



Aquatic Programs

Learn to Swim Program

The Parks & Recreation Department offers a Learn to Swim program at Central Municipal Pool and the Cape Splash Family Aquatic Center. Private lessons are held in the winter & fall months, while group lessons are held in the summer months. Morning group lessons are held at Cape Splash and evening group lessons are held at Central Municipal Pool.

Aquatic Fitness Classes

Swimnastics

This class is designed to improve cardiovascular fitness, tone muscles, and increase flexibility by using the water's resistance. This class is great for seniors, arthritic people, people rehabilitating injuries, or people just getting started in aquatic exercise.

Aqua Aerobics

This class focuses on cardiovascular fitness, flexibility, muscular endurance, and body composition.

Check out our seasonal program guide, **PLAY CAPE!**, for up to date information on our aquatic programs, or visit www.cityofcape.org/centralpool.



Find Us

Central Municipal Pool
1920 Whitener Street
Cape Girardeau, MO 63701

Contact Us

Phone: 573.335.4040
Rainout Hotline: 573.975.1024
Website: www.cityofcape.org/centralpool
Facebook: facebook.com/capeparks



@capeparks



CENTRAL MUNICIPAL POOL

CITY of CAPE
GIRARDEAU





Central Pool Usage & Rentals

About Central Municipal Pool

This facility is open year round for competitive, educational, recreational and fitness swimming. The facility features a 25-yard by 50-meter olympic size pool with two 1-meter diving boards and a 3-meter board. Spectator seating is available. The facility is handicap accessible.

Hours

Central Municipal Pool has recreational swim times for when the pool is open to the public for general usage. Specific fitness swim hours are available at different times throughout the day. **Hours are seasonal, so check www.cityofcape.org/centralpool for an updated schedule.**

Pricing

Adults	\$3.50/visit
Children	\$2.75/visit
Seniors	\$3.00/visit

Coupon books are available for purchase and include 25 visits:

Adults	\$60.00/book
Children	\$45.00/book
Seniors	\$50.00/book



Birthday Parties

Party times are available year round. An area on the pool deck will be set up with tables and chairs during your 90-minute reservation. All regular pool rules apply to party groups. Children under the age of eight (8) years old need to be in arm's reach of an adult. For parties with children nine (9) years and older, one (1) adult is required for every ten (10) children. Advanced reservations are required. Parties are \$110. Reservation periods are listed below. Please call for availability.

Reservation Periods

June - July:	Can reserve Monday - Sunday.
August - May:	Can reserve Saturdays & Sundays at 1:00 p.m. OR 3:00 p.m.

Swim & Dive Teams

Central Municipal Pool is home to several area swim & dive teams. The pool may be closed during normal swim hours due to swim meets. Please check our calendar at www.cityofcape.org/centralpool for closures. Teams:

- Central High School
- Jackson High School Diving
- Notre Dame High School
- River City Aquatics
- Saxony Lutheran High School
- Zero Gravity Diving

General Facility Guidelines

General Information

Parents are required to watch their children and to assist in enforcing the policies for the safety and enjoyment of all patrons. All children under 12 years of age must be accompanied and supervised by a paying adult.

Fitness Swim

During scheduled fitness swims, the pool is available for lap swimming and other fitness activities. Children will not be admitted into the facility during this time period unless engaging in some sort of structured physical exercise. No free play will be permitted during this time.

Swim Diapers

Swim diapers must be worn by infants and toddlers, and may be purchased at the front counter for \$1.75 each.

Flotation Devices

Children may wear U.S. Coast Guard approved flotation devices; however, they must be within arm's reach of a supervising adult at all times. No blow-up rafts or Styrofoam water noodles will be allowed. Facility staff reserves the right to restrict any flotation devices that are determined to be unsafe or improperly used.

