

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

*At the CME Pool during pool hours.
Cash or check only.*

AQUATICS

Adult Aqua Cardio Pump

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 8:30am-9:15am
\$5 per visit

Adult Aqua Yoga

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.

Thursday 8:30am-9:15am
\$5 per visit



**American
Red Cross**

OPEN PROGRAMS

Adult Lap Swim & Water Walking

Come swim laps or 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, Weds & Fri 8am-8:45am
Tues, Weds & Thurs 5pm-6pm
\$5 per visit

Senior Swim - 50 & older

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

Monday, Weds & Fri 8:45am-9:30am
Tuesday, Weds & Thurs 4pm-5pm
\$2 per visit

Family Swim

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

Tuesday & Thursday 6pm-7pm
\$5 per visit per person
Ages 2 & Under Free

"LAND" GROUP FITNESS CLASSES!

Check out our group fitness classes held seven days a week including:
Yoga on the Beach (Morning & Sunset),
Beach Tai Chi, Zumba,
Zumba Toning, Jazz Aerobics,
& Cardio Pump
All classes \$5

*For more info visit DiscoverCapeMayNJ.com,
visit Cape May Convention Hall—714 Beach Avenue,
or call 609-884-9565.*

Cape May Recreation



**2018 END OF SUMMER SESSIONS:
MONDAY, AUGUST 20 - FRIDAY, AUGUST 31**

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

DISCOVERCAPEMAYNJ.COM
RECDEPT@CAPEMAYCITY.COM
609-884-9565



2018 END OF SUMMER: MONDAY, AUGUST 20 - FRIDAY, AUGUST 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Adult Lap Swim & Water Walking 8:00-8:45 am		Adult Lap Swim & Water Walking 8:00-8:45 am		Adult Lap Swim & Water Walking 8:00-8:45 am	CLOSED
CLOSED	Senior Swim 50 & older 8:45-9:30 am	Aqua Cardio Pump 8:30-9:15 am	Senior Swim 50 & older 8:45-9:30 am	Aqua Yoga 8:30-9:15 am	Senior Swim 50 & older 8:45-9:30 am	CLOSED
CLOSED		Senior Swim 50 & older 4:00-5:00 pm	Senior Swim 50 & older 4:00-5:00 pm	Senior Swim 50 & older 4:00-5:00 pm		CLOSED
CLOSED		Adult Lap Swim & Water Walking 5:00-6:00pm	Adult Lap Swim & Water Walking 5:00-6:00pm	Adult Lap Swim & Water Walking 5:00-6:00pm		CLOSED
CLOSED		Family Swim 6:00-7:00pm		Family Swim 6:00-7:00pm		CLOSED