

Gilford Parks & Recreation Department and Gilford Youth Center
2022 Fit2Ski Adult Stretch and Strength Program

Participant's Name _____

Address _____

City _____ State _____ Zip _____

*E-Mail _____

*Telephone # _____

In case of emergency, contact: Name _____

Telephone # _____

Please list any medical/health problems _____

Program: Mondays, November 7th – December 5th
Gilford Youth Center Gymnasium
6PM – 7PM
Cost: \$25 Full 5 Week Session

I, _____, agree to participate in the Adult Skier
Participant's Name

Stretch and Strength Program (age 18 and up) co-sponsored by the Gilford Parks and Recreation Department and the Gilford Youth Center. 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 and Gilford Youth Center's website and/or facebook page. I understand that this Adult Skier Stretch and Strength program involves physical activity with inherent risks that may result in death, 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 Adult Skier Stretch and Strength program may subject me to exposure to the COVID 19 virus. I accept/assume all risks inherent to said activity and do hereby release the Town of Gilford, the Gilford Parks and Recreation Department, the Gilford Youth Center, and any of the staff, instructors or program volunteers assisting with this program from any liability arising out of any injury which may occur during the normal course of the above mentioned program.

Participant's Signature

Date