



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

“B oot 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 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: \_\_\_\_\_