



## *Woodland Pond Swim and Racquet Club*

### **LAP SWIM OUTSIDE OF NORMAL POOL HOURS**

### **NO LIFEGUARD ON DUTY FORM ONLY**

**May 29<sup>th</sup> – Sept 4<sup>th</sup> Mornings, Bring a Buddy System**

Note: Water Aerobics meet Monday, Wednesday, Friday, 7:45-8:45am.

Swim Team meets Monday, Tuesday, Thursday, Friday, 9-10:45am.

No lap is available during these times.

I release the Woodland Pond Swim and Racquet Club from responsibility for personal injury or liability while engaged in the Morning Lap Swim during the months of May, June, July, August and Sept. 2023.

I certify that I am over 23 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 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.

Family Name \_\_\_\_\_

Date \_\_\_\_\_

Email \_\_\_\_\_

Cell Phone \_\_\_\_\_

Return form to:

Daedrae Watson, 10610 Woodland Pond Parkway, Chesterfield VA 23838 or email

[WPSRCPROGRAMS@gmail.com](mailto:WPSRCPROGRAMS@gmail.com)

Note: Lockbox code will be provided via email and cell phone as codes may change throughout the season.