

CAPE MAY COUNTY
SPECIAL SERVICES SCHOOL
DISTRICT

PRESENTS THE
SUMMER PROGRAM
JUNE 28 THROUGH AUGUST 7 2010

COMMUNITY AQUATIC PROGRAM

VISIT OUR WEBSITE: www.cmcspecialservices.org

GO TO COMMUNITY AQUATIC PROGRAM



Judy Lincoln – Supervisor of Related Services
Glenn Pullman - Community Aquatic Planner
Liz Guth - Registrations
Tuesday, Wednesday, Thursday, 9AM – 2:00PM
Pool Entrance 465-2725 - Ext. 3303

Cape May County Special Services School District
4 Moore Road
DN704
Cape May Court House, NJ 08210
Attn: Liz Guth

LEARN TO SWIM CLASS DESCRIPTIONS

Level 1: Water Exploration: Designed to orient participants to aquatic environment and teach elementary skills which are built on as they progress through the Learn to Swim Program. Saturday only for summer.

Level 2 Primary Skills: To further and strengthen fundamental aquatic locomotion, safety and rescue skills presented in Level 1. Emphasis is on stroke development and rhythmic breathing skills.

Level 3 Stroke Readiness: To provide additional guided practice. Emphasis is on the development of the front and back crawl, acclimation to deep water and diving skills.

Level 4 Stroke Development: To develop confidence and competency in the aquatic locomotion, safety and rescue skills presented thus far.

Level 5 Stroke Refinement: To coordinate and refine the keystrokes previously presented and to introduce the butterfly, open turns and the feet first surface dive.

COMMUNITY CHATTER

FOOD, SODA'S, BOTTLES **ARE NOT PERMITTED** IN THE POOL/LOCKER AREA.

EVERYONE MUST ENTER THE POOL AREA THROUGH THE PATIO DOORS. **PLEASE DO NOT PROP OPEN THE DOORS IN THE POOL AREA**

IN THE EVENT OF AN EVACUATION OR LOCK DOWN DRILL ALL SWIMMERS MUST ADHERE TO ESTABLISHED PROCEDURES AS PER THE LIFEGUARD/SWIMMING INSTRUCTORS DIRECTIONS.

Learn to Swim Lessons: Enrollment requirement is 5 Swimmers.

A \$10.00 fee will be charged for guests.

SPECIAL NOTES

NO PRORATING FOR SUMMER PROGRAM

NO REFUNDS FOR SUMMER PROGRAM

FACE MASKS ARE NOT PERMITTED. SWIMMERS MAY USE GOGGLES WITH PLASTIC LENSES.

LEARN TO SWIM PROGRAMS

LEVEL 1

9:15 – 10:00 AM
Saturday

July 10 – August 7
\$60.00 Per Session

LEVEL 2/3

8:30 – 9:00 AM Mon. – Fri.
Session A: June 28 – July 9
Session B: July 12 – July 23
Session C: July 26 – Aug. 6
\$70.00 Per Session

LEVEL 4/5

9:00 – 9:30 AM Mon. – Fri.
Session A : June 28 – July 9
Session B: July 12 – July 23
Session C: July 26 – Aug. 6
\$70.00 Per Session

LEVEL 2/3

10:00 – 10:45 AM
Saturday

July 10 – August 7
\$60.00 Per Session

LEVEL 2/3

3:30 – 4:15 PM TUES.
THURS.
Session A: June 29 – July 15
Session B: July 20– Aug. 5
\$70.00 Per Session

LEVEL 4/5

4:15 – 5:00 PM TUES. THURS.
Session A: June 29 – July 15
Session B: July 20 – Aug. 5
\$70.00 Per Session

LEVEL 4/5

10:45 – 11:30 AM **Saturday**
July 10 – August 7
\$60.00 Per Session

Program Descriptions

Senior Disabled Swim is an uninstructed recreational program offered to senior citizens and those with special needs. If there is a need for assistance, a volunteer is welcome to participate at no extra cost.

Adult Lap Swim is a recreational lap swim offered to adults only. Participants may attend any of the times offered to adult lap. This swim is structured by separating the pool in thirds--fast, medium, and slow pace. For your convenience and safety, please choose the lane that best fits your capabilities. Depending on the population of the lane you may be asked to circle swim.

Family Swim is a recreational program offered to Cape May County residents. No one under the age of 15 will be admitted without the supervision of a parent or guardian. Only immediate family will be permitted to participate. Two lanes will be available for lap swim.

Family Recreation Option permits the whole family to take advantage of family recreational swims and adults in the family to take advantage of adult lap swims at a lower cost. Only immediate family will be permitted to participate. Two lanes will be available to lap swim during family swim. No one under the age of 15 will be admitted without the supervision of a parent or guardian.

Aquacise Program offers swimmer or non-swimmer a full body workout. Activities include stretching, cardiovascular and specific muscle group toning.

Deep Waterwalking is a unique recreational aquatic fitness/therapeutic exercise program to improve cardiovascular and increase muscle tone and strength. The class is conducted in water-aquajoggers provided.

Arthritis Aquatic Exercise is a recreational therapeutic aquatic exercise which provides the participant with a wide range of exercise to help increase range of motion, relax muscle tensions and relieve stiffness. This class is led by an instructor and is conducted in shallow water. No swimming ability is require.

