

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 September 16, 2008



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 Sept. 3, 2008

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.

Monday & Wednesday
7:30-8:15 pm

Cape May Elementary School

Fee: 8 week session \$45.00

New Session begins Sept. 3, 2008

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 September 25



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 3, 2008

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 Pre-school 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 15, 2008 unless otherwise noted.

Open Programs at the Cape May Elementary School will continue until Christmas Break, December 13, 2008.

PRE REGISTRATION for all classes will be conducted in Cape May Convention Hall Annex 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 unless otherwise noted.



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 27 - 30, 2008

December 15- January 5, 2008

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

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

2008 Cape May Fall Recreation Schedule



Department of Civic Affairs
884-9565

recdept@capemaycity.com
www.capemaycity.com

AQUATICS



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. Class limit of 35 - register early!

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! Class limit of 35 - register early!

Tuesday & Thursday 7:00 - 8:00 pm

OPEN PROGRAMS



SENIOR CITIZEN SWIM

Fee: \$1.00

City Resident: \$.50

Enjoy 90 min. of lap 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.

LAP SWIM

Lifeguard Certification

If you are interesting in a Lap Swim program or becoming a certified Lifeguard, please call us at 884-9565 and leave your name and number.



Cape May Waves Swim Team

- * Ages 5 - 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



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.