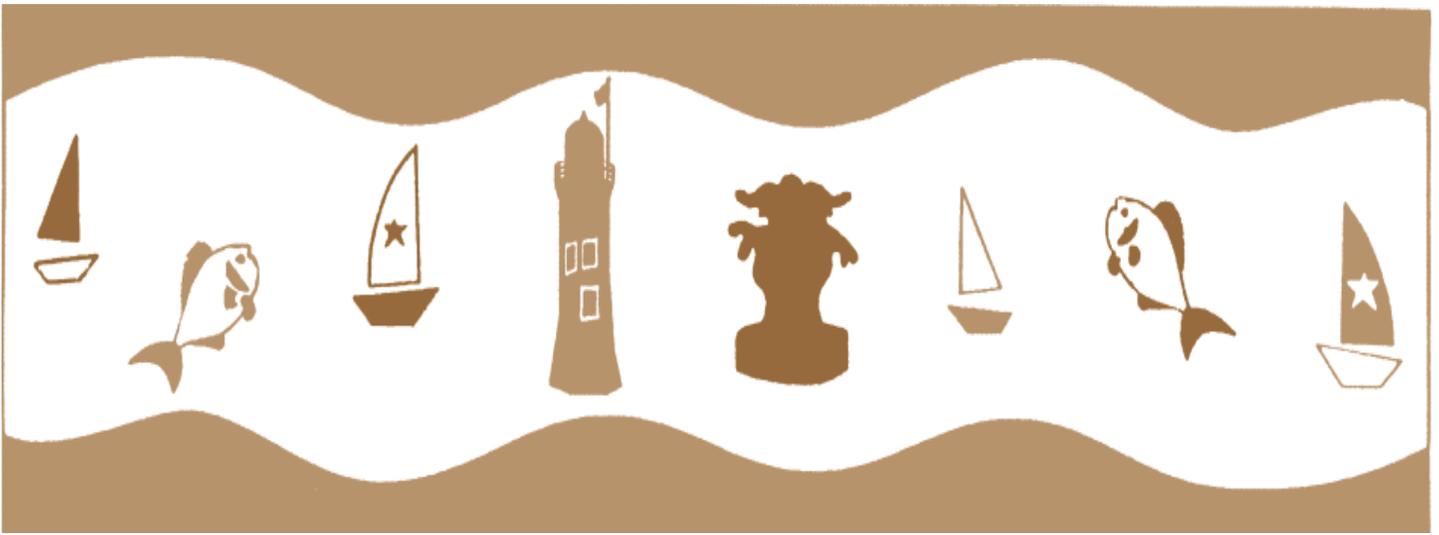


SCITUATE RECREATION
~CATCH THE SCITUATE SPIRIT~
Fall Program 2013



On-Line Registration
www.town.scituate.ma.us/rec

Scituate Recreation Department
Town Hall
600 Chief Justice Cushing Highway
Scituate, MA 02066

Non-Profit Org.
U.S. Postage
PAID
Scituate, MA
Permit No. 56

RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066

OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

Monday-Thursday, 8:30 a.m. to 4:30 p.m.

Friday, 8:30 a.m. to 11:45 a.m.

781-545-8738 (phone)

781-545-6990 (fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director
Maura Glancy, Recreation Assistant
Esther Blacker, Registrar
Jean Sullivan, Recreation Assistant
Paul Sharry, Field Coordinator

RECREATION COMMISSION:

Christopher Roberts, Chairman
Robert McCarry, Erik Richman, Stephen Svensen,
David Smith

Associate Members: William Blake, Tatianna
Maraj, Jamie Noonan, Ralph Studley, Bruce Wait

Selectmen Liaison: Shawn Harris

POLICIES AND PROCEDURES

- a. **FALL PROGRAM REGISTRATION WILL OPEN TUESDAY, SEPTEMBER 10, 2013 AT 7:00 PM AT WWW.TOWN.SCITUATE.MA.US/REC**
- b. **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- c. Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 p.m. to 8:00 p.m.; however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- d. Mail-in registration for residents will be accepted **starting SEPTEMBER 11, 2013** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- e. **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
- f. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- g. **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- h. All fees are payable in advance to Town of Scituate. A person is registered only when they have registered Online or a check or cash and a registration form is received in the Recreation Office.
- i. No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- j. **FINANCIAL ASSISTANCE FORMS MUST BE FILLED OUT BY THURSDAY, SEPTEMBER 5TH IN ORDER TO BE CONSIDERED PRIOR TO THE SEPTEMBER 10TH REGISTRATION.**
- k. Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- l. **Registration for non-residents will begin SEPTEMBER 17, 2013.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- m. The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

It's easy Do it all online!

Step one

To get started, one adult member of the family must request a private online account. It's easy, just follow these step-by step instructions.

