



2022-2023 WINTER Cape May Aquatic Programs

NOVEMBER 27TH - MARCH 25TH

CLASSES HELD AT THE CAPE MAY CITY ELEMENTARY SCHOOL POOL
921 LAFAYETTE ST. CAPE MAY, NJ



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	4:30 - 5:30 PM Senior Swim (50 and Older)	4:30 - 5:15 PM Swim Lessons Ages 4 to 6		4:30 - 5:15 PM Swim Lessons Ages 4 to 6		CLOSED DUE TO STAFFING SHORTAGES. MORE INFORMATION BELOW TO APPLY.
	5:45 - 6:45 PM Aqua Fitness Karen	5:15 - 6:00 PM Swim Lessons Ages 7 to 10 <i>*NO SWIM LESSONS on Dec. 27th & Dec. 29th. SENIOR SWIM will be offered from 4:30 - 6 PM instead.</i>	4:30 - 6:00 PM Senior Swim (50 and Older)	5:15 - 6:00 PM Swim Lessons Ages 7 to 10 <i>*NO SWIM LESSONS on Dec. 27th & Dec. 29th. SENIOR SWIM will be offered from 4:30 - 6 PM instead.</i>	4:30 - 6:00 PM Senior Swim (50 and Older)	
		6:15 - 7:30 PM Family Swim	6:15 - 7:30 PM Lap Swim	6:15 - 7:30 PM Family Swim	6:15 - 7:30 PM Family Swim	

***DATES & TIMES SUBJECT TO CHANGE. ALL UPDATES ON CAPE MAY CITY WEBSITE, FACEBOOK & INSTAGRAM.**

FOR MORE INFORMATION: EMAIL RECDEPT@CAPEMAYCITY.COM OR CALL (609) 884-9565.

For the Health and Safety of all members of the Cape May Community, please refrain from going outside of the designated pool area. Please understand that outside of the pool hallway, the school is off limits to pool patrons.

POOL STAFF NEEDED!

VISIT <http://www.capemaycity.com/jobs> FOR JOB DESCRIPTION AND APPLICATION.

EMAIL COMPLETED APPLICATIONS TO employment@capemaycity.com.

EMPLOYMENT INQUIRIES ONLY CALL (609) 884-9536.

OPEN PROGRAMS		AQUATIC AEROBICS	
<p>SENIOR SWIM - 50 AND OLDER</p> <p>Enjoy swimming & socializing in the beautiful indoor heated pool. Must be 50 or older to attend. Class size is limited to 40.</p> <p>\$2 PER PERSON</p>	<p>AQUA FITNESS</p> <p>Total body sculpt fitness exercises in the water with flowing and sculpting movements. All levels. Low impact. Will use noodles, balls, and water weights. Get stronger while having fun! Class is limited to 25.</p> <p>\$5 PER PERSON</p>	<p>DISCOUNT PUNCH CARDS AVAILABLE!</p> <p>Aquatic Programs Punch Card Purchase 20 Classes Get 2 Free - \$100</p> <p>Senior Swim Punch Card Purchase 20 Classes Get 2 Free - \$40</p> <p><i>All punch cards available for purchase at the CME Pool during pool hours.</i></p> <p>***AQUATIC PROGRAMS PUNCH CARD DIFFERS FROM INDOOR GROUP FITNESS PUNCH CARDS AND CANNOT BE COMBINED.</p>	
<p>ADULT LAP SWIM & WATER WALKING</p> <p>Come swim laps and 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.</p> <p>\$5 PER VISIT</p>			
<p>FAMILY SWIM</p> <p>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 50.</p> <p>\$5 PER PERSON</p>			

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.

SWIM LESSONS	
<p>SWIM LESSONS - AGES 4 TO 6</p> <p>This program series introduces children to the aquatic environment and helps teach water safety with the Longfellow "Whales Tales" program. Skills at this level may be performed with support as the children gain experience. Level 1-2-3</p> <p>8 CLASSES - \$80</p>	<p>SWIM LESSONS - AGES 7 TO 10</p> <p>American Red Cross based swimming instruction for the beginner through intermediate levels that will improve proficiency. No parents are needed in the pool. Proof of age required. Level Beginner - Intermediate.</p> <p>8 CLASSES - \$80</p>



Note: Cameras and Cell Phones are PROHIBITED in the locker rooms.

