



RAINOUT LINE • CALL FOR WEATHER RELATED CLOSURES • 573.975.1024

SWIMNASTICS

AT CENTRAL MUNICIPAL POOL

DESIGNED TO IMPROVE CARDIOVASCULAR FITNESS, TONE MUSCLES, AND INCREASE FLEXIBILITY BY USING THE WATERS RESISTANCE. GREAT FOR SENIORS, THOSE WITH ARTHRITIS, REHABILITATING INJURIES, AS WELL AS THOSE BEGINNING AQUATIC EXERCISE.

MON., WED., & FRI.

9:30 AM - 10:30 AM | 11:00 AM - 12:00 PM

FEE \$17 RESIDENTS / \$21 NON-RESIDENTS (12 CLASSES)

BEG. JULY 1 - \$20 RESIDENTS / \$24 NON-RESIDENTS (12 CLASSES)

PURCHASE SWIMNASTICS ID CARDS AT CENTRAL MUNICIPAL POOL DURING PUBLIC HOURS OR A.C. BRASE ARENA.

FOR MORE INFORMATION CONTACT CENTRAL POOL 573.335.4040



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

1920 Whitener Street
Cape Girardeau MO 63701
573.335.4040
swichern@cityofcape.org



@capeparks