1. Go to www.town.scituate.ma.us/rec
2. Request a new online account
3. Enter your account information, including Your email address (so that you can receive Program updates)
4. Select a private Login Name and Password - and type a Question and Answer that you will remember (keep all this information private)
5. Hit the "Submit" button

Your request will take up to 24 hours to process. Once your online account is active, you can add family members and view your account details. You are ready to go!

Step two

From the same website, you can then register for any activity. It's easy, simply:

1. Select the "Register" button in the top-right.
2. Click on an activity name and hit "Add to My Cart"
3. Login with your Login ID and Password
4. Specify the enrollment number and hit "Checkout"

Step three

5. Select the family member(s) who will participate in the activity and answer any questions or add comments
6. Hit "Continue" twice to confirm your order (note: a small convenience fee is applied to your order)
7. Click "OK" on the security notice, complete your Credit card payment (American Express, MasterCard, or Visa), and hit "Continue" (note: you can print your receipt)

That's it, you're registered and will receive an Email confirmation!

With your online account, it takes just a few clicks to: www.town.scituate.ma.us/rec

REGISTER ONLINE **GO!**

- * Search for activities by, location category, date...
 - * View details and number of available spaces
 - * Register for activities, programs, and events
 - * Reserve facilities
 - * Renew your passes and memberships
 - * View your personal and family calendars
 - * Update your account
 - * Print Receipts
 - * Receive email updates
 - * And More
- All of these options are available in the top-right navigation bar and click away to explore your options today!

www.town.scituate.ma.us/rec

Secure Online Transactions

Our online registration system is brought to you by The Active Network – one of the most Reputable marketing and technology solutions providers in the market. So you can be assured of the highest level of trust and security. Being part of The Active Network means you can have piece of mind that:

1. Your personal information is kept private Personal information collected on the registration web site is stored in a secure database that is not available to the public. You can also help protect your information by safeguarding your account password and login name. Keep this information in a private location and create a question to which only you know the answer – so only you can use this information to get access to your account should you forget your password.

2. Your credit card information remains safe. The Active Network brings you the convenience of credit card payments using American Express, MasterCard, or Visa. Credit Card numbers are encrypted in a secure database and the registration information supplied is transmitted using the most secure technology in the market – the same that is used by leading online retailers, banks and insurance companies. So you can be confident that your payment information is safe.

TABLE OF CONTENTS

Page 2:

- Policies and Procedures

Page 3:

- Online Registration Instructions

Page 5:

- All Stars Running
- All Stars Karate
- Little People Program

Page 6:

- Pre-School/Youth Dance with Miss Tracey
- 10-12 Year Old Flag Football
- Olympic Archery
- Sport of Fencing
- Wrestling Clinic

Page 7:

- Co-Ed Shooting Basketball Clinic
- Fall Open Gym
- Guitar Workshop with Matt Browne

Page 8:

- Halloween Kraft Time
- Holiday Kraft Time
- Scituate Playhouse
 - Jingle Bell (Grades K-2)
 - 375 Christmases (Grades 3-6)

Page 9:

- Pan Gai Noon
 - Executive Kung Fu (Adults and Teens)
 - Tai Chi – Internal Arts
 - Children’s Kung Fu 6-9 Years Old
 - Beginner (Level I)
 - Intermediate (Level II)
 - Juniors Kung Fu 10-13 Years Old

Page 10:

- Boating Skills & Seamanship Certification
- American Heart Association Heart Saver C.P.R./A.E.D
- American Heart Association Healthcare Provider C.P.R./A.E.D.
- First Aid

Page 11:

- Zumba
- M.M.A. (Mixed Martial Arts)
- Exercise Ball Workout with Weights
- Ultimate Combo of Cycle and Exercise Ball
- Adult Tennis

Page 12:

- Not Your Average Boot Camp
- Adult Yoga
- Gentle Power Yoga
- Restore the Core
- Men’s Over 35 Basketball

Page 13:

- Stationary Cycling Programs

Page 14:

- Field Permit Information
- PJ Steverman Golf Classic
- Other Town Organizations Information

Page 15 & 16:

- Registration Form

Missed the first meeting of a program? Don't worry! Registration is always ongoing! Come and see us at the Recreation Office at Scituate High School.

ALL STARS

For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL STARS KARATE: Scituate Recreation's Multi-Purpose Room. A karate program designed to meet the physical, cognitive, social, and emotional needs of its participants. Students who participate in a karate program exhibit increased mobility, memorization and self-esteem. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills; our programs provide 3:1 staffing for facilitative assistance for children with moderate special needs. Students who would enjoy a less formal martial arts curriculum are also encouraged to attend. **Program is open to children in grades 1-8.** *We ask that you register your child well in advance. If you register your within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing.*

9 weeks. (No Class 11/8 & 11/29/13)

(938) Fridays: 10/4/13 – 12/13/13 from 5:30 to 6:30 p.m.

