



Winter Aquatics at the Cape May Elementary School

Cape May Recreation 884-9565
www.capemayrecreation.org

Begins January 3, 2012



Deep Water Spin Class

Want to lose weight fast, especially in the "fat zone"? Try this super calorie burning water exercise class based on deep water exercises designed in timed intervals.

Wednesday 6:45 - 7:45 pm

8 weeks \$35. / \$5. per visit

Gentle Water Exercise Class

A forty 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 - 6:10 pm

8 weeks Fee: \$30.

Aqua Aerobics

Want to try something cool that keeps your body toned and in shape, not to mention, tons of fun? Exercise with Certified Personal Trainer and Physical Education Instructor Susan Tracy.

Tuesday & Thursday 6:15 - 7:15 pm

8 weeks Fee: \$60.

Aqua Cardio Jam

Challenge yourself with a unique blend of non-stop intense cardio combinations that develop inner strength & muscle tone for the entire body. Please bring water shoes.

Tuesday & Thursday 7:15 - 8:00 pm

8 weeks Fee: \$60.

Aqua Yoga

There are many benefits to practicing Yoga in the water - water helps support the body, easing wear and tear on the joints. In addition to offering support, water also adds resistance which helps build strength while stretching & lubricating the joints. There is nothing like floating in water for spiritual healing.

Wednesday 5:30 - 6:30 pm

8 weeks \$35. / \$5. per visit

Open Aquatic Programs

(closed Christmas Break Dec. 14 - Jan. 20)

Tuesday, Thursday & Friday

Senior Citizen Lap Swim 4:00 - 5:30 pm \$1.

Tuesday & Thursday Lap Swim 7:15 - 8:00 pm \$5.

Saturday Open Swim 5:00 - 7:00 pm \$4.

Sunday Family Swim 3:00 - 5:00 pm \$4.

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 \$60.

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 \$60.

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

Saturday 10:30 - 11:15 am

8 weeks \$60.

