

2021 Old Farm Pool Water Aerobics

Wednesday and Sunday Mornings 10:00-10:45am, Starting April 7, 2021



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. Because of COVID-19, some new rules are in effect this year. You must wear a mask when you are not in the water. Please social distance in and out of the water and there will not be noodles and other equipment handed out, but it is highly suggested you bring your own noodle. To allow pool members who signed up to use the pool, we must leave the pool and deck when the class is over. And you must sign the attached release form.

Spring Rate- April 7-May 30, 16 classes

Members \$150, Non-Members \$175

Drop-ins welcome.

Each Individual Session-Members \$10, Non-Members \$12

Make Checks payable to "Old Farm Pool".

Email-lou.charlip@gmail.com

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.

Signature: _____ Date: _____