

SWIM LESSONS

Tot & Parent Swim

6 months - 3yrs old

This class is based on the American Red Cross Infant and Preschool aquatics program designed to help young children become comfortable in and around the water so they are ready to learn to swim. This program is not designed to teach children to become good swimmers or even survive in the water on their own. The program requires a parent or guardian to accompany each child in the pool. Class Size is limited to 20.

Saturday 9:45am - 10:30am

8 Weeks - \$75

Swim Lessons

4 to 6 years old

Using beginner skill levels of the American Red Cross Children Learn to Swim Program, this class is taught in a small group setting without parent. Class size is limited to six children per instructor. A parent or guardian must be on the pool deck during lesson.

Tuesday 4pm - 4:45pm

Thursday 4pm - 4:45pm

Saturday 9am - 9:45am

4 - 6 lessons are full for fall.

Swim Lessons

7 to 12 years old

American Red Cross based swimming instruction for the beginner through advanced levels that will improve individual proficiency. Class size is limited to 8 children per instructor. A parent or guardian must be on the pool deck during lesson.

Tuesday 4:45pm - 5:30pm

Thursday 4:45pm - 5:30pm

Saturday 10:30am - 11:15am

8 Weeks - \$75

Adult Swim Lessons

13 & older

American Red Cross based swimming instruction for the beginner through advanced levels that will improve individual proficiency. Class size is limited to 12 per instructor.

Wednesday 5:30pm - 6:30pm

Saturday 11:15am - 12pm

8 Weeks - \$75

AQUATICS

Wellness Water Aerobics

Adults

An aquatic class for people who need PAIN FREE exercise with support from water allowing easier movement and balance. Great for arthritis, musculoskeletal concerns and balance problems. Class will focus on range of movement, muscle endurance, muscle strength, balance, flexibility, and aerobic capacity. Class size is limited to 25.

Thursday 6:30pm - 7:30pm

\$5 per visit

Aqua Cardio Pump

Adults

Challenge yourself with a unique blend of non-stop intense cardio combinations that develop inner strength & muscle tone for the entire body. Please bring water shoes. Class size is limited to 25.

Tuesday 6:15pm - 7:15pm

\$5 per visit

Aqua Yoga

Adults

There are many benefits to practicing yoga in the water - water helps support the body, easing wear & tear on the joints. In addition to offering support, water also adds resistance which helps build strength while stretching & lubricating the joints. There is nothing like floating in water for spiritual healing. Class size is limited to 25.

Tuesday 5:30pm - 6:15pm

Thursday 5:30pm - 6:30pm

\$5 per visit

*We want your feedback!
Please send your suggestions,
comments or concerns to
the Cape May City
Recreation Department at
recdept@capemaycity.com or
call us at 609-884-9565.*

OPEN PROGRAMS

Adult Lap Swim & Water Walking

Adults

Come swim laps and walk in the water using the natural resistance of the water to gently build muscles tone and cardio health. Class size is limited to 40.

Monday 6:30pm - 8:00pm

Friday 5:30pm - 6:30pm

\$5 per visit

Senior Swim - 50 & older

Enjoy 90 minutes of swimming & socializing in the beautiful indoor heated pool. Must be 50 or older to attend. Class size is limited to 40.

Monday 4pm - 5:30pm

Wednesday 4pm - 5:30pm

Friday 4pm - 5:30pm

\$2 per visit

Family Swim

Parents and children may enjoy the heated indoor pool. All children must be accompanied by their parent or guardian. Any family with over 4 children must be supervised by both parents or two adults. Class size limited to 40.

Friday 6:30pm - 8:30pm

Saturday 12:15 - 2:30pm

\$5 per visit per person

PAYMENT INFORMATION

Return registration forms to Cape May Convention Hall located at 714 Beach Avenue in Cape May.

Please make checks payable to City of Cape May.

For more information, please call Cape May Recreation at 609-884-9565 or email recdept@capemaycity.com.

