



2018 Camp Cape May
Ages 4-12

Kiwanis Park

Sponsored by

Kiwanis Club of Cape May

June 18 - August 10

Registration available late March

Call 609•884•9565

Visit DiscoverCapeMayNJ.com

CAPE MAY WAVES SWIM TEAM

A Member of the Greater South Jersey Swim League

Spring Stroke & Conditioning Clinics March 12 - May 18, 2018



THE CITY OF CAPE MAY DEPARTMENT OF TOURISM, RECREATION,
AND CIVIC AFFAIRS AT:

(609) 884-9565

DISCOVERCAPEMAYNJ.COM

RECDEPT@CAPEMAYCITY.COM

CHECK OUT OUR WEBSITE!
WWW.DISCOVERCAPEMAYNJ.COM

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2018 Waves Spring Clinic Registration Form

Swimmers Name			DOB Month/Day/Year		Age
Parents Names			DOB Month/day/year		
Please list any additional persons that may pick up/drop off at USCG. Include Full Name & DOB					
Home Phone		Cell Phone		Email	
Address					
City		State		Zip	
CIRCLE YOUR CLINIC OF CHOICE					
Intro to Waves Swim Team Clinic (Ages 4 -6)			Cape May Waves Spring Clinic (Ages 7 & Older)		
<p>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 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.

PLEASE NOTE: REGISTRATION & PAYMENT MUST BE RECEIVED BY THURSDAY, MARCH 8 IN ORDER TO GET ONTO THE USCG BASE. DRIVER MUST SHOW LICENSE & ALL ADULTS IN CAR MUST HAVE VALID IDENTIFICATION.

Intro to Waves Swim Team Clinic (Ages 4-6) - March 12 - May 18 • \$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.

Clinic schedule

Every Monday 6-7pm, & Wednesday 6:45 - 7:45pm

All practices will be held at the Cape May City Elementary School Pool.

No practice on 3/14, 4/2, 4/3, 4/4 & 4/5

Cape May Waves Spring Clinic (Ages 7 & Older) - March 12 - May 18 • \$130

Clinic consists of conditioning, stroke work, starts and turns. Participants should be on a swim team or have the skills to be on a swim team.

Clinic schedule

Every Monday, Tuesday, & Thursday 4:30 - 6pm at the USCG 50 meter pool.

Every Wednesday 6:45pm - 8:30pm at the Cape May City Elementary 25 yard pool.

No practice on 3/14, 4/2, 4/3, 4/4 & 4/5

IMPORTANT: All Swimmers must have competitive style swim suit, fins and goggles. - Visit Swimoutlet.com

IMPORTANT: FOR ALL SWIMMERS USING USCG POOL

Full names & birthdates i.e. John Smith 1/15/2018 must be listed on registration form for any persons entering the U.S. Coast Guard Base.

All drivers must have valid license ready at the front gate.

POOL LOCATIONS

US Coast Guard Base Pool
1 Munro Avenue, Cape May, NJ 08204

Cape May City Elementary School Pool
921 Lafayette St., Cape May, NJ 08204

Upcoming Cape May Waves Programs

Cape May Waves Summer Clinic (Ages 5 & Older) - June 25 - Aug. 9 • \$130

Clinic consists of conditioning, stroke work, starts and turns. Participants should be on a swim team or have the skills to be on a swimming team.

Clinic Schedule

Monday, Tuesday Wednesday and Thursday 4:30 - 6pm at USCG 50 meter pool.

No Practice: 7/3, 7/4, & 7/5

Cape May Waves Swim Team - Late September through February 2019 • \$380

The Cape May Waves Swim Team practices 5 days a week at the USCG pool, and the Cape May City Elementary School Pool. Designed for beginner through advanced levels, the team encourages participants to improve individual skill levels and prep for competitive swim meets.