# C. R. E. W.

community resource enrichment wellness

# "Boot Camp"/"Gym n Swim"

*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! Announcement of class location will be made the evening prior to class on Lodi CREW Facebook. All are welcomed!*

## *September/October 2022*

## *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)**

**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******

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

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.**

on social media and the website. 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:* _____