

# Gilford Parks and Recreation Department

47 Cherry Valley Road, Gilford, NH 03249 527-4722

## Adult Cross Country Ski Lessons 2021

Held at Bolduc Park

282 Gilford Avenue, Gilford, NH 03249

603-524-1370

Lessons will be held for (4) consecutive Saturdays

**January 2, 9, 16 and 23**

**(Additional Dates may be added for weather make-ups)**

Lessons Begin at 10:00 a.m. (Ski rentals may be picked up at 9:00 a.m. at Piche's)

Cost: \$80.00 per person includes rental equipment!

\$40.00 per person if you have your own equipment!

***Checks made payable to "Bolduc Park Association"***

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### Registration – Adult Cross Country Ski Lessons

Name \_\_\_\_\_ Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Telephone # \_\_\_\_\_

By signing below, I verify that I am at least 18 years of age and do hereby accept the assumed risk to participate in the Cross Country Ski Lesson program sponsored by the Gilford Parks and Recreation Department and Bolduc Park. I understand that my photo may be taken during the course of the program to be used for promotional purposes or to be displayed on the Parks and Recreation Department's website and/or facebook page. I understand that skiing outdoors can take place in a variety of conditions that include but are not limited to; exposure to extreme cold, snow, rain and wind; trails that may be uneven, muddy, snow covered, icy and slippery. I understand that skiing outdoors can be a vigorously physical activity and may result in death, hypothermia, heat stroke and injuries including but not limited to; paralysis, muscle pulls and strains, broken bones, sprains, cuts, scrapes and bruising. I also understand that participating in the cross country ski lesson program may subject me to exposure to the COVID-19 virus. I do release Bolduc Park, the Gilford Parks and Recreation Department, their employees, volunteers and participants of any claim arising from any injury I may sustain during the normal course of the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date