Scituate Recreation

~CATCH THE SCITUATE SPIRIT~

Fall Program 2016

Online Registration

www.scituatema.gov/recreation-department

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

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RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS

TOWN OF SCITUATE RECREATION DEPARTMENT

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MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Jenkins Elementary School - 2nd Floor
54 Vinal Ave. Scituate, MA 02066

Monday-Thursday, 8:30 am - 4:30 pm
Friday, 8:30am - 11:45 am
Phone: 781-545-8738
Fax: 781-545-6990

RECREATION STAFF

Maura Glancy, **Director**
Nick Lombardo, **Assistant Director**
Paul Sharry, **Recreation Clerk**
Anne Vegnani, **Field Coordinator**
Allison Richman, **Registrar**
Eric Donovan, Caitlin Fitzmaurice, **Office Staff**

RECREATION COMMISSION

Dave Smith, **Chairman**
Jennifer McMellen, **Vice Chairman**
Jaqueline Carr Comerford, **Secretary**
Allen Kazlousky, Dan Fennelly
Associate Members: Brian Stewart, Jay Murray **Selectmen Liaison:** Shawn Harris, Tony Vegnani

POLICIES AND PROCEDURES

• FALL PROGRAM REGISTRATION OPENS Wednesday, AUGUST 24 - 10:00 AM at WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT
• PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.
• Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration. 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.
1) Mail-in registrations for residents will be accepted starting Thursday, AUGUST 25 – 10:00AM. Check or money order should be made payable to Town of Scituate.
2) 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.
3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
4) 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 recreation 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.
5) All fees are payable in advance to Town of Scituate. A person is registered ONLY when they have registered online or with check or cash received in the Recreation Office.
6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
7) Need financial assistance...Just ask!
8) 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.
9) Registration for non-residents will opens Wednesday, AUGUST 31 - 10:00 AM. 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.
10) 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.

DON'T FORGET!

We're now located at Jenkins Elementary School (2nd Floor), 54 Vinal Ave

CHILDREN'S PROGRAMS

LITTLE PEOPLE PRESCHOOL PROGRAM (Ages 2-3): Little People Room at Jenkins Elementary. The Little People program has been offered for over twenty three years! This is a great opportunity for friendships to evolve as children ages 2-3, along with a parent or caregiver, share in music dance, arts & crafts, as well as unstructured play. Instructors: Kelly Lee, Kelly Arevian. 11 weeks (NO CLASS 10/10, 11/24). Fee: $123/code. Mondays: Sept. 19 – Dec. 5 --- 9:15am – 10:30am / 11:00am – 12:15pm
Thursdays: Sept. 22 – Dec. 8 --- 9:15am – 10:30am / 11:00am – 12:15pm

LITTLE PEOPLE YOGA (Ages 3-5) : Little People Room at Jenkins Elementary. A fun, vibrant approach to yoga through stories, song, games, and role play. This class will introduce children to an awareness of yoga breath, different yoga poses, and relaxation. This class is appropriate for children age 3-5. Please bring a yoga mat or a towel, and a water. Instructor Kelly Lee, CYT. Two 6 week sessions, Fee: $60/session. Tuesdays: Sept. 27 – Nov. 1 --- 9:00am – 10:00am / Tuesdays: Nov. 15 – Dec. 20 --- 9:00am – 10:00am

HOME ALONE SAFETY FOR KIDS (Gr. 4-6): Little People Room at Jenkins Elementary. This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic and interactive three-hour class is serious business made fun. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M of South Shore Safety (www.southshoresafety.com), Fee: $55. Saturday: Oct. 1 --- 9:00am-12:00pm

BABYSITTER SAFETY TRAINING COURSE (Gr. 5-8): Little People Room at Jenkins Elementary. This three-hour course is designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, safety & the overall responsibilities of babysitting. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M of South Shore Safety (www.southshoresafety.com), Fee: $55. Saturday: Oct. 1 --- 1:00pm – 4:00pm

LITTLE KICKERS SOCCER: Roche Field on Beaver Dam Rd. (Fridays)/Jenkins Elementary Field (Saturdays). U.K. Petite, parent and me soccer programs offer young children the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Instructors: U.K. Elite Soccer Staff. 6 weeks (NO CLASS 10/08). Fee: $80/code.
Fridays: Sept. 23 – Oct. 28: Ages 2-3 ---9:00am - 9:45am (w/parent) / Ages 3-4 --- 9:45am - 10:30am (w/parent)
Saturdays: Sept. 24 – Nov 5: Ages 2-3 ---9:00am - 9:45am (w/parent) / Ages 3-4 --- 9:45am - 10:30am (w/parent)

