

FITNESS

*** Join Anytime - all 3 classes!!
\$4.00 per class or
10 class punch card - \$30.00**

Jazz Aerobics

Upbeat music and jazz dance style routines keep you moving and motivated to get in shape. Great for adults with not much aerobics experience.

Monday, Wednesday & Friday
9:30 - 10:30 a.m.

Franklin Street Civic Center

Fee: 8 week session \$45.00

New Session begins March 4, 2009



Beginners Mat Pilates

Pilates is an exercise system that will strengthen and condition your core body muscles (abdomen and back) resulting in better posture and better economy of movement in all areas of your life.

Monday & Wednesday
6:30 - 7:15 pm

Cape May Elementary School

Fee: 8 week session \$45.00

New Session begins March 2, 2009

Cardio Kick Aerobics

45 minute high energy Cardio and Strength training exercise combined with basic punches and kicks to tone and shape your upper body and legs. A powerful and fun workout for all levels. Bring light hand weights if available.

Wednesday & Friday
5:45 - 6:30 pm

Cape May Elementary School

Fee: 8 week session \$45.00

New Session begins March 4, 2009

CHILDREN'S PROGRAMS

Wee Play

Fee: \$45. 8 weeks

This class provides a special one-on-one time for parents and toddlers, ages 18 months - 3 years. Gym activities, action songs and age appropriate projects center around a weekly theme. Class max. 20
Thursday 9:30 - 11:00 am
Franklin Street Civic Center
Begins March 5, 2009



Gymnastics

Fee: Beg. \$45., Int. \$65. 8 weeks
Designed for both boys and girls, this course will cover balance beam, uneven parallel bars, vaulting and trampoline with an emphasis on tumbling. Begins March 20, 2009
Friday Beginner 4:30 - 5:30 pm
Friday Intermed. 5:45 - 7:15 pm
Franklin Street Civic Center
Instructor: Maria Gegan

Camp Cape May

June 22 - August 14
Camp Hours: 9:00 am - 3:00 pm
Monday - Friday
Ages 4 - 12
All Summer \$600.
One week \$100./week

Call for registration information
884-9565

The SPRING ACTIVITIES will run for 8 weeks beginning the week of March 9, 2009, unless otherwise noted. Open Programs at the Cape May Elementary School will continue until Easter Break, April 10 - 19, 2009

PRE REGISTRATION for all classes will be conducted in Cape May Convention Hall on Beach Avenue throughout March, Monday - Friday from 9:00 a.m. to 4:00 p.m.

All classes and open activities will be conducted in the Cape May Elementary School on Lafayette Street unless otherwise noted.

The City of Cape May reserves the right to cancel, combine or divide programs, change times, dates, location, instructors and make any revisions deemed necessary without prior notice. Open programs may be discontinued due to lack of participation.



No Refunds!!

Fees: All fees are payable at the time of registration. No registrations will be taken over the phone.

Late Registration: If space is available, registration will be accepted late, however, there's no reduced fee.

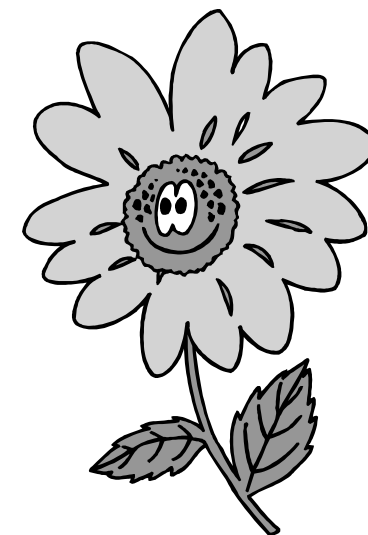
Cancellations: Listen to local radio WCZT, WJNN, WZXL, WFNN, and WCMC for information regarding cancellations or call 884-9566

Holiday Closing:
April 10 - 19, 2009
May 23 - 25, 2009

For more information come to Cape May Convention Hall or call the Department of Civic Affairs at 884-9565.