PUNCH CARDS AVAILABLE!

Aquatic Programs Punch Card
Purchase 20 classes get 2 free - \$100

Senior Swim Punch Card
Purchase 20 classes get 2 free - \$40

All punch cards available for purchase at Convention Hall and the CME Pool during pool hours.

SWIM LESSONS REGISTRATION

Swimmers Name:

DOB

Age

Gender

PLEASE CIRCLE THE CLASS FOR REGISTRATION

TOT & PARENT
SWIM

SWIM LESSON
4 TO 6

SWIM LESSON
7 TO 12

SWIM LESSON
13 & OLDER

Phone #

E-Mail:

Address:

City:

State:

Zip:

Emergency Contact Name & Phone Number:

Waiver for Participant: In consideration of accepting my/my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the City of Cape May, USCG or school districts and it's representatives, successors and assigns for any and all injuries suffered by my child at any activity sponsored by these groups.

Signature:

Date:

Fee Included:

Notes:

POOL RULES

Welcome to the Cape May City Elementary School Pool.
Please observe the following rules:

- Enter pool area through locker rooms only.
- Persons using the pool are not permitted in other areas of the school.
- All bathers must shower before entering the pool.
- Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges, or any other communicable disease shall be denied admission.
- Any person with excessive sunburn, open blisters, cuts, or bandages shall be denied admission.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
- All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water.
- Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
- Bottles, glass and other hazardous objects are prohibited within the pool area or bathroom facilities.
- All children in the pool area must have adult supervision.
- No person shall bring or throw into the pool, walkways, aisles, or locker rooms, any object that may in any way endanger the safety of any person.
- NO DIVING is permitted into the pool.
- No running in the pool or locker room areas.
- No rough play is permitted in the pool area except for supervised water sports.
- Any person suspected of being under the influence of alcohol or drugs is prohibited from entering the pool.
- Consumption of food or beverages in the swimming pool is forbidden.
- All animals with the exception of guide animals for the handicapped are prohibited from entering the pool area.
- Absolutely no smoking anywhere in this building or on these grounds.

Failure to obey directions from the lifeguard on duty will result in removal from the pool.

NOTICE



**CAMERAS AND
CELL PHONES ARE
PROHIBITED IN THE
LOCKER ROOMS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Senior Swim 50 & older 4 - 5:30pm	Swim Lessons ages 4 to 6 4 - 4:45pm	Senior Swim 50 & older 4 - 5:30pm	Swim Lessons ages 4 to 6 4 - 4:45pm	Senior Swim 50 & older 4 - 5:30pm	Swim Lessons ages 4 to 6 9 - 9:45am
CLOSED	Waves Swim Team practice 5:30 - 6:30pm	Swim Lessons ages 7 - 12 4:45 - 5:30pm	Adult Swim Lessons ages 13 & older 5:30 - 6:30pm	Swim Lessons ages 7 - 12 4:45 - 5:30pm	Adult Lap Swimming & water walking 5:30 - 6:30pm	Tot & Parent swim 6 mos - 3 years 9:45 - 10:30am
CLOSED	Adult Lap swimming & water walking 6:30 - 8pm	Aqua Yoga 5:30 - 6:15pm	Waves Swim Team practice 6:30 - 8:30pm	Aqua Yoga 5:30 - 6:30pm	Family Swim 6:30 - 8:30pm	Swim Lessons ages 7 - 12 10:30-11:15am
CLOSED		Aqua Cardio Pump 6:15 - 7:15pm		Wellness Water Aerobics 6:30 - 7:30pm		Adult Swim Lessons ages 13 & older 11:15am - 12pm
CLOSED						Family Swim 12:15 - 2:30pm

Cape May Recreation



CLASSES HELD AT THE CAPE MAY CITY
ELEMENTARY SCHOOL POOL
921 LAFAYETTE ST.
CAPE MAY, NJ

DISCOVERCAPEMAYNJ.COM
609-884-9565