RECREATIONAL THERAPEUTIC AQUATIC EXERCISE

WATER WALKING

12:30 – 1:30 PM
MON. WED. FRI.
June 28 – August 6
\$60.00 Per Session

ARTHRITIS

1:30 - 2:30 PM
MON. WED. FRI.
June 28 - August 6
\$60.00 Per Session

AQUACISE

12:30 – 1:30 PM
MON. WED. FRI.
June 28 - August 6
\$60.00 Per Session



RECREATIONAL THERAPEUTIC AQUATIC PROGRAM

Senior or Disabled Adult

2:00 - 3:30 PM Tues. & Thurs.
June 29 – August 5
\$60.00 Per Session

Adult Lap AM & PM

6:45 - 8:30 AM Mon. – Fri.
4:30 - 6:00 PM Mon., Wed., Fri.
1:00 – 2:00 PM Tues., Thurs., Sat.
June 28 - August 7
\$90.00 Per Session

Family Swim

6:00 - 7:30 PM Mon. & Fri.
5:00 - 6:30 PM Tues. & Thurs.
3:30 - 4:30 PM Wed.
11:30 - 1:00 PM Sat.
June 28 - August 7
\$135.00 Per Session

Family Recreation Option

Mon. - Sat.
All recreational swim times
June 28 - August 7
\$160.00 Per Session

Couples Lap Swim

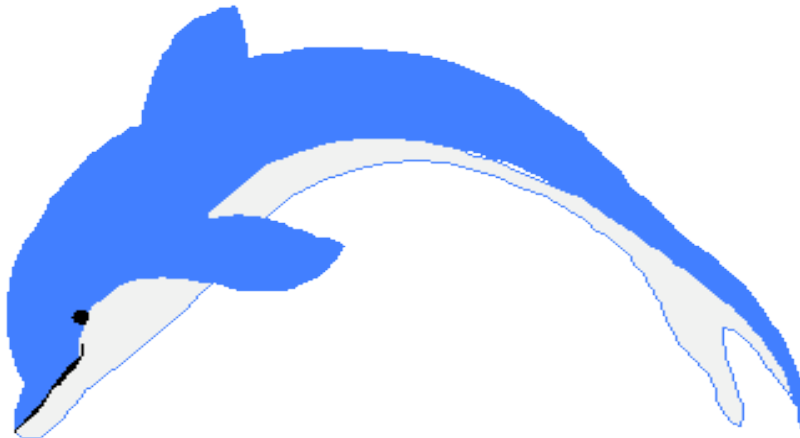
Same time as Family Recreation Option

June 28 – August 7
\$125.00 Per Session

MISSION STATEMENT

The Cape May County Special Services School District is committed to providing effective educational programs that meet the unique social, emotional, physical, intellectual, and career needs of the students with special needs. By providing specialized academic instruction in the New Jersey Core Curriculum Content Standards, vocational and career development, functional life skills and individualized therapeutic intervention, the district will enable each learner to realize his or her highest potential as a contributing member of society.

The aquatic staff continues to provide programs of excellence to Special Services students and the community.



Recreation Swim Schedule

JUNE 28 – AUGUST 7, 2010

MON	TUES	WED	THUR S	FRI	SAT
6:45 – 8:30 AM ADULT LAP	6:45 – 8:30 AM ADULT LAP	6:45 – 8:30 AM ADULT LAP	6:45 – 8:30 AM ADULT LAP	6:45 – 8:30 AM ADULT LAP	11:30- 1:00 PM FAMILY SWIM
	1:00 – 2:00 PM ADULT LAP	3:30 – 4:30 PM FAMILY SWIM	1:00 – 2:00 PM ADULT LAP	3:30-4:30 pm MASK	1:00 – 2:00 PM ADULT LAP
4:30 – 6:00 PM ADULT LAP	5:00 – 6:30 PM FAMILY SWIM	4:30 – 6:00 PM ADULT LAP	5:00 – 6:30 PM FAMILY SWIM	4:30 – 6:00 PM ADULT LAP	
6:00 – 7:30 PM FAMIL Y SWIM				6:00 – 7:30 PM FAMILY SWIM	

**CAPE MAY COUNTY SPECIAL SERVICES SCHOOL
DISTRICT
APPLICATION FOR COMMUNITY AQUATIC PROGRAM**

**LAST
NAME**_____

FIRST NAMES OF EVERYONE IN YOUR FAMILY & AGE

ADDRESS_____

CITY/STATE/ZIP_____

E-MAIL ADDRESS_____

**HOME AND EMERGENCY PHONE
NUMBERS**_____

**MEDICAL
PROBLEMS**_____

**CLASS YOU ARE ENROLLING YOURSELF OR
CHILDREN IN**

**INDEMNIFICATION AND HOLD HARMLESS
AGREEMENT**

The undersigned individual or organization herewith agrees to defend, indemnify and hold the Cape May County Special Services Board of Education harmless against all liabilities, claims and demands for personal injury or property damage (including counsel and attorney fees) which may arise from use of the Board's facilities by the undersigned individual or organization, its agents, servants, employees or licenses.

Print Name:_____

Signature:_____

On behalf of Organization:_____

Or Individual:_____

Dated:_____

Received by:_____