

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

SWIM LESSONS

Tot & Parent Swim
6 months - 3yrs old
8 Weeks - \$75

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

Level 1 & 2 Swim Lessons
(Ages 4 - 6)
8 Weeks - \$75

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.**

GROUP 1: Tuesday 4pm - 4:45pm
Thursday 4pm - 4:45pm
OR

GROUP 2: Saturday 9am - 9:45am

Intro To Waves Swim Team Clinic
8 Weeks - \$75

Open to 4, 5 & 6 year olds who can swim the width of the pool on top & under the water unassisted. All four competitive strokes and starts will be introduced. This will serve as a feeder program into the Cape May Waves Swim Team. **Limited to 12 swimmers.**
Monday 6pm - 7pm
Wednesday 6:45 - 7:45pm

Level 3,4 & 5 Swim Lessons

(Ages 7 - 12)
8 Weeks - \$75

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.**

GROUP 1: Tuesday 4:45pm - 5:30pm
Thursday 4:45pm - 5:30pm
OR

GROUP 2: Saturday 10:30am - 11:15am

Adult Swim Lessons

13 & older
8 Weeks - \$75

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

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 6:30pm - 7:30pm
\$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 - 6:30pm
Thursday 5:30pm - 6:30pm
\$5 per visit

OPEN PROGRAMS

Adult Lap Swim & Water Walking

Adults

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 7:15pm - 8:15pm
Friday 5:30pm - 6:30pm
Saturday 11:15am - 12:15pm
\$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
Ages 2 & Under Free

SWIM LESSONS REGISTRATION

Swimmer's Name:

Parent's Names:

DOB

Age

Gender

PLEASE CIRCLE THE CLASS & GROUP FOR REGISTRATION

TOT & PARENT SWIM	LEVEL 1 & 2 (AGES 4 - 6) GROUP 1 OR GROUP 2	INTRO TO WAVES SWIM TEAM CLINIC (AGES 4 - 6)	LEVEL 3, 4 & 5 (AGES 7 - 12) GROUP 1 OR GROUP 2	ADULT SWIM LESSON 13 & OLDER
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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, waiver 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:

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.

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 Level 1 & 2 Ages 4 - 6 4 - 4:45pm Group 1	Senior Swim 50 & older 4 - 5:30pm	Swim Lessons Level 1 & 2 ages 4 to 6 4 - 4:45pm Group 1	Senior Swim 50 & older 4 - 5:30pm	Swim Lessons Level 1 & 2 ages 4 to 6 9 - 9:45am Group 2
CLOSED	Intro to Waves Swim Team Ages 4 - 6 6 - 7pm	Swim Lessons Level 3, 4 & 5 Ages 7 - 12 4:45 - 5:30pm Group 1	Adult Swim lessons 5:30 - 6:30pm	Swim Lessons Level 3, 4 & 5 ages 7 - 12 4:45 - 5:30pm Group 1	Adult Lap Swim & Water Walking 5:30 - 6:30pm	Tot & Parent swim lessons 6mos - 3years 9:45 - 10:30am
CLOSED	Adult Lap Swim & Water Walking 7:15 - 8:15pm	Aqua Yoga 5:30 - 6:30pm	Intro to Waves Swim Team Ages 4 - 6 & Spring Clinic 6:45 - 8:30pm	Aqua Yoga 5:30 - 6:30pm	Family Swim 6:30 - 8:30pm	Swim Lessons Level 3, 4 & 5 ages 7 - 12 10:30-11:15am Group 2
CLOSED		Aqua Cardio Pump 6:30 - 7:30pm		Wellness Water Aerobics 6:30 - 7:30pm		Adult Lap Swim & Water Walking 11:15am - 12:15pm
CLOSED						Family Swim 12:15 - 2:30pm

Cape May Recreation



2018 WINTER/SPRING SESSION PROGRAMS:

MONDAY, MARCH 5 - SATURDAY MAY 5

POOL CLOSED MARCH 30 - APRIL 8

CLASSES HELD AT THE CAPE MAY CITY

ELEMENTARY SCHOOL POOL

921 LAFAYETTE ST.

CAPE MAY, NJ

DISCOVERCAPEMAYNJ.COM

RECDEPT@CAPEMAYCITY.COM

609-884-9565

