

**GILFORD PARKS & RECREATION DEPARTMENT**  
**2023 ICE SKATING LESSONS**

Participant's Name \_\_\_\_\_ Age \_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Telephone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Parent's Name If Participant Is a Minor \_\_\_\_\_

In Case of Emergency, Contact: Name \_\_\_\_\_ Telephone # \_\_\_\_\_

Please list any health concerns of the Participant \_\_\_\_\_

**2023 LESSONS:** Open to participants ages 4 and up.

Skating lessons will be held on Monday morning from **January 23 – February 13**

(Session dates may be extended to accommodate cancellations due to weather or poor ice conditions)

All lessons will be held at the Arthur A. Tilton Ice Rink on Varney Point Road.

10:00 – 11:00 AM Lessons will be broken into two classes, each with 30 minutes of instruction and 30 minutes of free skate

The fee for the four-week session of lessons is **\$40.00/participant**. Enrollment is limited and a minimum number of registrants must be met for the class to run.

By signing below, I give permission for me/my child to participate in the Ice Skating Lesson Program sponsored by the Gilford Parks and Recreation Department in conjunction with Jennifer Tondreau, Professional Ice Skating Instructor. I understand that my child's 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 or facebook page. I understand that the lessons will be held on an outdoor ice rink surface during the winter and can take place in a variety of conditions that include but are not limited to; exposure to extreme cold, snow, sleet, rain and wind; and ice conditions that may be slippery, uneven, rough, and/or wet. I understand that skating requires physical exertion in cold temperatures with inherent risks that 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 ice-skating lesson program may subject me/my child to exposure to the COVID-19 virus. I accept all risks inherent to said activity and do hereby release the Jennifer Tondreau, the Gilford Parks and Recreation Department, their staff and volunteers assisting with this program from any liability arising out of any injury which may occur to me or my child during the normal course of the above mentioned program.

Parent/Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Registration fee (\$40.00)** Cash \_\_\_\_\_ Check \_\_\_\_\_

Make Checks Payable to: **Gilford Parks and Recreation**

Return to: Gilford Parks and Recreation Department  
47 Cherry Valley Road, Gilford, NH 03249  
Phone: (603) 527-4722