

## 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



## SWIM LESSONS

Please choose **one** 2-week session:

Session 1- July 9-July 20

Session 2- July 23-August 3

Session 3- August 6-August 17

### Tot & Parent Swim (6 months - 3yrs old)

2 Weeks (10 Classes) - \$75

Monday-Friday 9:30am-10:15am

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.**

### Swim Lessons (Ages 4 - 6)

2 Weeks (10 Classes) - \$75

Monday-Friday 10:15am-11:00am

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.**

### Swim Lessons (Ages 7 - 12)

2 Weeks (10 Classes) - \$75

Monday-Friday 11am-11:45am

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.**

### Swim Lessons (Ages 4-12)

2 Weeks (10 Classes) - \$75

Monday-Friday 11:45am-12:30pm

American Red Cross based swimming instruction for the beginner through advanced levels that will improve individual proficiency. **Class size is limited to 6-8 per instructor. A parent or guardian must be on the pool deck during lesson.**

## 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 muscle 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 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, Weds & Fri 8:45am-9:30am

Tuesday, Weds & Thurs 4pm-5pm

\$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.

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](http://DiscoverCapeMayNJ.com),

Convention Hall—714 Beach Avenue

or call 609-884-9565

## SWIM LESSONS REGISTRATION

Swimmer's Name:

Parent's Names:

DOB

Age

Gender

PLEASE CIRCLE ONE GROUP & SESSION FOR REGISTRATION

TOT & PARENT

AGES 4 - 6

AGES 7-12

AGES 4-12

1. 7/9 TO 7-20

1. 7/9 TO 7-20

1. 7/9 TO 7-20

1. 7/9 TO 7-20

2. 7/23 TO 8/3

2. 7/23 TO 8/3

2. 7/23 TO 8/3

2. 7/23 TO 8/3

3. 8/6 TO 8/17

3. 8/6 TO 8/17

3. 8/6 TO 8/17

3. 8/6 TO 8/17

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 its representatives, successors and assigns for any and all injuries suffered by my child at any activity sponsored by these groups.

Signature:

Date:

Level & Group:

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](mailto:recdept@capemaycity.com).

# Cape May Recreation



**2018 SUMMER SESSION PROGRAMS:  
MONDAY, JULY 9 - FRIDAY, AUGUST 17**

**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 SUMMER: MONDAY, JULY 9 - FRIDAY, AUGUST 17**

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	Tot & Parent Swim lessons 9:30-10:15 am	Tot & Parent Swim lessons 9:30-10:15 am	Tot & Parent Swim lessons 9:30-10:15 am	Tot & Parent Swim lessons 9:30-10:15 am	Tot & Parent Swim lessons 9:30-10:15 am	CLOSED
CLOSED	Swim Lessons Ages 4 to 6 10:15-11:00 am	Swim Lessons Ages 4 to 6 10:15-11:00 am	Swim Lessons Ages 4 to 6 10:15-11:00 am	Swim Lessons Ages 4 to 6 10:15-11:00 am	Swim Lessons Ages 4 to 6 10:15-11:00 am	CLOSED
CLOSED	Swim Lessons Ages 7 to 12 11:00-11:45 am	Swim Lessons Ages 7 to 12 11:00-11:45 am	Swim Lessons Ages 7 to 12 11:00-11:45 am	Swim Lessons Ages 7 to 12 11:00-11:45 am	Swim Lessons Ages 7 to 12 11:00-11:45 am	CLOSED
CLOSED	Swim Lessons Ages 4 to 12 11:45 am-12:30 pm	Swim Lessons Ages 4 to 12 11:45 am-12:30 pm	Swim Lessons Ages 4 to 12 11:45 am-12:30 pm	Swim Lessons Ages 4 to 12 11:45 am-12:30 pm	Swim Lessons Ages 4 to 12 11:45 am-12:30 pm	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	Waves Swim Team 6:00-8:00 pm	Family Swim 6:00-7:00pm		CLOSED