

# Old Farm Pool Water Aerobics

Sunday Mornings 10:30-11:15am



June 17-August 19

Shallow Water Workout with Elewina- This 45 minute low impact cardio workout will help tone and sculpt your body with no impact on your joints. It is challenging and fun with a qualified professional instructor. Suitable for all ages and fitness levels.

No equipment needed.

Prices:

10 classes- Old Farm Members \$75 Non members \$90

Drop Ins Welcome- Members \$10, Non-Members \$12

Make Checks payable to "Old Farm Pool" attn.: Lou Charlip (drop off at pool office)

Email-lou.charlip@gmail.com

Participant Name: \_\_\_\_\_

Email \_\_\_\_\_

Address: \_\_\_\_\_

Phone# \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

I understand that participation in Water Aerobics is voluntary. I know and understand the risks and dangers involved, and know and understand that unanticipated dangers might arise. I hereby release Old Farm Pool from any responsibility for injury which might occur as a result of participation in water aerobics activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_