



C. community R. resource E. enrichment W. wellness

“Boot **C**amp” / “**G**ym n **S**wim”

Start every Monday, Wednesday and Friday mornings off with a workout for all levels! Participants have the use of open gym, pool, weight room and participation in Boot Camp class from 5:15-6:15 am. Boot Camp is a workout to push your limits and challenge yourself. No two classes are ever the same! Guaranteed to make you sweat and give you a total body workout. Expect everything from cardio, core, strength training, speed, agility and even some surprises!

September/October

Begins at 5:15 am Monday, Wednesday & Friday

Choose between the pool, weight room, gym or participate in the Boot Camp Class

Cost: \$8 just drop in
 \$45 for Pool Members & Senior Citizens (2 month session)
 \$55 for non-Pool Members (2 month session)

**If school is closed due to holidays, weather or other reason;
 class is canceled and will not be rescheduled**

BOOT CAMP

*****SIGN UP FORM and COMPLETE NEW WAIVER AND RELEASE FROM LIABILITY*****

A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.

- 1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM. WWW.LODI.K12.WI.US CLICK ON COMMUNITY AND THEN CREW. CREW AND POOL FORM ON THE RIGHT SIDE OF WEBSITE!**
- 2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE**

Participant Name: _____

Phone Number: _____

Email _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

*Participant Signature: _____ *Date: _____

f Participant is under 18 years of age:

Parent/Guardian Name: _____

*Parent Signature: _____ *Date: _____