

Gilford Parks & Recreation Department and Gilford Youth Center  
2023 Adult Indoor Pickleball 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 Dates: **March 31, 2023 –April 28, 2023 every Friday**

Location: **Gilford Youth Center**

Cost: **\$25 per 5-week session**

**Beginner:** Starting to play and knows no rules or minimal. Still learning to serve and return consistently.

**Intermediate:** Good understanding of the rules and scoring, as well as fairly consistent with hitting the ball.

**Advanced:** Has full understanding of the rules and scoring. Has athleticism to have shot execution to extend rallies.

Session – Circle One That Best Fits You: **Beginners: 8:30am-9:30am**

**Intermediate: 9:45am-11am**

**Advanced: 11:15am-12:30pm**

I, \_\_\_\_\_, agree to participate in the Adult

Participant's Name

Pickleball Program (age 18 and up) Co-sponsored by the Gilford Parks and Recreation Department and 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's website and/or facebook page. I understand that Pickleball is 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 Pickleball 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