



VOLUNTEER SIGN UP FORM SUMMER 2010

Name: _____ Phone # _____ Email _____

Directions for completing this form:

- 1: Check the box next to your preferred dates.
- 2: Fill out any equipment information.
- 3: 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		Time	Canoe (C) or Kayak(K)	Are you bringing your own boat? (Y/N)
Friday June 11	volunteer training	9:30-3:00		
Tuesday, June 29		9:30-3:00		
Tuesday, July 13		9:30-3:00		
Friday, July 23	**See note below	9:30-3:00		
Wednesday, August 11		9:30-3:00		
Tuesday, August 24		9:30-3:00		

**** can you bring extra boats on the 23rd?** Yes No. If yes, how many? _____

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		Times	Notes
Wednesday, June 16	Call for details	Must have own cycle	rain date: June 17
Thursday, June 24		10:00-2:00	
Friday, June 25	Acadia	10:00-3:00	
Thursday, July 1		10:00-2:00	
Thursday, July 15		10:00-2:00	
Thursday, July 29		10:00-2:00	
Thursday, August 12	Peaks Island Ride	10:00-3:00	rain date: August 26
Thursday, August 26		10:00-2:00	
Tuesday, August 31	Call for details	Must have own cycle	rain date: Sept 1

Check here if you have your own cycle

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

Date	Activity	Time
Monday, June 14	Driving Range	9:00-12:00
Monday, June 21	On Course	9:00-12:00
Monday, June 28	Driving Range	9:00-12:00
Monday, July 12	On Course	9:00-12:00
Monday, July 19	On Course	9:00-12:00
Monday, July 26	On Course	9:00-12:00
Monday, August 2	On Course	9:00-12:00
Monday, August 9	On Course	9:00-12:00
Monday, August 16	On Course	9:00-12:00
Monday, August 23	On Course	9:00-12:00

Adaptive Golf at Martindale Golf Course, Auburn, Maine

Date	Activity	Time
date TBD	Volunteer Training	9:00-12:00
Thursday, June 10	Practice & Play	9:00-12:00
Tuesday, July 6	Practice & Play	9:00-12:00
Thursday, September 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