FENCING: Cafeteria at Jenkins Elementary. This instructional course will be offered to boys and girls age 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. 10 weeks (NO CLASS 11/03, 11/24). Fee: $120/code
Thursdays: Sept. 29 – Dec. 15: Beginner --- 6:00pm – 7:00pm / Intermediate --- 7:00pm – 8:00pm

CO-ED VOLLEYBALL CLINIC (Gr. 7-8): Gymnasium at Gates Middle School. Scituate High School has added a volleyball team! Learn the game now and be ready to compete in high school. Beginner and experienced players are all welcome. Players will learn and develop skills and techniques as well as the rules of the game. Sneakers and knee pads are required. If you have a volleyball please bring it along. Instructor: Patty Thompson. 6 weeks, Fee: $50. Fridays: Sept. 23 – Oct. 28 --- 2:30pm – 3:30pm

BACK THIS WINTER...SCITUATE LITTLE SHOOTERS (Gr. K-1)! Is returning for its 2nd year! This is a fun instructional co-ed basketball program for boys and girls in Kindergarten-1st grade on Saturdays. Each child will be randomly assigned to a team. They will meet one hour a week. The first 30 minutes will be basic instructional drills followed by a 30 minute basketball game. Please note; your times on Saturday will vary week to week between 10:30am, 11:45am, & 1:00pm.The most important goal is for the kids to have fun while learning the great game of basketball. This program is run 100% by volunteers. Parents participation in coaching is essential to the program. (No coaching experience necessary). WINTER REGISTRATION DATE TBD. Location: Gymnasium at Jenkins Elementary. *This program is for Scituate Residents Only.* Little Shooters is run by volunteers, if your child receives special education services (504, IEP & or DCAP) through Scituate Public Schools facilitated assistance can be coordinated through the generosity of the CORSE Foundation.

WRESTLING CLINIC: Small Gym at Scituate High School. A fun and safe way to fulfill one's drive and become skilled at the sports of champions. Wrestlers in both sessions will be separated according to size and ability. Instructor: Brian Robinson. 6 weeks, Fee: $45/code.
Wednesdays: Oct. 5 – Nov. 9: Grades 1-5 --- 6:30pm – 7:15pm / Grades 6-8 --- 7:15pm – 8:15pm

CO-ED BASKETBALL SHOOTING CLINIC: Large Gymnasium at Scituate High School. Grades 4-5, 6-7, 8 & up. This program is designed to instill and to create the shooter's mentality, proper technique and follow through. Participants are grouped by age and/or ability. Instructor: Matt Poirier and SHS Basketball Staff. 5 weeks, Fee: $40. Wednesdays: Oct. 12 – Nov. 9 --- 6:30pm – 7:30pm

CO-ED BA$KETBALL OPEN GYM: Large Gymna$ium at $cituate High $chool. Grades 7-12 – The goal of open gym is to give the middle school and high school kids a chance to play full-court pick-up basketball at a fast pace. Instructor: David Jordan will direct and manage all of the basketball being played. Instructor: Matt Poirier and SHS Basketball Staff. 5 weeks, Fee: $40.
Wednesdays: Oct. 12 – Nov. 9 --- 7:30pm – 8:30pm

BEGINNER'$ TUMBLING W/ MI$$ TRACEY: Cafeteria at Jenkin$ Elementary. Children age 4-6 will learn the basics stretching, drills, mat tumbling, somersaults, back rolls, cartwheels and bridges. Props included are hula hoops, bean bags, and streamers! Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 7 weeks (NO CLASS 10/08, 11/12). Fee: $80.
Saturdays: Sept. 24 – Nov.19 --- 9:30am – 10:30am

ON YOUR TOE$ W/ MI$$ TRACEY: Cafeteria at Jenkin$ Elementary. Come and join Miss Tracey for this pre-school age beginner's dance program where participants will learn the basic movements while following along to music. Clothing suggestions: Leotard tights, ballet slippers and tap shoes (No tap shoes for 2 year old). Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 7 weeks (NO CLASS 10/08, 11/12). Fee: $45/$80.
Saturdays: Sept. 24 – Nov.19: Age 2 --- 10:30am - 11:00am / Ages 3-5 --- 11:00am – 12:00pm

GUITAR FOR KID$: Little People Room at Jenkin$ Elementary. An introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques for children age 6-12 Instructor: Matt Browne has for 20 years been a favorite for guitar instruction in Scituate. 8 weeks (NO CLASS 11/08). Fee: $95.
Tuesdays: Oct. 4 – Nov. 29 --- 4:00pm – 5:00pm

CORSE PROGRAM$

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. 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-TAR JIU JIT$U: Gymna$ium at Jenkin$ Elementary. This programs goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified in. Students who would enjoy a less formal marital arts curriculum are encouraged to attend. The program is open to grades 1-8. Please note, due to the popularity of this program, we're now running two sessions. Instructor: Dan Reynolds. 8 weeks (NO CLASS 11/11, 11/25). Fee: $90/code.
Fridays: Oct. 14 – Dec. 16: Beginner/Intermediate --- 5:30pm – 6:30 pm / Advanced --- 6:30pm – 7:30pm

