

NEW HORIZONS

SPRING 2018

ONLINE REGISTRATION BEGINS:
DECEMBER 13TH @ 7:00PM

REC.RUTGERS.EDU/NH



[RuRecNewHorizons](https://www.facebook.com/RuRecNewHorizons)



- **Parent & Child Aquatics** (6 mos - 3 yrs)
- **Group Swim** (5-12 yrs)
- **Competitive Edge** (8-15 yrs)
- **Pre-School** (3-5 yrs)
- **Teen Group** (13-17 yrs)
- **Snorkeling** * **NEW**

NEW HORIZONS

REGISTER

// ONLINE REGISTRATION BEGINS **DECEMBER 13TH AT 7:00PM** AT REC.RUTGERS.EDU/NH

// PHONE ASSISTANCE AVAILABLE ON **DECEMBER 13TH • 7 - 8:30PM**
AND **DECEMBER 14TH • 12 - 4PM** AT (848) 445-8285

ABOUT US:

RECREATION.RUTGERS.EDU/NH
HORIZONS@RUTGERS.EDU
(848) 445-8285

INCLEMENT WEATHER CANCELLATIONS

If programs are cancelled, the information will be posted on Facebook. Every attempt will be made to contact you via email and 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 you a prorated refund for that particular class or activity. Refunds are issued at the end of each session only. Make-up lessons are NOT conducted for missed classes due to illness or scheduling conflicts.

CANCELLATION/CHANGE REQUEST POLICY

Once registration is completed, any change in section or class type will incur a \$25.00 fee in addition to the course fee. Classes are non-transferable. Cancellations prior to 2 weeks of the start date will incur a \$25.00 fee. NO refunds will be given within 2 weeks of the class start date.

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 prorated 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. Please be prepared to provide your License Plate number. Parking permits may only be used in the assigned lot.

At College Avenue participants may park in Lot 30. 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.

At The Cook Douglass Recreation Center participants may park in Lot 76, located across the street (Dudley Road).

Any ticket or summons issued is the responsibility of the vehicle owner or operator.

GROUP SWIM LESSONS 5-12 years

Children from 5 to 12 years old will learn to swim or refine their strokes. Instruction in swimming and water safety is complemented by games to provide a positive swimming experience. Children are evaluated during the first lesson and placed into groups based upon their ability.

LOCATION: COLLEGE AVENUE GYM // 130 COLLEGE AVENUE, NEW BRUNSWICK, NJ 08901

3020.309	Sunday	10:15-11:00am	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
3020.310	Sunday	11:15am-12:00pm	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
3020.311	Sunday	12:15-1:00pm	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
3020.312	Sunday	1:15-2:00pm	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
3020.313	Mon & Wed	4:00-4:45pm	Jan. 29 - Mar. 7	\$205
3020.314	Mon & Wed	5:00-5:45pm	Jan. 29 - Mar. 7	\$205
3020.315	Mon & Wed	6:00-6:45pm	Jan. 29 - Mar. 7	\$205
3020.316	Mon & Wed	7:00-7:45pm	Jan. 29 - Mar. 7	\$205
3020.317	Tues & Thurs	4:00-4:45pm	Jan. 30 - Mar. 8	\$205
3020.318	Tues & Thurs	5:00-5:45pm	Jan. 30 - Mar. 8	\$205
3020.319	Tues & Thurs	6:00-6:45pm	Jan. 30 - Mar. 8	\$205
3020.320	Tues & Thurs	7:00-7:45pm	Jan. 30 - Mar. 8	\$205
3020.401	Mon & Wed	4:00-4:45pm	Mar. 19 - Apr. 25	\$205
3020.402	Mon & Wed	5:00-5:45pm	Mar. 19 - Apr. 25	\$205
3020.403	Mon & Wed	6:00-6:45pm	Mar. 19 - Apr. 25	\$205
3020.404	Mon & Wed	7:00-7:45pm	Mar. 19 - Apr. 25	\$205
3020.405	Tues & Thurs	4:00-4:45pm	Mar. 20 - Apr. 26	\$205
3020.406	Tues & Thurs	5:00-5:45pm	Mar. 20 - Apr. 26	\$205
3020.407	Tues & Thurs	6:00-6:45pm	Mar. 20 - Apr. 26	\$205
3020.408	Tues & Thurs	7:00-7:45pm	Mar. 20 - Apr. 26	\$205

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3020.301	Friday	3:30-4:15pm	Jan. 26 - Apr. 27 (closed 3/9, 3/16, 3/30)	\$190
3020.302	Friday	4:30-5:15pm	Jan. 26 - Apr. 27 (closed 3/9, 3/16, 3/30)	\$190
3020.303	Friday	5:30-6:15pm	Jan. 26 - Apr. 27 (closed 3/9, 3/16, 3/30)	\$190
3020.304	Friday	6:30-7:15pm	Jan. 26 - Apr. 27 (closed 3/9, 3/16, 3/30)	\$190
3020.305	Saturday	10:15-11:00am	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190
3020.306	Saturday	11:15am-12:00pm	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190
3020.307	Saturday	12:15-1:00pm	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190
3020.308	Saturday	1:15-2:00pm	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190

SNORKELING 5-12 years

Snorkeling is making breath-hold dives to observe aquatic life, up close and personal. It's a great way to explore the underwater world. This course teaches you how to enjoy watching life below the surface and comfortably venture underwater for short visits, whether you dive in a local freshwater lake or the big blue ocean, at home or on vacation.