Fee: \$95

ALL STARS RUNNING: Gates School Track and Field. This program will teach your child the fundamentals of running and guide him or her to establishing a healthy lifestyle through a variety of fun conditioning and running exercises, games and team work activities. This work will establish the foundation for success in the area of physical fitness in a non-competitive, organized and fun-filled approach. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills; our programs provide 3:1 staffing for facilitative assistance for children with moderate special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend. Brian Stewart, who currently directs the Nautical Mile program, will be leading this program along with our experienced All Stars Staff. **Program is open to children ages 6 and up.** *We ask that you register your child well in advance. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing.*

7 weeks (No class 10/13 & 11/10/13)

(939) Sundays: 9/29 – 11/24/13 from 3:00 to 4:00p.m.

Fee: \$75

PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: Scituate Recreation Little People Room. The Little People program has been offered for twenty-one years as an opportunity for two and three year old children, along with a parent or caregiver, to share in music, dance, arts and crafts, unstructured play and new friendships. The Instructors, Kelly Arevian and Kelly Lee, have diverse backgrounds in Education and Finance and bring tremendous experience and leadership skills to Little People. Mrs. Arevian and Mrs. Lee have been very involved in the community and schools, and are excited to work with caregivers to guide the children as they interact, explore, create and play! Younger siblings always welcome!

Classes are appropriate for ages 2 & 3.

Classes take place in the Little People Room, at Scituate High School, across from the PJ Steverman Inline Rink.

(954) TUESDAY LITTLE PEOPLE 1:

10/8/13 – 12/10/13 from 9:30 a.m. to 11:00 a.m.

Fee: \$120

(955) WEDNESDAY LITTLE PEOPLE 1:

10/9/13 – 12/11/13 from 9:30 a.m. to 11:00 a.m.

Fee: \$120

(956) WEDNESDAY LITTLE PEOPLE 2:

10/9/13 – 12/11/13 from 11:15 a.m. to 12:45 p.m.

Fee: \$120

PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY:

Location: Scituate Multi-Purpose Room. Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color.

Thursdays: 10/3/13 – 11/21/13 (Both sessions 8 weeks).

(965) 2 Years Old: 12:30 to 1:00 pm

Fee: \$45

During this ½ hour class, parent and child will stretch with music, sing songs and dance, plus tumble on mats- NO tap shoes.

(966) 3 - 5 Years Old: 1:00 to 2:00 pm

Fee: \$85

This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics.

CHILDREN & TEEN PROGRAMS

10-12 YEAR OLD FLAG FOOTBALL: Scituate High School, Turf Field. Flag football is a great introduction to the sport of football. Learn basic football skills and rules in a fun, non-tackle environment. Players will meet for 15 minutes of football drills followed by a 45-minute game. Two teams of ten players will be formed and the game will consist of 8-on-8 play. Open to boys and girls (no cleats, please) **ages 10 to 12.** Instructor/Coach: Robert Paganetti.

6 meetings.

(949) Saturday & Sunday from 8:00 to 9:00 a.m. on the following dates:

10/5, 10/6, 10/12, 10/13, 10/19 & 10/20/13 (rain dates: 10/26 & 10/27)

Fee: \$45

OLYMPIC ARCHERY: Scituate Recreation Multi-Purpose Room at Scituate High School. Archery is fun! Learn Olympic Archery through a fun, safe and nationally recognized program. This program is a precursor to the JOAD program. Children will learn proper shooting technique and range safety. This program helps to build focus, patience and self-confidence. Focus is on individual achievement and fun games All equipment is provided. **Instructor: David McCarthy** and his staff are USAA certified instructors. **Ages: 10—15 years old.** Limited to 12 students/class.

6 weeks. (no class 11/8/13)

(963) Fridays: 10/11/13 – 11/22/13 from 3:00 to 4:00 p.m.

(964) Fridays: 10/11/13 – 11/22/13 from 4:00 to 5:00 p.m.

Fee: \$105

SPORT OF FENCING: Scituate High School Multi-Purpose Room. This instructional course will be offered to boys and girls, **ages 8 and up.** This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. Instructor: Jim Mullarkey.

9 weeks. (No Class 10/31, 11/14 and 11/28/13)

Thursdays: 9/26/13 – 12/12/13

(946) Beginner (no experience) from 4:45 to 5:45 p.m.

(947) Intermediate I (1 yr. or less) from 5:45 to 6:45 p.m.

(948) Intermediate II (1 yr. or more) from 6:45 to 7:45 p.m.