ALL-TAR NAUTICAL MILE: Track at Gate$ Middle $chool. Our very popular Nautical Mile program is back for the Fall and Spring, designed for ALL abilities to help improve fitness level. Workouts will include a variety of approaches from running intervals, aerobic exercises, stretching and core strengthening – customized to multiple ability levels – through a variety of fun exercises, games and teamwork activities. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. This program is open to grades 1-8. Instructor: Brian Stewart. 6 weeks (NO CLASS 10/09). Fee: $60.
Sundays: Sept. 25 – Nov. 6 --- 3:00pm – 4:00pm

KRAFTIME '$POOKTACULAR' HALLOWEEN WORK$HOP: Little People Room at Jenkin$ Elementary. Halloween is more than just candy! It is a time to be imaginative and creative too! Join us for 2 fun-filled afternoon workshops where we will create 'Spooktacular' Halloween inspired crafts that will not only be fun for your child to design but also, are likely to awaken the inner 'goul' in them! All materials included. Grades K-2 Instructor: Cheryl Bowen-Ditommaso. 2 days, Fee: $45
Monday Oct. 17 & Wednesday Oct. 19 --- 4:00 pm - 5:30 pm

KRAFTIME HO, HO HOLIDAY WORK$HOP: Little People Room at Jenkin$ Elementary. Santa Claus, twinkle lights and Christmas cookies are all signs of the holiday season. Homemade gifts, crafts and decorations are always cherished, especially when created by children. This festive, 2 day workshop will give your child the opportunity to celebrate the season and be merry, as we create holiday gift items and decor. All materials included. Grades K-2. Instructor: Cheryl Bowen-Ditommaso. 2 days, Fee: $45
Monday Dec. 12 & Wednesday Dec. 14 --- 4:00pm - 5:30 pm

Pan Gai Noon (Half Hard Half Soft) Kung Fu + Tai Chi at Jenkins Elementary Cafeteria
The Pan Gai Noon School has been in Scituate for over 30 years! Under the direction of Sifu Cole Hawkins

EXECUTIVE KUNG FU (Adults & Teens Age 14+). Classical Kung Fu and Karate that builds strength, stamina and energy. This class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Box Si Lum and Praying Mantis Kung Fu 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! 10 weeks (NO CLASS 11/23). Fee: $117. Wednesdays: Oct. 5 – Dec. 14 --- 6:00pm – 7:30pm

TAI CHI-INTERNAL ARTS (Adults). 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. Fee: $155. Tuesdays: Oct. 4 – Dec. 6 --- 6:00pm – 7:30pm

CHILDREN'S KUNG FU I (Age 6-9). 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. 10 weeks (NO CLASS 10/10). Fee: $90. Mondays: Oct. 3 – Dec. 12 --- 4:50pm – 5:50pm

CHILDREN'S KUNG FU II (Age 6-9). Boys and girls will learn how to defend themselves and build their confidence with respect to others. Whether you're a new student or taking a repeat class they will have fun with our Kung Fu/Karate practices and fun games! 10 weeks. Fee: $90. Tuesdays: Oct. 4 – Dec. 6 --- 4:50pm – 5:50pm

JUNIOR'S KUNG FU (Age 10-13). Mixed marital arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. 10 weeks (NO CLASS 11/23). Fee: $90.
Wednesdays: Oct. 5 – Dec. 14 --- 4:50pm – 5:50pm

ADULT PROGRAMS

SCITUATE REC SPINNING: Fitness Room at Gates Middle School (Under the gym, enter by tennis courts)
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 have the best prices in town! (We DO meet holidays and vacation week)Instructors: Maggie Cadigan, Sarah Lannon
FEE: $102-12 weeks/$94-11 weeks, Beginner Cycle-$85

CRANK OF DAWN (12 weeks)
Tuesdays: Sept 27 – Dec 13 --- 5:45am – 6:45am, Maggie

SPIN (12 weeks)
Wednesdays: Sept. 28 – Dec. 14 --- 8:45am – 9:45am, Maggie

SCITUATE CYCLESTRONG (11 weeks) (NO CLASS 11/04)
Fridays: Sept. 23 – Dec. 16, 8:45 am to 9:45 am, Maggie

BEGINNER CYCLE CLASS (12 Weeks) (NO CLASS 11/07)
Monday: Sept. 19 – Dec. 12 --- 5:30pm - 6:15pm, Sarah

