



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!

January/February 2018

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 WAIVER AND RELEASE FROM LIABILITY*****

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.**

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 am 18 year of age or older and mentally competent to enter into this waiver.

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: _____