

Aquatic Fitness

Make a Splash Into Wellness
This Summer!



LAP SWIM

@ Central Pool

Monday - Friday Sat. 9:00-11:00 a.m.
5:00-7:00 a.m. Fee: \$3.25 Adults
11:30 a.m.-1:00 p.m. \$2.50 Seniors
5:15-7:00pm

**Lap lanes are also available
(though limited)
during public hours!**

Focus on muscular strength, muscular endurance, cardio vascular fitness, flexibility, and body composition.
Cape Splash Family Aquatic Center

Monday-Thursday 6:45 P.M. – 7:30 P.M.
Fee: \$20 residents/ \$22 non residents (12 classes)
Instructor: Joanie Edmonson

RIVERWALKING

Drop in and enjoy a walk with or against the current of the Lazy River for some low impact resistance exercise.

Cape Splash
June 6– July 28th
Tuesdays & Thursdays Only
Open from 9:15-10:45 am

\$25 Season Walking Pass
\$3 Daily Drop-in

Swimnastics

Designed to improve cardiovascular fitness, tone muscles, and increase flexibility by using the water's resistance. Great for seniors, those with arthritis, rehabilitating injuries, as well as those beginning aquatic exercise. Participants should have their doctors permission before starting any exercise routine.

Central Municipal Pool
Mon., Wed. & Fri.
9:30 A.M. – 10:30 A.M.
11:00 A.M. – 12:00 P.M.
Fee: \$17 residents/ \$21 non residents (12 classes)
Instructor: Pat Grebe

**Check the Parks and Recreation Aquatics Website for a
Complete list of Closures and Swim Meets.
For More information call 335-4040 or 339-6340.**



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

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