Fee: \$105

WRESTLING CLINIC: Scituate High School's Small Gym. Do your boys have some pent-up energy they are dying to use? Or at least you're dying to have them use? Have them come to Wrestling: a fun and safe way to fulfill one's drive and become skilled at the sport of champions. Whether you are a beginner or have had training ... this is an excellent opportunity to learn for the first time or continue to sharpen your skills in our fun-to-learn clinic. There will be two sessions: one for younger, inexperienced students in Grades 1 through 5; and one for older and/or more experienced wrestlers in Grades 6 through 8 (or for younger guys, who have taken the introductory clinic a couple of times). Wrestlers in both sessions will be separated according to size and ability. Each session will build upon the last and each night students will go home learning a new skill and having had a great time. Grades 1-5 inexperienced wrestlers will be from 6:30 to 7:15; Grades 6 through 8 (and more experienced wrestlers) will be from 7:15 to 8:15 PM. Coach: Brian Robinson.

5 weeks. (No Class 10/14 and 11/11/13)

Mondays: 10/7/13 – 11/18/13

(968) Grades 1 – 5 from 6:30 to 7:15 p.m.

(969) Grades 6 – 8 from 7:15 to 8:15 p.m.

Fee: \$35

BASKETBALL PROGRAMS

CO-ED SHOOTING BASKETBALL CLINIC: Scituate High School, Large Gym. Grades 4th through 12th graders come and learn to shoot the basketball regardless if you are preparing for the upcoming winter basketball season, want to play in the NBA or WNBA or just want to learn how to shoot better in your driveway. This 5-week program is designed to instill and to create the shooter's mentality, proper technique and follow through. Everyone loves to shoot. Making shots is fun, well come and learn how to shoot correctly and with more success. What will be taught each week is designed to have the participant understand that the mindset, the skills / drills taught need to be practiced on their own. Practice does not make perfect, practice makes permanent and our aim is to teach the participants to practice perfectly so that you can be prepared to make shots regardless if it is in the driveway, shooting around with friends or in direct game competition. There is no quick fix, there are no shorts cuts to becoming skilled in any endeavor regardless if it is academic, athletic, musical, dance etc. and shooting is no different. All that is needed is the following: A basketball hoop, a basketball, sense of daily urgency and a dream. Once your mentality, technique and follow through are correct, the success of your shot is only a matter of your wiliness to practice it. Being shot ready, having "toes to target" and prepared to make your next shot before you even catch the ball will be stressed. Come and learn to shoot through direct / correct group and individual instruction, drills and competition. This clinic will be challenging but fun, participants will be arranged based on their age. Please come ready to work and to learn. Each week will focus on teaching proper technique of one of the following: Lay-ups, floaters, set, pull-up and jump shots, 3 point shots, mid-range and of course free throws. Coaches: Matt Poirier and the entire Scituate High School Boys Basketball Staff.

7 weeks.

(941) Wednesdays: 10/9/13 – 11/20/13 from 5:30 p.m. to 6:30 p.m.

Fee: \$40

FALL OPEN GYM: Scituate High School Large Gym. The goal of the open gym is to give middle school and high school kids a chance to play full-court pick-up basketball using the beautiful facilities of Scituate High School. While the open gym will not be a skills type of a clinic, Coach Jordan and Coach Eromin will direct the basketball being played. The expectations from the coaches will be that players play up-tempo basketball, make the time worthwhile, and to have fun. This is a great chance for kids to organize and play basketball themselves without a referee or uniforms. Playing pick-up basketball is what serious basketball players do all the time to become better; this open-gym will be a wonderful opportunity for Scituate kids.

6 weeks.

(944) Wednesdays: 10/9/13-11/13/13

Grades 7-12: 6:30 p.m. to 8:30 p.m.

Fee: \$40

GUITAR WORKSHOPS WITH MATT BROWNE:

Scituate Recreation Department's Little People Room. A one-hour weekly program that features a complete and comprehensive study of guitar fundamentals. Among the many exciting and enjoyable techniques taught by Matt, you'll learn songs right away, manage rhythms, strengthen your music knowledge and learn how to tune and string your guitar. All in all, a very user friendly class with a favorite local instructor for over 17 years. All students require a guitar: electric (with working amp) or acoustic and guitar picks. Lesson worksheets will be provided.

8 weeks.

(958) Tuesdays: 10/8/13 – 11/26/13 from 4:00 p.m. to 5:00 p.m.

Fee: \$90

HALLOWEEN CREATIVE ‘KRAFT TIME’:

Recreation Department/Little People Room at Scituate High School. A chance for your child to use their own creativity to make Halloween keepsakes, while working together in a group setting. The spooky treasures will be kept forever! Grades K-6. Instructor: Cheryl Bowen-Ditommaso. All materials are included.

2 classes.

(952) Thursdays: 10/10/13 & 10/17/13 from 4:00 p.m. to 5:30 p.m.

