

Aquatic Fitness

Year Round at Central Municipal Pool

**Make a Splash
Into Fitness**



LAP SWIM

Central Municipal Pool
M, T, W, Th, F
5-7 a.m. 11:30 a.m.-1:00 p.m.
Sat. 9:00-11:00 a.m.
Sun. 5:30-7:30pm
Fee: \$3.25 Adults
\$2.50 Seniors

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



Focus on muscular strength, muscular endurance, cardio vascular fitness, flexibility, and body composition.

Central Municipal Pool

Tuesday & Thursday 6:45 P.M. – 7:30 P.M.
Fee: \$20 residents/ \$22 non residents (12 classes)

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.

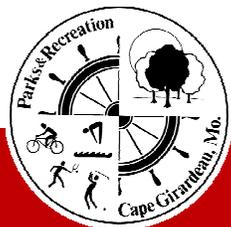
9:30 A.M. – 10:30 A.M.

11:00 A.M. – 12:00 P.M.

Fee: \$17 residents/ \$21 non residents (12 classes)

**Check Central Municipal Pools 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

573-339-6340
www.cityofcapegirardeau.org/parks
asturmer@cityofcapegirardeau.org