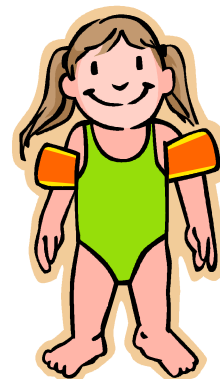




Heart of NJ Girl Scouts  
**ROSELLE GIRL SCOUTS**  
**Holiday Caroling**



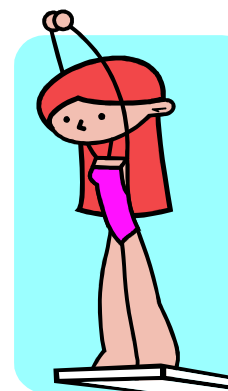
All Daisy Brownie, Junior, Cadette, Senior, & Ambassador Girl Scouts are invited to a Swim Night held by the Roselle Girl Scout Community.

**WHEN:** Saturday January 23<sup>rd</sup>, 2010  
6:00 PM – 8:00 PM

**WHO:** Brownie, Junior, Cadette, Senior, & Ambassador Girl Scouts (Daisy Girl Scouts may go if they have an adult in the pool with them.)

**WHERE:** Centennial Avenue Indoor Pool  
401 Centennial Ave.  
Cranford, New Jersey

**COST:** Includes: swimming session and activity patch  
\$6.00 PER GIRL if fee received by 12/23  
\$7.00 PER GIRL – at pool door  
\*\*\* Parents may swim for free. \*\*\*



Please RSVP by Dec. 12<sup>th</sup> at Caroling - Pwillow220@aol.com  
This event is limited to 120 girls  
First Come – First In  
Event Open to Troops outside Roselle



# LEADER'S INFO

## SWIM NIGHT

Swim night is Saturday JANUARY 23, 2010  
6:00 PM – 8:00 PM

At Centennial Avenue Indoor Pool  
401 Centennial Ave.  
Cranford, New Jersey

Directions are on back.

The cost is \$6.00 PER GIRL if fee received by Dec.12, 2009, \$7.00 PER GIRL – after 12/17 or at pool door – girls may pay at the door.

\*\*\* Parents swim for free. \*\*\*

All girls must be out of the building facility by 8:00 PM. Please ask parents to pick their child up by 7:45 PM.

Leader's – you are to collect and keep all Permission forms, bring these, along with your emergency contact cards, with you (or with an assigned parent) the night of the event. DO NOT TURN THESE IN.

- ◆ Bathing caps are suggested required but not required.
- ◆ Girls are responsible for bringing their own towels.
- ◆ The pool is a heated indoor pool, it will have the deep end roped off, and only secure swimmers should enter the deep end.
- ◆ Flotation boards and noodles are available, these should be returned to racks when through.

All girls should arrive with their bathing suits on under their clothes and bring underwear to wear home.

In order to ease crowding in the locker room, the following times should be followed;

Brownie Girl Scouts should arrive by 6:00 PM.  
They should enter the pool by 6:15 and exit the pool by 7:15.

Junior Girl Scouts should arrive by 6:00 PM.  
They should enter the pool by 6:15 and exit the pool by 7:25.

Cadette, Senior and Ambassador Scouts should arrive by 6:15 PM.  
They should enter the pool by 6:30 and exit the pool by 7:35.

Daisy Girl Scouts may go swimming only if they have a Parent with them in the pool. Arrive at pool at 6:00 PM.  
They should enter the pool by 6:15 and exit the pool by 7:00.

**The girls will be leaving the facility with wet hair, please emphasize that they wear warm clothes, coats and hats!**

**SAFETY WISE  
\*\*\* WATCHERS \*\*\***

**Every troop should provide one adult watcher for every 5 girls.**  
The watchers should remain spread out around the pool and watching the swimmers, not talking or sitting in the bleachers.

The Service project for this event is Care Boxes, small troops should each bring one, larger troops we are requesting two. Suggestions for Care Boxes are listed below.



## Driving Directions

Take West 1<sup>st</sup> Ave towards Cranford,  
Just after going under the Parkway, take the next left  
On to Lincoln Ave, at traffic light (not blinking light),  
Make a left onto Centennial Ave.  
At second traffic light, make a left into the Sports complex,  
pool located at end of drive, parking lot on left.

OR

Take North Wood Ave to Myrtle St. at end make a  
Left on to Centennial, make next left (at light) in to the Sports  
complex, pool located at end of drive, parking lot on left.

OR

Take Raritan Rd towards Winfield Circle, at light make  
Right on to Centennial Ave.  
At 4<sup>th</sup> traffic light, make a right in to Sports complex, pool  
located at end of drive, parking lot on left.

# CARE BOX SUGGESTIONS

Care boxes contain personal care or hygiene products. They may be generic or gender, or age specific, for example; for a man, a woman, a teen or a child.

Possible Suggestions (but not limitations)

Shampoo  
Conditioner  
Other hair care products  
Toothbrush  
Toothpaste  
Floss  
Mouthwash  
Comb  
Brush  
Soap (bar or liquid)  
Deodorant  
Shave cream  
Razors  
Lotion  
Washcloth  
Towel

These may be put in a shoebox – possibly decorated, or a plastic reusable box. If your troop's box is specific, please mark with who the box is for and your troop number.