Fee: \$40

HOLIDAY CREATIVE ‘KRAFT TIME’:

Recreation Department/Little People Room at Scituate High School. Come join us in this festive holiday craft time where your child can show off their creative side! In this two-week session, we will prepare for the holiday season by creating holiday-oriented ornaments, crafts and gifts that will be kept forever! Let your child take pride in their creations and have fun as well! Grades K-6. Instructor: Cheryl Bowen-Ditommaso. All materials are included. **2 classes.**

(953) Thursdays: 12/5/13 & 12/12/13 from 4:00 p.m. to 5:30 p.m.

Fee: \$40

SCITUATE PLAYHOUSE

Our instructor, Kathy Boluch, a Massachusetts certified teacher, guides young actors through the experience of a lifetime! There's nothing more fun than being in a play. Everyone should give it a try! To become a more confident public speaker, to work those arms, legs, and vocal chords, and to make new friends from other schools! Your young actor will love singing, dancing and acting in these original Holiday shows --- and the dates don't conflict with your busy holiday schedule!

Parents are asked to provide their children's costumes.

Please Note: No food or drink permitted in SHS Auditorium.

No Classes over Thanksgiving Break

FALL PRODUCTIONS:

“Jingle Bell” (An original musical for grades K-2)

Children in Scituate realize no bells are ringing! With Santa's help, they figure out that a bell stops ringing when there's a sad child in the world. Santa & crew set out, bringing hope to children who need it most. The Scituate kids, Santa & crew use combined magical wishing and all together, bells begin to ring again!

Roles for 15 actors:

(984): Boys (at least 3) and **(992):** Girls (max. 12)

Rehearsals: SHS Multi-Purpose Room

Dress Rehearsal and Show: SHS Auditorium

Rehearsals: Saturdays, 9/14-11/2/2013, 12:30-1:30 p.m.

Dress Rehearsal: Wednesday, 11/6/2013, 4:00 p.m.

Final Performance: Friday, 11/8/2013, 7:00 p.m.

Fee: \$125

"375 Christmases" (An original musical for grades 3-6)

A collection of stories from selected Christmases in Scituate's 375-year history, combined with comedy, music and dance, celebrating a town with a lot to celebrate!

Roles for 15 actors:

(985): Boys (5 roles)

(986): Girls (10 roles)

Rehearsals: SHS Multi-Purpose Room

Dress Rehearsal and Show: SHS Auditorium

Rehearsals: Saturdays 9/14-11/2/2013, 1:45-3:00

Location of Dress Rehearsal & Performance: Auditorium at Scituate High School

Dress Rehearsal: Wednesday, 11/6/13, 6:00 p.m.

Final performance: Saturday, 11/9/13, 7:00 p.m.

Fee: \$175

Pan Gai Noon (Half Hard Half Soft)

KUNG FU + TAI CHI

The Pan Gai Noon School has been in Scituate for 28 years under the direction of Sifu Cole Hawkins. We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern Shoalin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience. There are classes for all ages 6+ boy or girl as well as seniors. Please see class description.

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)

Classical Kung Fu for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Traditional karate and kung fu moves are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome!

9 weeks. (No Class 11/27/13)

(987) Wednesdays: 10/9/13 – 12/11/13 from 6:10 to 7:40 pm

Fee: \$113

TAI CHI – INTERNAL ARTS

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit.

10 weeks.

(988) Tuesdays: 10/8/13 – 12/10/12 from 6:00 to 7:30 pm

Fee: \$155

CHILDRENS KUNG FU 6-9 YEAR OLDS I

For the beginning student, this is a fun, structured introduction to the formal training of Kung Fu Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods.

8 weeks. (No class 10/14/13 and 11/11/13)

(989) Mondays: 10/7/13 – 12/9/13 from 4:50 to 5:50 pm

Fee: \$69

CHILDRENS KUNG FU 6-9 YEAR OLDS II

This class is structured for the beginning student after a session or two who has achieved one stripe or better. This class is more directed towards individual training or small group training. Individuals will be given more directed training as they progress.

10 weeks.

(990) Tuesdays: 10/8/13 – 12/10/13 from 4:50 to 5:50 pm

Fee: \$85

JUNIORS KUNG FU 10-13 YEAR OLDS

Age appropriate training from beginner to advanced with more directed instruction as student progresses.

10 weeks.