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3025.301	Saturday	9:15-10:00am	Feb. 3 - Mar. 3	\$80
3025.401	Saturday	9:15-10:00am	Mar. 24 - Apr. 28 (except 3/31)	\$80

TEEN SWIM LESSONS 13-17 years

Participants ages 13 to 17 years old will learn to swim or refine their strokes. Instruction in swimming and water safety is complemented by games to provide a positive swimming experience. Swimmers are evaluated during the first lesson and placed into groups based upon their ability.

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3030.301	Saturday	2:15-3:00pm	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190
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LOCATION: COLLEGE AVENUE GYM // 130 COLLEGE AVENUE, NEW BRUNSWICK, NJ 08901

3030.302	Sunday	2:15-3:00pm	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
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COMPETITIVE EDGE 8-15 years

This program prepares children 8 to 15 years for competitive swimming. Practice focuses on competitive strokes, starts, and turns. **PRE-REQUISITE:** Swim a minimum of 50 yards of front crawl, backstroke, breaststroke, and butterfly as well as a 100 IM.

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3027.301	Mon & Wed	6:15-7:15pm	Jan. 29 - Mar. 7	\$235
3027.302	Mon & Wed	7:30-8:30pm	Jan. 29 - Mar. 7	\$235
3027.401	Mon & Wed	6:15-7:15pm	Mar. 19 - Apr. 25	\$235
3027.402	Mon & Wed	7:30-8:30pm	Mar. 19 - Apr. 25	\$235

LOCATION: COLLEGE AVENUE GYM // 130 COLLEGE AVENUE, NEW BRUNSWICK, NJ 08901

3027.303	Mon & Wed	8:00-9:00pm	Jan. 29 - Mar. 7	\$235
3027.304	Tues & Thurs	8:00-9:00pm	Jan. 30 - Mar. 8	\$235
3027.403	Mon & Wed	8:00-9:00pm	Mar. 19 - Apr. 25	\$235
3027.404	Tues & Thurs	8:00-9:00pm	Mar. 20 - Apr. 26	\$235

Try-Outs are required for participants NEW to the Competitive Edge Program. If you have missed the try-out period, try-outs will be held on the first day of the session. If it is determined that your child is not ready for the program, you will receive a full refund minus a \$25.00 processing fee.

Try-Out BEFORE Registration:
 // Wednesday, December 6th at 5:00pm @ Cook Douglass Recreation Center
 // Friday, December 8th at 7:30pm @ College Avenue

TO SIGN UP FOR A TRY-OUT email: horizons@rutgers.edu
 Please include: Child's Name, Age, and Contact Phone number.
 You will receive a confirmation email.

PARENT & CHILD 6 months-3 years

This class is for children ages 6 months to 3 years of age. 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. Parents are required to be in the water with their children at all times. **PREREQUISITE:** Child must either be potty trained or in a swimmy diaper, plastic diaper cover and bathing suit to participate.

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3035.301	Saturday	9:30-10:00am	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190
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PRE-SCHOOL 3-5 years

Small group swim lessons for ages 3-5 years old. The purpose of the program is to promote water safety knowledge and practices, aquatics adjustment and swimming readiness skills, fun and enjoyment in the water. Ratio is 3:1. **PREREQUISITE:** Child must be toilet trained.

LOCATION: COLLEGE AVENUE GYM // 130 COLLEGE AVENUE, NEW BRUNSWICK, NJ 08901

3021.303	Sunday	9:30-10:00am	Jan. 28 - Apr. 29 (closed 3/11, 3/18, 4/1)	\$190
3021.304	Mon & Wed	4:15-4:45pm	Jan. 29 - Mar. 7	\$205
3021.305	Mon & Wed	8:00-8:30pm	Jan. 29 - Mar. 7	\$205
3021.306	Tues & Thurs	4:15-4:45pm	Jan. 30 - Mar. 8	\$205
3021.307	Tues & Thurs	8:00-8:30pm	Jan. 30 - Mar. 8	\$205
3021.401	Mon & Wed	4:15-4:45pm	Mar. 19 - Apr. 25	\$205
3021.402	Mon & Wed	8:00-8:30pm	Mar. 19 - Apr. 25	\$205
3021.403	Tues & Thurs	4:15-4:45pm	Mar. 20 - Apr. 26	\$205
3021.404	Tues & Thurs	8:00-8:30pm	Mar. 20 - Apr. 26	\$205

LOCATION: COOK/DOUGLASS RECREATION CENTER // 50 BIEL ROAD, NEW BRUNSWICK, NJ 08901

3021.301	Friday	2:45-3:15pm	Jan. 26 - Apr. 27 (closed 3/9, 3/16, 3/30)	\$190
3021.302	Saturday	3:15-3:45pm	Jan. 27 - Apr. 28 (closed 3/10, 3/17, 3/31)	\$190

CHILDREN'S CLIMBING CLASSES 7-13 years

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.

LOCATION: COLLEGE AVENUE GYM // 130 COLLEGE AVENUE, NEW BRUNSWICK, NJ 08901

3513.302	Mon & Wed	4:00 - 5:30pm	Feb. 5 - Feb. 28	\$165
3513.403	Mon & Wed	4:00 - 5:30pm	Mar. 19 - Apr. 11	\$165