



PARTICIPANT LESSON REQUEST FORM SUMMER 2010

Name: _____ Phone # _____ Email _____

Directions for completing this form:

- 1: Check the box next to your preferred dates.
- 2: If applicable choose either the AM or PM time by checking the time you want to come.
- 3: Fill out any equipment information.
- 4: Mail, fax or email this form back to MHS. A confirmation letter will be sent out once MHS has scheduled your lessons. Please read your confirmation letter carefully as this lesson request form does not guarantee lesson availability.

Adaptive Paddling at Range Ponds State Park

Date	Morning		Afternoon	Canoe (C) or Kayak (K)	Are you bringing your own boat? (Y/N)
Tuesday, June 29	<input type="checkbox"/> 10:00-12:00	OR	<input type="checkbox"/> 1:00-3:00		
Tuesday, July 13	<input type="checkbox"/> 10:00-12:00	OR	<input type="checkbox"/> 1:00-3:00		
Friday, July 23	<input type="checkbox"/> 10:00-12:00	OR	<input type="checkbox"/> 1:00-3:00		
Wednesday, August 11	<input type="checkbox"/> 10:00-12:00	OR	<input type="checkbox"/> 1:00-3:00		
Tuesday, August 24	<input type="checkbox"/> 10:00-12:00	OR	<input type="checkbox"/> 1:00-3:00		

****New** Whitewater, Errol NH**

*Please note: Whitewater Trips are for those with paddling experience

Date	Time	
Wednesday, July 21	10:00-3:00	All boats are provided
Tuesday, August 17	10:00-3:00	All boats are provided

***For Whitewater please fill in:

Shoe Size: _____ Swimming Ability: beginner intermediate advanced

Androscoggin River Trips, Bethel Maine

*Please note: River Trips are for those with paddling experience

Date	Time	Canoe (C) or Kayak (K)	Are you bringing your own boat? (Y/N)
Sunday, July 18	8:30-3:00		
Thursday, August 19	8:30-3:00		

Coastal Paddle with Seaspray Kayak, Sebasco Estates, Maine

*Please note: Coastal Paddles are for those with paddling experience

Date	Time	Rain Date if needed	Kayak (K) only	Are you bringing your own boat? (Y/N)
Wednesday, July 28	9:30-2:00	Wed, Aug 4	K	

Continue on reverse for Cycling and Golf

Adaptive Cycling at Back Cove in Portland, Maine

Date	Morning	Afternoon	Notes
Wednesday, June 16	Call for details	Must have own cycle	rain date: June 17
Thursday, June 24	<input type="checkbox"/> 10:00-12:00	OR <input type="checkbox"/> 12:00-2:00	
Friday, June 25	Acadia	10:00-3:00	
Thursday, July 1	<input type="checkbox"/> 10:00-12:00	OR <input type="checkbox"/> 12:00-2:00	
Thursday, July 15	<input type="checkbox"/> 10:00-12:00	OR <input type="checkbox"/> 12:00-2:00	
Thursday, July 29	<input type="checkbox"/> 10:00-12:00	OR <input type="checkbox"/> 12:00-2:00	
Thursday, August 12	Peaks Island	10:00-3:00	rain date: Aug 26
Thursday, August 26	<input type="checkbox"/> 10:00-12:00	OR <input type="checkbox"/> 12:00-2:00	
Tuesday, August 31	Call for details	Must have own cycle	rain date: Sept 1

Check the appropriate box below

- I have my own cycle
 I need a hand powered cycle
 I need a foot powered cycle
 I am not sure which type of cycle I need

Adaptive Golf at Toddy Brook Golf Course, N. Yarmouth, Maine

Date	Activity	Session 1	Session 2 (if available)
Monday, June 14	Driving Range	<input type="checkbox"/> 9:00-10:30	OR <input type="checkbox"/> 10:30-12
Monday, June 21	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, June 28	Driving Range	<input type="checkbox"/> 9:00-10:30	OR <input type="checkbox"/> 10:30-12
Monday, July 12	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, July 19	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, July 26	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, August 2	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, August 9	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, August 16	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range
Monday, August 23	On Course	<input type="checkbox"/> 9:00-12:00	OR <input type="checkbox"/> 9:00-10:30 driving range

Adaptive Golf at Martindale Golf Course, Auburn, Maine

Date	Activity	Time
Thursday, June 10	Practice & Play	9:00-12:00
Tuesday, July 6	Practice & Play	9:00-12:00
Thursday, Sept. 2	Practice & Play	9:00-12:00

Adaptive Golf at Bethel Inn, Bethel, Maine

Date	Activity	Time
Thursday, July 8	On Course	8:30-12:00
Wednesday, Aug. 18	On Course	9:30-1:00

To email this form: save a copy and then email that saved copy to schedule@skimhs.org