

**Bolduc Park Association**

**Adult Cross-Country Ski Lessons**

**January 10,17,24,31,2026**

**282 Gilford Ave Gilford NH 03249**

**Lessons begin at 10:00 A.M. (Ski rentals Piche's Ski Shop Call 603-524-2068)**

**Adult Cross-Country Ski Lessons**

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

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

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

Emergency Contact \_\_\_\_\_ Telephone # \_\_\_\_\_

**Check One**

**\$20 for a single lesson \_\_\_\_\_ \$60 for 4 lessons \_\_\_\_\_**

**Make Check payable to Bolduc Park Association**

**By signing bellow, I verify that I am 18 years of age and do by accept the risk to participate in the Cross-Country Skiing lesson program sponsored by the Bolduc Park Association. I understand that my photo may be taken during the program to be used for promotional purposes or to be displayed at Bolduc Park or on their WEB Site or Facebook page. I understand that skiing outdoors can take place in a variety of conditions that include, but not limited to; exposure to the 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 not limited to: paralysis, muscle pulls, strains, broken bones, sprains, cuts, scrapes and bruising. I also understand that participating in Cross Country Skiing program may expose me to the COVID 19 Virus. I do release the Bolduc Park Association the Board of Directors, Volunteers, and participants of any claim arising from injury I ma sustain in the normal course of the program**

**Signature \_\_\_\_\_ Date \_\_\_\_\_**

**Recreation Department \_\_\_\_\_ Club House Staff \_\_\_\_\_**

**Check# \_\_\_\_\_ Receipt# \_\_\_\_\_**