

Pickleball - March Beginner Lessons



REKMER

Teaches:

- Rules of Pickleball
 - Safety
- Equipment types and use
- Playing technique for executing basic shots (serve, return, volley, dink)
- Simple strategy and teamwork

Beginner Lessons:

Tuesdays & Thursdays: 3/20, 3/22, 3/27, 3/29

Time: 1pm—2pm

Instructor: Doug Koch

Location: La Sierra Community Center Johnson “Big” Gym—5325 Engle Rd

Fee: \$60 (Resident) \$65 (Non-Resident)

5HLMRLR

6SDFHLM/PLHG5HLMH7RGD

Participants must be 18 years or older

REGISTRATION:

How to Register: In person at our La Sierra Community Center 5325 Engle Rd, Suite 100 in Carmichael (drop box located outside office for after hours registration), by fax at 483-7861, online at www.carmichaelpark.com.

Our office phone number is 483-7826.

REGISTRATION FORM
Adult Pickleball 2017—Beginner Lessons
Tuesdays & Thursdays - 3/20, 3/22, 3/27, 3/29 from 1pm—2pm



Registration will be accepted via mail, walk-in at the address below or use the drop box located outside the La Sierra Office.

LA SIERRA COMMUNITY CENTER SPORTS OFFICE
5325 ENGLE RD, SUITE 100, CARMICHAEL 95608

For more information and questions please contact the Sports Office at 483-7826

FEE: \$60 per participant (Resident) \$65 per participant Non-Resident **Make Checks payable to C.R.P.D.**

Please Check One: Beginner class

How are you paying? (please mark one): Check Cash Money Order Credit * Visa or Mastercard

Total Amount Paid \$ _____ Office Receipt # _____

Name of Card Holder: _____ Signature: _____

Billing Address: _____

*Credit Card # _____ Exp. Date: _____ Security Code: _____

Name: _____ Date of Birth: ____ / ____ / ____ Male or Female

Address: _____ City: _____ Zip: _____

Primary Phone #: _____ Secondary Phone #: _____

Email Address: _____

Carmichael



Carmichael Recreation & Park District

5325 Engle Rd, Carmichael, CA 95608 • (916) 483-7826 • FAX: (916) 483-7861

Adult Pickleball Beginner Lessons—2018

AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, officials, employees, and agents) from any and all liability arising out of, or connected in any way, with my participation in said activity even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or injury or property damage that I may sustain while participating in said activity.

PHOTO RELEASE: By signing this agreement, you are agreeing to release photo rights to Carmichael Recreation & Park District. Carmichael Recreation & Park District reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of Carmichael Recreation & Park District.

Signature: _____ Date: _____

Name (Printed): _____