



2017 Camp Cape May  
Ages 4-12

Kiwanis Park

Sponsored by

Kiwanis Club of Cape May

June 19 - August 11

Call 609•884•9565

Visit [DiscoverCapeMayNJ.com](http://DiscoverCapeMayNJ.com)



**Spring  
Stroke & Conditioning Clinics  
April 4 - May 26 2017**



THE CITY OF CAPE MAY DEPARTMENT OF TOURISM, RECREATION,

AND CIVIC AFFAIRS AT:

(609) 884-9565

[DISCOVERCAPEMAYNJ.COM](http://DISCOVERCAPEMAYNJ.COM)

[RECDEPT@CAPEMAYCITY.COM](mailto:RECDEPT@CAPEMAYCITY.COM)

**CHECK OUT OUR WEBSITE!**  
[WWW.DISCOVERCAPEMAYNJ.COM](http://WWW.DISCOVERCAPEMAYNJ.COM)

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**2017 Waves Spring Clinic Registration Form**

Swimmers Name		DOB Month/Day/Year	Age
Parents Names		DOB Month/day/year	
<i>Please list any additional persons that may pick up/drop off at USCG. Include Full Name &amp; DOB</i>			
Home Phone	Cell Phone	Email	
Address			
City		State	Zip
<b>CIRCLE YOUR PROGRAM/S OF CHOICE</b>			
BEGINNER SPRING CONDITIONING		ADVANCED SPRING CONDITIONING	
<p><b>Waiver for Participant:</b> In consideration of accepting my/my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Cape May or school district and its representatives, successors and assigns for any and all injuries suffered by my child at any activity sponsored by these groups.</p>			
Signature:		Date:	Fee:

**All checks are payable to the City of Cape May.** Please drop off payment and registration form to Convention Hall at 714 Beach Ave. or mail to Cape May Recreation, 643 Washington Street, Cape May, NJ 08204. For more information, please call us at (609) 884-9565 or e-mail [recdept@capemaycity.com](mailto:recdept@capemaycity.com).

**PLEASE NOTE: REGISTRATION & PAYMENT MUST BE RECEIVED BY FRIDAY, MARCH 31 IN ORDER TO GET ONTO THE USCG BASE. DRIVER MUST SHOW LICENSE AND ALL ADULTS IN CAR MUST HAVE VALID IDENTIFICATION.**

 **Beginner Swimmer Spring Conditioning Clinic \$70**

(Age 5 and older)

- 4:30pm to 5:45pm every Tuesday and Thursday in April
- 4:30pm to 5:45pm every Tuesday, Thursday & Friday in May

***NOTE: Beginner Swim Clinic is a conditioning clinic. Swimmers must already be able to swim in order to take the Beginner Clinic.***

 **Advanced Swimmer Spring Conditioning Clinic \$70**

- 4:30pm to 5:45pm every Tuesday and Thursday in April
- 4:30pm to 5:45pm every Tuesday, Thursday & Friday in May

***NOTE: Advanced Swim Clinic is for swimmers who have competitive swimming experience.***

**\*ALL SWIMMERS: Please have Fins & Goggles for Clinics. Visit [Swimoutlet.com](http://Swimoutlet.com)\***

**Spring Clinic Dates: April 4th - May 26th**

***NO PRACTICE May 2, 4 & 5***

*All Practices take place at:*

**US COAST GUARD BASE POOL**

**1 Munroe Avenue, Cape May, NJ 08204**

**Upcoming Cape May Waves Swim Team Programs**

 **Beginner Swimmer Summer Conditioning Clinic \$70**

(Age 5 and older)

June 13th to August 10th from 4:30pm to 5:45pm at USCG Base  
Every Tuesday and Thursday

 **Advanced Swimmer Summer Conditioning Clinic \$120**

June 12th to August 11th from 4:30pm to 5:45pm at USCG Base  
Every Monday, Tuesday, Thursday and Friday

***NO PRACTICE July 3rd & 4th***

 **Cape May Waves Swim Team \$370**

Late-September through February 2018. The award winning Cape May Waves Swim Team practices 5 days a week at the USCG pool, or at the Crest Haven Special Services Pool. Designed for beginner through advanced levels, the team encourages participants to develop into the best swimmers they can be by focusing on individual needs.