

2023

Old Farm Pool Water Aerobics



Shallow Water Workout with Ewelina- This 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. It is highly suggested you bring your own noodle and exercise band. The Wednesday class ends after the pool has opened to members. If you are a member, you are welcome to stay.

Summer Session starts Sunday May 28- Note New Times and Prices

- **Sunday 10:00 am**
- **Wednesday 10:30 am**
- **Friday 8:00 am**

Old Farm Members- \$10

Non-Members \$12

Cash or checks payable to "Old Farm Pool".

Questions? Email-lou.charlip@gmail.com or wateraerobics@oldfarmpool.org

Participant Name: _____

Email _____

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 and agree to follow the rules of Old Farm Pool.

Signature: _____ Date: _____