



Woodland Pond Swim and Racquet Club

Lap Swim 2026

**Lap Swim Outside of Normal Pool Hours
No Lifeguard on Duty Form Only**

May 25th – September 7th Mornings, Bring a Buddy System

No lap swim available during the below times:

Monday, Wednesday & Friday 7:45 AM – 8:45 AM (Water Aerobics)

Monday, Tuesday, Thursday & Friday 9:00 AM – 10:45 AM (Swim Team)

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 September 2026.

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 _____

Email _____

Phone _____

Signature _____

Date _____

Form: Hand-deliver, Mail or Email this form to:

Brittany Gull

10601 Waterfowl Place

Chesterfield, VA 23838

brittanycgull@gmail.com

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