(991) Wednesdays: 10/9/13 – 12/11/13 from 5:00 – 6:00 pm

Fee: \$85

**All Pan Gai Noon, Kung Fu and Tai Chi classes are held in the
Multi-Purpose Room at Scituate High School.**

SAFETY PROGRAMS:

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE: **Scituate Maritime Center on Edward Foster Rd.** This is a Massachusetts and Nationally recognized course taught by the Massachusetts Environmental Police and Scituate Harbor Master. This is a comprehensive 12-hour course designed for both the experienced and the novice boater. Topics include: Which Boat is for You, Equipment for Your Boat, Trailing Your Boat, Handling Your Boat, Highway Signs, The Rules You Must Follow and Navigation. Successful completion of this course also entitles 12 through 15 year-old operators to obtain the Massachusetts Environmental Police Safety Certificate allowing them to operate a motorboat without adult supervision and allows the 16 and 17 year old youth to operate a personal watercraft (jet ski, wave runner, etc.)
(940) Wednesday, 11/13/13 & Thursday, 11/14/13 from 5:30 to 9:00 p.m.
and Saturday, 11/16/13 from 9:30 a.m. to 3:00 p.m. **Fee: FREE (must register)**



AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.: **Scituate Fire Station Headquarters:** Min. 6/Max.12. This class is appropriate for nurses, doctors, EMTs, medics and nursing students. This class covers defibrillation, adult, child, and infant CPR for the **Healthcare Professional**. This is a two -year certification. Instructor: Mark Donovan.
(936) Thursday, 11/14/13 at 7:15 p.m. **Fee: \$60**

AMERICAN HEART ASSOCIATION HEARTSAVER C.P.R./A.E.D.: **Scituate Fire Station Headquarters:** Min.6/Max 12. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR. Includes new text & 2- year certification card. Instructor: Mark Donovan.
(937) Wednesday, 10/9/13 at 7:15 p.m. **Fee: \$55**

FIRST AID: **Scituate Fire Station Headquarters.** Min 6/Max 12 Receive a 2 year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. Instructor: Mark Donovan
(945) Wednesday, 12/4/13 from 7:15 p.m. to 10:00 p.m. **Fee: \$55**

ADULT PROGRAMS

ADULT KARATE AND TAI CHI PROGRAMS: SEE PAN GAI NOON INFORMATION FOR MORE DETAILS

ZUMBA: **Scituate Recreation Multi-Purpose Room at Scituate High School.** The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body while combining fitness and fun. Instructor: Sandy Guyette.
12 weeks.



(982) Mondays: 9/16/13 – 12/16/13 7:00 p.m. to 8:00 p.m. (No class 10/14 or 11/11)
(983) Saturdays: 9/21/13 – 12/21/13 8:30 a.m. to 9:30 a.m. (No class 9/28 or 11/30) Fee: \$65

M.M.A. (MIXED MARTIAL ARTS) CONDITIONING CLASS: **Scituate Recreation Multi-Purpose Room.** This class will provide a fun and tough workout for beginners as well as experienced athletes looking for a new challenge. The workouts allow you to go at your own pace and increase the intensity whenever you feel ready. All classes include a warm up and a 30 minute “all around” workout that will get you moving and breathing heavy. After that you’ll learn the fundamentals of boxing including stance, hand positioning, and basic punching combinations. As the session progresses you’ll build upon that foundation by adding in kicks, knees and ground moves to make a full body workout like no other! Instructor: Dan Reynolds
10 weeks. (No class 10/14 or 11/11/13)

(957) Mondays: 10/7/13 – 12/23/13 6:00 p.m. to 7:00 p.m. Fee: \$55

EXERCISE BALL WORKOUT WITH WEIGHTS: **Scituate Recreation’s Multi-Purpose Room.** Do you own an exercise ball and don’t know how to use it? Then come sign up for a motivating, challenging one-hour resistance-training workout. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. All levels welcome. Please bring your own exercise ball. You will see results!! Instructor: Sarah Lannon.

8 weeks.

(942) Thursdays: 10/10/13 – 12/19/13 8:45 a.m. to 9:45 a.m. (No class 10/31, 11/7, or 11/28/13)
(943) Sundays: 10/20/13 – 12/22/13 8:00 a.m. to 9:00 a.m. (No class 11/3 or 11/10/13) Fee: \$45

THE ULTIMATE COMBO OF CYCLE AND EXERCISE BALL: **Scituate Recreation’s Multi-Purpose Room** Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. Instructor: Sarah Lannon.

9 weeks. (No class 11/4 or 11/11)

(967) Mondays: 10/7 – 12/16/13 9:00 a.m. to 10:00 a.m. Fee: \$75

ADULT TENNIS: **Scituate Racquet and Fitness Club.** During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. Also covered will be basic strategies for doubles and singles play, all levels are welcome. 1:4 teacher/student ratio. **8 weeks. (No class 11/29/13)**

(934) Fridays: 10/11/13 – 12/6/13 from 12:00 p.m. to 1:00 p.m. Fee: \$101

NOT YOUR AVERAGE BOOT CAMP: ALL LEVELS OF FITNESS WELCOME Scituate High School Track.

This is an interval-training program that includes cardiovascular as well as muscular conditioning drills and outdoor fitness games. Utilizing medicine balls, jump ropes, lunges, squat thrusts, jacks, push ups, bleachers and running/walking. This is guaranteed to improve your strength and endurance. Bring your running shoes & water. You will inspire and be inspired by others. Learn how exercise can be FUN in this total body workout! Drop-ins welcome for \$10 with a Registration form. Instructors: Jen Rooney and Suzy Murray.