** All year round City of Cape May taxpayers are entitled to a \$3.00 discount for most of our structured programs. Ask for details!!

2009 Cape May Spring Recreation Schedule



Department of Civic Affairs
884-9565
recdept@capemaycity.com
www.capemaycity.com

AQUATICS

All Spring Aquatics begin March 10, 2009



Infant / Preschool Swim

6 months - 3 years old

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.

Saturday 9:45 - 10:30 am
8 weeks \$55.00



Kinder Learn to Swim

4 - 5 years old

Using the beginner skill levels of the American Red Cross Children Learn to Swim Program, this class is taught in a small group setting without the parent. Class size limited to six children per instructor.

Wednesday 4:00 - 4:45 pm
Saturday 9:00 - 9:45 am
8 weeks \$55.00



Children Learn to Swim

5 to 13 Years old

American Red Cross based swimming instruction for the beginner through the advanced levels that will improve individual proficiency.

Wednesday 4:45 - 5:30 p.m.
Saturday 10:30 - 11:15 am
8 weeks \$55.



Arthritis Class

8 weeks Fee: \$25.

A special class for those who need the range of motion and mobility exercise, without the cardio vascular workout. Fran Jiampetti will lead a water workout for a half hour to keep you feeling fit and young. No swimming skills necessary. Steps have been added for easy pool access

Tuesday & Thursday 5:30 - 6:00 pm

Aqua Aerobics

8 weeks Fee: \$50.

Want to try something cool that keeps your body toned and in shape? Exercise with music and lively dance steps led by Fran Jiampetti.

Tuesday & Thursday 6:00 - 7:00 pm

Aqua Exercise Class

8 weeks Fee: \$50.

This pool exercise class offers a low-impact work-out using the water as resistance. Great for arthritis, overall toning and stress relief. Join swim team coach Bill Zackey for a kick start to a healthier life-style. Great for guys too!

Tuesday & Thursday 7:00 - 8:00 pm

Adult Learn to Swim

Call if you are interested: 884-9565

Wednesday 6:30 - 7:15pm

OPEN PROGRAMS



LAP SWIM

Fee: \$45./ 10 visit punch card
Lap Swimming for ages 14 & older.
Please arrive before 8:10pm. Must have a min. of 5 swimmers to complete hour.
Purchase 10 visit punch card at recreation desk.

Tuesday & Thursday 8 - 9 pm

SENIOR CITIZEN SWIM

Fee: \$1.00

City Resident: \$.50

Enjoy 90 min. of swimming and fellowship in the beautiful, heated, indoor pool. Must be 55 or older! New steps have been added for easy pool access. Discount cards available for 20 visits.

Tuesday, Thursday & Friday
4 - 5:30 p.m.

OPEN NIGHT

Fee: \$4.00/session

A chance for ALL to enjoy the pool or play basketball for two hours. 12 & Under must be accompanied by an adult.
Pool capacity - 30.
Saturday 5 - 7 p.m.



FAMILY SWIM

Fee: \$4. /adult \$2./child

Parents and children may enjoy the heated, indoor pool. All children must be accompanied by their parents or guardian. Any family with over four children must be supervised by both parents or two adults.

Sunday 3 - 5 p.m.



Cape May Waves Swim Team

- * Spring Stroke & Turn Clinic
- * Summer team runs May - July
- * Experienced Coaching Staff
- * low monthly team fees

Call 884-9565

for more details

Story Book Hour



A fun educational program conducted by the Cape May Library in which preschoolers enjoy storybook reading, games and playtime with the storybook lady - Anita DeSatnick

Wednesday 10:30 - 11:30 a.m.
Cape May City Library



Cover to Cover

Cape May's own book club for adults who love to read. Meetings are held every six weeks at the Cape May Elementary School. Call for the next meeting date and book up for discussion - 884-9565.