

## CMCSSSD Community Aquatic Program Winter 2018-2019 November 12<sup>th</sup> – February 14<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:45 a.m. <b>**ADULT LAP</b>	6:30 - 7:45 a.m. <b>**ADULT LAP</b>	6:30 - 7:45 a.m. <b>**ADULT LAP</b>	6:30 - 7:45 a.m. <b>**ADULT LAP</b>	6:30 - 7:45 a.m. <b>**ADULT LAP</b>	8:00 - 10:00 a.m. <b>SWIM TEAM</b>
7:45 - 8:30 a.m. <b>AQUA SPIN</b> w/ Tammy	7:45 - 8:30 A.M. <b>AQUA POWER MIX SPIN</b> w/Tammy	7:45 - 8:30 a.m. <b>AQUA SPIN</b> w/ Tammy	7:45 - 8:30 a.m. <b>AQUA POWER MIX SPIN</b> w/Tammy	7:45 - 8:30 a.m. <b>LIQUID CARDIO DANCE MIX</b> w/ Tammy	10:00 - 12:00 p.m. <b>SWIM TEAM</b>
<b>District Use</b>	<b>District Use</b>	<b>District Use</b>	<b>District Use</b>	<b>District Use</b>	
2:30 - 3:30 p.m. <b>AQUACIZE INTERVAL MIX</b> w/ Tammy	2:45 - 4:45 p.m. <b>SWIM TEAM</b>	2:30 - 3:30 p.m. <b>AQUACIZE INTERVAL MIX</b> w/ Tammy  3:00 – 4:00 p.m. <b>WATERWALKING</b> w/ Susanne	3:00 – 5:00 p.m. <b>SWIM TEAM</b>	2:45 – 4:45 p.m. <b>SWIM TEAM</b>	12:00 - 1:00 p.m. <b>FAMILY SWIM (3)</b> <b>AQUA SPIN (3)</b> w/ Tammy
3:30 - 4:15 p.m. <b>LIQUID PILATES (3)</b> w/Tammy  4:00 – 5:00 p.m. <b>SR/DISABLED ADULT SWIM (3)</b>	4:45 – 6:45 p.m. <b>SWIM TEAM</b>	3:30 - 4:15 p.m. <b>LIQUID PILATES (3)</b> w/Tammy  4:00 – 5:00 p.m. <b>SR/DISABLED ADULT SWIM (3)</b>	5:00 – 7:00 p.m. <b>SWIM TEAM</b>	4:45 – 6:45 p.m. <b>SWIM TEAM</b>	1:00 - 2:00 p.m. <b>** LAP SWIM</b>
4:30 - 5:15 p.m. <b>POWER MIX SPIN (3)</b> w/Tammy	7:00 – 8:00 p.m. <b>** LAP SWIM</b>	4:15 - 5:15 p.m. <b>LIQUID CARDIO/ POWER MIX SPIN (3)</b>  w/Tammy	7:00 – 8:00 p.m. <b>**LAP SWIM</b>		
5:30 - 7:00 p.m. <b>SWIM TEAM</b>		5:30 - 7:00 p.m. <b>SWIM TEAM</b>			
7:00 - 8:30 p.m. <b>SWIM TEAM</b>		7:00 – 8:30 p.m. <b>SWIM TEAM</b>		<b>**ALL LANES (3)=3 LANES</b>	

***POOL CLOSING DATES: November 22<sup>n</sup>, 23<sup>rd</sup> & 24<sup>th</sup> December 22<sup>nd</sup> – January 1<sup>st</sup>***  
***Join our “Remind” for up to date pool info.... Text - @ryaha to 81010***

Registration Procedure

1. Register with the Aquatic Planner, Renee Yahara, Mon.-Fri. Between 3:30-5:30 p.m. in the pool office before your session begins, or anytime the pool is
2. open with the lifeguard on duty.
3. If you are unable to register in person or by mail then on the first day of class you must bring back this registration form completed in its entirety along with a check made payable to **CMCSSSD**. There are no refunds given at any time.

Cape May County Special Services School District Registration for Community Aquatic Program - PLEASE PRINT CLEARLY

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ DATE \_\_\_\_\_

Address \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Medical Alerts: \_\_\_\_\_

A. PUNCHCARD: Circle One: Recreational or Instructional # of Punches \_\_\_\_\_ Amount Paid \_\_\_\_\_ Check # or Cash: \_\_\_\_\_

B. CHILDREN'S SWIM LESSONS: Circle One: Tues/Thurs OR Sat. Session \_\_\_\_\_ Level \_\_\_\_\_ Age \_\_\_\_\_  
Amount Paid \_\_\_\_\_ Check# or Cash \_\_\_\_\_

C. ADULT LESSONS: Amount Paid \_\_\_\_\_ Check # or Cash \_\_\_\_\_

D. FAMILY SWIM: Names & Ages of Family Members: \_\_\_\_\_  
Amount Paid \_\_\_\_\_ Check # or Cash \_\_\_\_\_

\*\*In the event that the pool needs to close, please leave a phone number above and/or e-mail that you check daily in order to be notified.

\*\*Also, please check our website and/or Facebook for updates.

Indemnification and Hold Harmless Agreement

The undersigned individual or organization herewith agrees to defend, indemnify and hold 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.

Cape May County Special Services School District is not responsible for loss of personal items.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

On behalf of Organization:

Or Individual: