



Woodland Pond Swim and Racquet Club

Water Aerobics 2026

Days/Times

Monday, Wednesday, Friday

7:45 AM – 8:45 AM (weather permitting)

Cost \$75

We are delighted to announce that WPSRC members **Jane Schmierer** and **Barb Roquet** will be offering water aerobic exercise classes this summer to WPSRC members!

Anyone interested in becoming part of the “Polar Bear Club” will begin gathering on **Monday, May 25** – that’s when the water is the coldest but it won’t stop those who want to get back in the pool! The first day of instructor-led classes will be **Monday, June 8**. Classes will run through Labor Day. All members 18 and over are welcome!

According to the American Council on Exercise, exercising in water makes you feel 90% lighter. When you run or jump in the water, your body does not experience the same impact that these moves cause on land. This makes water aerobic exercise ideal for those with arthritis, back problems, foot or leg injuries and knee conditions. Benefits of water workouts include:

- ✓ Increased flexibility.
- ✓ Lower stress on injured joints and decreased risk of joint injuries.
- ✓ Excellent for cardiovascular fitness, strength training and fat burning.
- ✓ Exercise is great for mental health, can lower stress, improve mood.
- ✓ Working out in a group offers a friendly and supportive social atmosphere.

We promise there is no pressure, beginners are welcome, and lots of fun will ensue!

Free Trial:

Please enjoy your first class for free before signing up by contacting Brittany Gull.

If you have any questions, please contact Brittany Gull via text 804-763-9880 or email at brittanycgull@gmail.com



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Water Aerobics 2026 Registration Form

Name	
Address	
Phone	
Email	
Emergency Contact Name	
Emergency Contact Phone Number	

Cost: \$75 (Note: There will be no refunds due to poor weather.)

Payment: Please make check payable to “Woodland Pond Swim & Racquet Club” or pay via Zelle: zellewpsrc@gmail.com

Form: Hand-deliver or Mail this form with payment to:
Brittany Gull
10601 Waterfowl Place
Chesterfield, VA 23838

Physical Activity Release Form

I _____ release the Woodland Pond Swim and Racquet Club from responsibility for personal injury or liability while engaged in the Water Aerobic Exercise activities during the months of May, June, July, August and September 2026.

I certify that I am at least 18 years of age at the time of this signing. I understand that this activity requires physical activity and I certify that I am in appropriate physical condition for this activity. I understand that there is an element of risk in this activity, and I agree to follow all instructions, rules, and regulations. I understand that there must be two persons present for this activity and that no one individual may be within the pool confines or swimming by him or herself. I certify that I have accident and medical insurance for this activity in effect for the months stated above.

Signature of Participant _____

Printed Name of Participant _____

Date _____