



# Summer Swim Fitness workout

**For only \$10.00 you will receive a  
“Thursday Summer Swim”  
workout program.**



You will be e mailed your workout in which you will come to the pool to work on endurance, speed and technique. The workouts range from Intervals, Repeats, Drills, endurance, water running and timed sprints. This will force you to come to the pool once a week as an addition to your fitness conditioning and wellness. The pool is great for cross training and helps in all aspects of having a balanced fitness program. The pool is great for recovery and helps aid in muscle soreness. Your workout will be independent with consultation from Diana if need.

Programs begin to be e mailed each week beginning July3 - Aug 28th

Pool Closed July 31-August 6 for annual pool cleaning

**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](http://WWW.LODI.K12.WI.US)  
CLICK ON COMMUNITY AND THEN CREW. CREW FORM ON THE RIGHT SIDE OF WEBSITE!**
- 2.REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE**

**Any Questions Contact**  
592-1076

**Mail Form to:**  
CREW

Attn: Heidi Endres  
115 School St; Lodi, WI 53555  
**Method of Payment: \$10**  
Check, Cash, register on-line

Participants Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Participants Signature: \_\_\_\_\_

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