10 weeks.

Fee: \$55

(959) Mondays:

10/14/13 – 12/16/13 6:00 a.m. – 7:00 a.m.

(961) Fridays:

10/18/13 – 12/20/13 9:30 a.m. – 10:30 a.m.

(960) Wednesdays:

10/16/13 – 12/18/13 6:00 a.m. – 7:00 a.m.

(962) Saturdays:

10/19/13 – 12/21/13 7:30 a.m. – 8:30 a.m.

ADULT YOGA: Scituate Harbor Community Building. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. All experience levels and body types welcome! Please wear loose and comfortable clothing and bring a yoga mat. Instructor: Gita Brown, MM, MT-BC see gitabrown.com for more information about your teacher.

9 Weeks. (No Class 11/28/13)

Fee: \$68

(935) Thursdays: 10/17 – 12/19/13 from 9:00 a.m. to 10:00 a.m.

GENTLE POWER YOGA: Scituate Harbor Community Building This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration. Everyone can do yoga and this class is available to ALL levels. Find the joy in movement, keeping your body fit and your mind calm! Wear comfortable clothing and bring a yoga mat and water. Instructor: Leslie Payne, CYT

(950) Tuesdays 10/15 – 12/17/13 from 8:30a.m. to 9:30a.m. 10 classes.

Fee: \$75

(951) Thursdays 10/17 – 12/19/13 from 7:00p.m. to 8:00p.m. 9 classes. (No class 11/28/13)

Fee: \$68

RESTORE THE CORE MAT PILATES Scituate Harbor Community Building This mat Pilates-style class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floors using one’s own body weight and resistance equipment. Restore the Core is designed for men and women of all ages and fitness levels and offers stress management through deep breathing techniques. With proper training and regular attendance, you CAN retrain your core muscles. As you get stronger the exercises will continue to challenge. The result is a slimmer body and no more low belly sag! Make the change you have been talking about and enjoy an hour focusing on your health! Please bring a bottle of water and yoga mat to class.

Instructor: Denyce Holley, AFAA Certified Instructor

13 classes.

Fee: \$70

(980) Tuesdays: 9/17/13 – 12/10/13 from 9:30 a.m. to 10:30 a.m.

ADULT BASKETBALL

MEN’S OVER 35 BASKETBALL: Gates Junior High School. Tuesday and Thursday nights, schedule below.

NO on-line Registration. Please register with program director at your first class, or in recreation dept. Fee: \$100

| | | | |
|------------------------|--|---|--|
| <u>Tuesdays</u> | <u>9/17/13 – 11/26/13</u> 7:00 p.m. -9:00 p.m. | <u>12/03/13 – 3/11/14</u> 7:30 p.m. - 9:00 p.m. | <u>3/18/14-5/20/14</u> 7:00 p.m. - 9:00 p.m. |
| <u>Thursday</u> | <u>9/19/13 – 11/21/13</u> 7:00 p.m. –9:00 p.m. | <u>12/5/13– 3/13/14</u> 7:30 p.m. – 9:00 p.m. | <u>3/21/14 – 5/22/14</u> 7:00 p.m. – 9:00 p.m. |

Please note: This program follows the School Calendar and does not run during school vacations, holidays or on snow days.

SCITUATE STATIONARY CYCLING

Scituate Recreation Multi-Purpose Room at Scituate High School.

Get in shape the fast and affordable way! Our cycling program offers the best, certified instructors on **state of the art Schwinn cycles** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.

(We DO meet holidays and vacation week)

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert

CRANK OF DAWN: Start your day off right with this high energy cycling class. Head out on a journey without leaving the spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class!

(11 weeks)

Fee: \$90

(970) Monday 10/7 – 12/16/13 5:45 a.m. to 6:45a.m.: Maggie

(971) Tuesday 10/8 – 12/17/13 5:45 a.m. to 6:45 a.m.: Maggie

SPIN CYCLE: Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout.

(11 weeks)

Fee: \$90

(972) Wednesdays 10/9 – 12/18/13 9:15 a.m. to 10:15 a.m.: Maggie

(973) Fridays 10/11 – 12/20/13 9:15 a.m. to 10:30 a.m.: Maggie

CHAIN REACTION: Whether you're a serious cyclist or just love the calorie burn of cycling, this is the class for you! This high energy ride will take you to a new level of fitness. Come on in and reap the benefits!

(11 weeks)

Fee: \$90

(974) Wednesday 10/9 – 12/18/13 4:00 p.m. to 5:00 p.m.: Erin

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride.

