

Old Farm Pool Water Aerobics



Shallow Water Workout with Ewelina- This low impact cardio workout will help tone and sculpt your body with limited 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, although there are some general-use items available.

Old Farm Members- \$10

Non-Members \$12

Cash or checks payable to "Old Farm Pool".

Questions? Email-lou.charlip@gmail.com or wataerobics@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: _____