

Woodland Pond Swim and Racquet Club 2023 Water Aerobic Exercise Program Begins Monday, May 29



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!

Classes will be held from 7:45 to 8:45 am, three days each week, Monday, Wednesday and Friday, weather permitting. The fee for the entire season is just \$75. Anyone interested in becoming part of the “Polar Bear Club” will begin gathering on May 29 – 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 12. 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.

Please register *in advance*. Hand-deliver or mail the Registration Form along with a \$75 check made payable to: WP Swim & Racquet Club. There will be no refunds due to poor weather.

Just drop or mail your check to
Daedrae Watson
10610 Woodland Pond Pkwy.
Chesterfield, VA 23838

Please call or text Daedrae at
804-432-2061 or by email to WPSRCPROGRAMS@gmail.com if you have any questions.



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 (contact Daedrae to reserve your spot)!!!!

REGISTRATION FORM

WPSRC 2023 Water Aerobic Exercise Program

Name: _____

Address: _____

Phone: Cell: _____ Home: _____

Emergency Contact Name: _____

Emergency Contact Phone: Cell: _____ Other: _____

Email: _____

Amt Paid: _____

- Check
- Cash

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 2023.

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