(9 weeks; No class 11/4, 11/11)

Fee: \$74

(975) Monday 10/7 – 12/16/13 9:00 a.m. to 10:00 a.m.: Sarah

BEGINNER CYCLE CLASS: Have you always wanted to try a cycle class but were "afraid"? Or you thought that you simply could not do it? Then sign up for this 45 minute introductory class. You will learn the proper form and correct technique for riding a spin bike. You will be able to ride at your own pace all while getting a great cardio workout.

(9 weeks; No class 11/4, 11/11)

Fee: \$52

(976) Monday 10/7 – 12/16/13 5:30 p.m. to 6:15 p.m.: Sarah

INTERVAL CYCLING: This ride has it all! Rolling hills, sprints, jumps, strength building, endurance and a whole lot of energy. Don't miss out on this great cardio work-out!

(9 weeks; No class 10/30, 11/4, 11/6, 11/11)

Fee: \$74

(977) Monday 10/7 – 12/16/13 6:30 p.m. to 7:30 p.m.: Sarah

(978) Wednesday 10/9 – 12/18/13 6:30 p.m. to 7:30 p.m.: Sarah

THE ZONE: Get your weekend started with a ride that will get you in "the zone"! This class will challenge your strength and endurance with interval drills and awesome music! Get a jump start to your weekend and feel energized!

(11 weeks)

Fee: \$90

(979) Saturday 10/12 – 12/21/13 7:30 a.m. to 8:30 a.m.: Alternates

CEILIDHE (KAY-LEE): Recreation Department. A gathering of friends for mutual entertainment and enjoyment. Bring along a song or three, an instrument, an open heart and join in the fun.

Meets the 3rd Friday of every month from 7:30 p.m. to 10:30 p.m.

Fee: Free!

Don't Miss Out!

Sign up at the Town's website
(www.town.scituate.ma.us) for
municipal updates, including
recreation announcements.

**FIELD, BASKETBALL COURT, IN-LINE
SKATING RINK OR BANDSTAND PERMITS:**

If you are interested in using a Town playing field,
basketball court, the PJ In-line Skating Rink or the
Morrill Bandstand in Cole Parkway permits must
be obtained through Scituate Recreation.

Applications are available in the office or online at

www.town.scituate.ma.us

For more information please email
psharry@town.scituate.ma.us

18th Annual PJ Steverman Golf Classic
A benefit for the Friends of Scituate
Recreation

Will be held *Friday, September 13, 2013*

Widow's Walk: *1:00 p.m. shotgun start*

Scituate Country Club: *6:00 p.m., Dinner,*
Silent & Live Auction and Raffle

Foursome: \$500.00

Hole Sponsorship: \$175.00

Dinner Ticket only: \$40.00

For more information, please call,
781-545-5321 or 781-545-8738

www.PJStevermanGolf.com

PLEASE CUT OUT AND SAVE!

Activities Sponsored by Other Organizations

PLEASE Use Contact Information Listed Below:

***These are independent organizations & not under
Scituate Recreation***

Scituate Community Christmas

www.scituatecommunitychristmas.org

Scituate Community Education

781-545-8750

Vivienne Leonard

Scituate Chamber of Commerce

www.scituatechamber.org

Scituate Knights of Columbus

www.kofc3716.org

Scituate Little League

www.scituatelittleleague.org

Scituate Lacrosse

www.scituatelacrosse.com

Scituate Soccer Club

www.scituatesoccer.com

Scituate Traveling Softball

gsm99@comcast.net

Gary Meyerson

Scituate Youth Football

www.scicohfootball.com

Scituate Youth Cheerleading

www.scicohfootball.com

Scituate Youth Travel Basketball

www.scituatebasketball.org

Scituate Youth Center

www.scituateyouthcenter.com

South Shore Senior Softball League

781-545-5441

Kevin McLaughlin

South Shore Seahawks

www.southshoreseahawks.org

C.O.R.S.E.

www.corsefoundation.org

(Community of Resources for Special Education)

Tracy Johnston

SCITUATE RECREATION REGISTRATION FORM
(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.
PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ **Age** _____ **Grade** _____
The grade would be the grade the child is entering in the fall of 2013.

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email Address:** _____

IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: _____ **Relationship:** _____

Phone: _____ **different than those provided above!*

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ **Policy #:** _____

| *PROGRAM CODE | PROGRAM NAME | START DATE | FEE |
|--|-------------------------|--|------------|
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |
| | | Non Resident Fee - \$5.00/program | \$ _____ |
| *CHECKS PAYABLE TO THE TOWN OF SCITUATE | | | |
| | | GRAND TOTAL: | \$ _____ |

PLEASE CONTINUE TO OTHER SIDE
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

OFFICE USE ONLY

Date Received: _____ **Payment Received:** _____ **Release Signed:** _____ **Received by:** _____
Date Processed: _____ **Processed by:** _____

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT
(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact eblocker@town.scituate.ma.us and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed) : _____

Date: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT
(IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED