



2019 Camp Cape May

Ages 4-12

Kiwanis Park

Sponsored by

Kiwanis Club of Cape May

Begins mid-June

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 11 - May 9, 2019



THE CITY OF CAPE MAY DEPARTMENT OF

TOURISM, RECREATION,

AND CIVIC AFFAIRS AT:

(609) 884-9565

DISCOVERCAPEMAYNJ.COM

RECDEPT@CAPEMAYCITY.COM



Follow the Cape May Waves Swim Team
on Facebook @CapeMayWaves



2019 Waves Spring Clinic Registration Form

Swimmers Name	DOB Month/Day/Year	Age
Parents/Guardians Names	DOB Month/Day/Year	
1.		
2.		
<u>Please list any additional persons that may pick up/drop off at USCG. Include Full Name & DOB</u>		
Home Phone	Cell Phone	Email
Address		
City	State	Zip
<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.

**All swimmers using the U.S. Coast Guard Pool are required to supply: Full names and birthdates i.e. "John Smith 1/15/19" on the registration form to enter the US Coast Guard Base.*

PLEASE NOTE: REGISTRATION & PAYMENT MUST BE RECEIVED BY THURSDAY, MARCH 7 IN ORDER TO GET ONTO THE USCG BASE. DRIVER MUST SHOW LICENSE & ALL ADULTS IN CAR MUST HAVE VALID IDENTIFICATION.

Cape May Waves **SPRING Conditioning Clinic: \$130** (For ages 6 and older)

March 11 through May 9 - 8 weeks

No practice April 17, 18; April 22, 23

Beginner Level: Must be able to swim the width of the pool on top and under the water unassisted. All four competitive strokes and starts will be introduced. This clinic serves as a feeder program for the Cape May Waves Swim Team

Advanced Level: Must be on a swim team or have the skills to be on a competitive swim team. Clinic consists of conditioning, stroke work, starts and turns.

Schedule:

Monday-Beginner Level (Ages 8 & under):

6pm - 7:15pm at Cape May City Elementary School Pool

Monday -Advanced Level (Ages 9 & older):

4:30pm - 6pm at the US Coast Guard Pool

Tuesday-All Levels:

4:30pm - 6pm at the US Coast Guard Pool

Wednesday- Beginner Level (Ages 8 & under):

6pm - 7pm at Cape May City Elementary School Pool

Wednesday- Advanced Level (Ages 9 & older):

6:30pm - 8pm at Cape May City Elementary School Pool

Thursday- All Levels:

4:30pm - 6pm at the US Coast Guard Pool

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

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 6 & older) June 24 - Aug. 8 • \$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.

No practice 7/4, 7/5, 7/6

Cape May Waves Swim Team - September through February 2020 • \$380

The Cape May Waves Swim Team practices 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.