



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

“**B**oot **C**amp” / “**G**ym n **S**wim”

*Start every Monday, Wednesday and Friday mornings off with a workout for all levels! Classes are located outdoors at various locations in the community. 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! All are welcomed!*

**May/June 2021**  
**Begins at 5:15 am Monday, Wednesday & Friday**

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

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

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**BOOT CAMP**  
**\*\*\*SIGN UP FORM and WAIVER AND RELEASE FROM LIABILITY\*\*\***

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

**Participant Name:** \_\_\_\_\_  
 By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi**.

**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:** \_\_\_\_\_