

**Gilford/Laconia/Belmont  
Parks and Recreation Department**

**Adult and Youth Cross Country Ski Lessons 2011  
Held at Bolduc Park**

Come to beautiful Bolduc Park and learn how to Cross Country Ski! For one fee you get lessons for four consecutive Saturdays, **January 8, 15, 22, and 29** (Additional dates may be used as weather make-ups).

**Cost:** \$60.00 per person – includes rental equipment  
\$30.00 per person – if you have your own equipment

**Where:** Bolduc Park – 282 Gilford Avenue, Gilford, NH 03249 Tel #: 603-524-1370

**Time:** 10:00 a.m. – 11:00 a.m. (Ski rentals may be picked up at 9:00 a.m. at Piche's)

**Mail:** Please mail this form with your check payable to: Piche's Ski & Sport  
318 Gilford Ave.  
Gilford, NH 03249

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**Cross Country Ski Lessons Registration Form**

Adult Lesson       Youth Lesson    Age: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Telephone #: \_\_\_\_\_

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

Parent's Name (if Youth Lesson): \_\_\_\_\_ Telephone #: \_\_\_\_\_

By signing below, I am

- accepting the assumed risk to participate
- assuming the risk of and do grant permission for the above listed child to participate

in the Cross Country Ski Lesson program sponsored by the Gilford, Laconia, and Belmont Parks and Recreation Departments and Bolduc Park. 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 hypothermia, heat stroke, death, and injuries including but not limited to; paralysis, muscle pulls, and strains, broken bones, sprains, cuts, scrapes and bruising. I do release Bolduc Park, the Gilford, Laconia, and Belmont Parks and Recreation Departments, their employees, volunteers, and participants of any claim arising from any injury I may sustain during the normal course of the program.

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Signature of Participant or Parent/Guardian of Participant

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Date