

## FITNESS

**\* Join Anytime! - ALL CLASSES**  
**\$4. per class or**  
**10 class punch card - \$30.**  
**Franklin Street Civic Center**

### 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.

New times begin September 9, 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.

Sunday 5:30 - 6:15 pm

Thursday 6:00 - 6:45 pm

New times begin September 13, 2009

### Total Body Workout

In this 45 minute class, learn how to use workout techniques that will tone and strengthen your body from head to toe. Light cardio and weights, mixed with kickboxing allow for a low impact class with all the punch.

Sunday 6:30 - 7:15 pm

Thursday 7:00 - 7:45 pm

New times begin September 13, 2009

### Chair Aerobics & Stretching Class

Easy to learn low impact workout for seniors or anyone who needs to limit the strain and stress on joints. A complete and gentle way to work on cardiovascular fitness, muscle strength, flexibility, and mobility. Wear comfortable clothes and come join us for a fun way to exercise.

Tuesday 9:30 - 10:15 am

Begins September 15, 2009

### Beach Boot Camp Class

Using the boardwalk and beach, this class will consist of running, core conditioning, & strengthening exercises using your own body weight on the sand by the water to get that extra calorie burn. This class is about progress, not perfection! Lose fat & inches! We work with your abilities and encourage you to work at your own pace. Bring a exercise band, towel & water.

Saturday 8:30 am sharp!

Meet at Cape May Convention Hall

10 class punch card \$50. \$5. pay per class

## 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 October 1, 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 October 2, 2009 Ages 5 & up

Friday Beginner 4:30 - 5:30 pm

Friday Intermed. 5:45 - 7:15 pm

Franklin Street Civic Center

Instructor: Maria Gegan



### Pelican Place Pre-School

Three Day Morning Preschool for 3 & 4 year olds, Tuesday - Wednesday - Thursday, 9:00-12 noon. This 3 day class mentioned above is ideal for students who missed the October 1st deadline for the public school program. Pelican Place Preschool is licensed by the State of New Jersey and has a fully certified staff. Fall registration taking place now . . . call 884-9565!



The FALL ACTIVITIES will run for 8 weeks beginning the week of September 14, 2009, unless otherwise noted. Open Programs at the Cape May Elementary School will continue until Christmas Break, December 18, 2009

PRE REGISTRATION for all classes will be conducted in Cape May Convention Hall on Beach Avenue throughout September, 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 or the Franklin Street Civic Center 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:  
November 26 - 29, 2009  
December 19 - January 3, 2010

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 Fall Recreation Schedule



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

# AQUATICS

All Fall Aquatics begin September 15



## 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 9:00 - 9:45 am  
8 weeks \$55.



## 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  
Wednesday 4:45 - 5:30 pm  
Saturday 9:45 - 10:30 am  
8 weeks \$55.



## 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 pm  
Wednesday 5:30 - 6:15 pm  
Saturday 10:30 - 11:15 am  
8 weeks \$55.



## Gentle Water Exercise Class

8 weeks Fee: \$25.

A thirty minute class for people who need PAIN FREE exercise with support from water allowing easier movement and balance. Great for arthritis, musculoskeletal concerns, balance problems, seniors or men and women who want to lose weight. Class will focus on range of movement, muscle endurance, muscle strength, balance, flexibility and aerobic capacity.

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 Certified Personal Trainer and Physical Education Instructor Susan Tracy.

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

# 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.

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./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

- \* Ages 6 - 18, Boys & Girls
  - \* United States Swimming & South Jersey YMCA affiliated
  - \* Competitive & dynamic team
    - \* 50 meter & 25 yard heated indoor pools
  - \* 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 begins Sept 9.

Program will move to the Franklin St. Civic Center Oct. 14th



## 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.