flowing on those laid back beach days. And what’s summer without visiting a water park! What if the weather turns? Well, we’ve got plenty of local options for indoor rainy day activity including log rolling and indoor canoe battleship! We may start the morning with a few rounds of laser tag, or visit the ice rink in Woodbridge.

**ADVENTURE CAMP IS OPEN TO CHILDREN FROM 11 TO 14 YEARS OF AGE. THE ADVENTURE STARTS EVERYDAY AT 8:30 AM. MOST DAYS, CHILDREN ARE BACK ON SITE BY 4 PM.**

camps.rutgers.edu

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<td>Week 2</td>
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<td>Week 3</td>
<td>July 11th - July 15th</td>
<td>$425</td>
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**Location:** Cook/Douglass Recreation Center  
**Hours:** 8:30am-4:30pm  
Pre Care available at  
7:30am: $9/day or $35/week  
After Care available until  
6:00pm: $10/day or $40/week  
Pre Care and After Care can be paid for at the first day of camp.

camps.rutgers.edu

**Camp Cancellation/Refund Policy:** If cancellation is made prior to April 15, 2016, a full refund, minus a $25 processing fee, will be made. Cancellations from April 16 - June 1, 2016 will receive a 50% refund. Cancellations after June 1, 2016 will receive NO refund.
Rutgers Recreation is anxious for New Horizons Day Camp 2016! We are excited that many of our old friends will join us again and eager to welcome some new friends along the way this summer. Our summer 2016 schedule will see the return of camper favorites like the Carnival, the Game Show Mania and the Color Games. As always, swim lessons and free swim are built into each day of camp and age-specific trips are offered weekly.

New Horizons Day Camp is proud to be accredited by the American Camp Association! We would love it if you told your friends about us (but do it after you have secured your enrollment). Our payment plan option allows you to divide your camp registration into 4 equal payments; 25% at your initial registration and 25% on each of the following dates: April 1, May 1 and June 3. We hope that these conveniences as well as running a quality program keep you coming back year after year.

**Week 1**
3900.101
June 27th – July 1st
Theme: Aloha Campers!
Special Event: Luau Carnival

**Week 2**
3900.102
July 5th - July 8th (off 7/4)
Theme: Holiday Hullabaloo
Special Event: None

**Week 3**
3900.103
July 11th - July 15th
Theme: To Infinity and Beyond…
Special Event: Magical Mystery

**Week 4**
3900.104
July 18th – July 22nd
Theme: It’s a Jungle Out There
Special Event: Wild Scavenger Hunt

**Week 5**
3900.105
July 25th – July 29th
Theme: Anything Goes
Special Event: Game Show Mania

**Week 6**
3900.106
August 1st - August 5th
Theme: Getting Dirty
Special Event: Messy Olympics

**Week 7**
3900.107
August 8th – August 12th
Theme: RU the Best of the Best
Special Event: Scarlet & Black Games

WEEK TRIPS: TBD
ALL trips are tentative and subject to change based on availability.

Location: Cook/Douglass Recreation Center
Hours: 8:30am-4:30pm
Pre Care available at 7:30am:$9/day or $35/week
After Care available until 6:00pm: $10/day or $40/week
Pre Care and After Care can be paid for at the first day of camp.

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The “learn to row” camp is an introductory program focusing on the basics of rowing technique. The class will learn to row on the Raritan River in the Rutgers Training Barge. As the students develop their skills, it is hoped that by the end of the camp, the class will graduate into racing shells. Each student will also learn the proper use of the indoor rowing ergometer, and learn about flexibility and training for strength. Videos of top college and International/Olympic rowing will be viewed, as well as videos of the class for analysis. Lessons in flexibility and training activities for general fitness will also be included. Rowing is the ultimate team sport, and teamwork will always be emphasized. It is required that everyone be a competent swimmer.

Session I
3600.100
Aug. 29th - Sept. 2nd
Location:
Class of 1914 Boathouse
Hours: 9:30am - 12:00pm
Ages: 13-16
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 the event of inclement weather, announcements will be made on our Facebook page. We will also attempt to call and / or email you.

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 Facebook page: FB: RuRecNewHorizons
Also, we will make every attempt to contact you via phone and e-mail.
BIRTHDAY PARTIES

THE ULTIMATE IN BIRTHDAY FUN!
WITH THREE PACKAGES TO CHOOSE FROM, THERE’S SOMETHING FOR EVERY AGE GROUP AND INTEREST.

• POOL PARTIES
• ROCK CLIMBING PARTIES
• SPECIAL OCCASIONS

848.445.0462 • REC.RUTGERS.EDU/BIRTHDAYS
Rutgers Recreation
Werblin Recreation Center
656 Bartholomew Road
Piscataway, NJ 08854-8003

rec.rutgers.edu/newhorizons

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

See page 2 for details.