INTERVAL CYCLING (12 Weeks) (NO CLASS 11/02, 11/07)
Monday: Sept. 19 – Dec. 12 --- 6:30pm - 7:30pm, Sarah
Wednesday: Sept. 21 – Dec. 14 --- 6:30pm - 7:30pm, Sarah

THE ZONE (11 weeks) (NO CLASS 11/05)
Saturday: Sept. 24 – Dec. 10 --- 8:00am – 9:00am, Alternates

ZUMBA: Gymnasium at Jenkins Elementary. The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. Instructor: TBD. 12 weeks, Fee: $80. Mondays: Sept. 26 – Dec. 12 --- 6:30pm – 7:30pm

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. 8 weeks (NO CLASS 11/11, 11/25). Fee: $105.
Fridays: Oct. 14 – Dec. 16 from 12:00pm – 1:00pm

EXERCISE BALL WORKOUT w/ WEIGHTS: St. Luke's (Tuesdays)/Maritime Center (Sundays). 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. Instructor: Sarah Lannon. 12 weeks (NO CLASS 11/03, 11/06, 11/24). Fee: $78/code
Thursdays: Sept. 15 – Dec. 15 --- 6:50am – 7:50am / Sundays: Sept. 18 – Dec. 11 --- 8:00 am - 9:00 am

TOTAL BODY FITNESS: Maritime Center. These workouts will consist of tabata workouts, interval training, running, circuits, and more--all that will improve your strength & cardio endurance! We will work hard, and have fun doing it. These workouts will challenge all fitness levels! Meets rain or shine. Bring your own mat for core work, water and jump rope! Instructor: Patty Thompson. 12 weeks (NO CLASS 10/06, 11/08, 11/24, 12/13). REGISTER for 1 or 2 days! Fee: $65/code
Tuesdays: Sept. 13 – Dec. 6 --- 8:45am – 9:30am / Thursdays: Sept. 15 – Dec. 15 --- 8:45am – 9:30am

PAN GAI NOON: ADULT KUNG FU (KARATE) AND TAI CHI PROGRAMS
Please see Pan Gai Noon section above for class descriptions and times.

ADULT MEDITATION: St. Luke's. Meditation is a way of finding a place of balance within that strengthens the mind and relaxes the body. Meditation restores our energy, helps us look at life more positively and reach the level of inner peace we all strive for. Each week will start with 5-10 minutes of relaxation and then ease into different guided meditations. Isn't it time to take an evening to focus on yourself? Your body, mind and soul will thank you (Participants may bring a blanket and pillow if they wish). Instructor: Mary Pillsbury. Two 6 week sessions. Fee: $60/session. Wednesdays: Sept 21. – Oct. 26 --- 6:30pm – 7:30pm / Wednesdays: Nov. 9 – Dec. 14 --- 6:30pm – 7:30pm

ADULT YOGA: St. Luke's. 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. Bring your yoga mat. Instructor: Gita Brown, MM, MT-BC, see www.gitabrown.com for more information about your teacher. 10 weeks (NO CLASS 11/03, 11/24). Fee: $90. Thursdays: Sept. 22 – Dec. 8 --- 9:00am – 10:00am

GENTLE POWER YOGA: St. Luke's (Tuesdays)/Maritime Center (Thursdays). 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. Instructor: Leslie Payne, CYT. 12 weeks/11 weeks. (NO CLASS 10/06, 11/03, 11/08, 11/24). Fee: $90/$83. Tuesdays: Sept. 20 – Dec. 13 --- 8:15am – 9:15am / Thursdays: Sept. 15 – Dec. 15 --- 6:00pm – 7:00pm

RESTORE THE CORE: St. Luke's. This progressive, pilates-style mat class focuses on proper breathing technique and form and function of your core muscles , restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment, This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. Instructor: Denyce Holley, AFAA Certified. 13 weeks: Mon + Tues, 11 weeks: Fri (NO CLASS 10/07, 10/10, 11/04, 11/08, 11/25). Fee: $80/$80/$68. Mondays: Sept. 12 – Dec. 12 ---7:00pm – 8:00pm / Tuesdays: Sept. 13 – Dec. 13 --- 9:30am – 10:30am / Fridays: Sept. 16 – Dec. 16 --- 8:45am – 9:45am

SCITUATE RECREATION GOLF PROGRAMS - KIDS ARE BACK AT SCHOOL....TIME FOR YOU!!

INTRODUCTORY ADULT GOLF (Ages 18+): Widows Walk. Always wanted to learn? But did not have time over the summer; well this is the class for you. New this fall we are offering this introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. Student:Teacher ratio is 8:1. 5 weeks, Fee: $85. Thursdays: Sept. 15 – Oct. 13 --- 11:00am – 12:00pm

INTERMEDIATE ADULT GOLF FULL SWING SERIES (Age 18+): Widows Walk. Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students who have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing fundamentals, ball flight laws, iron play, wood play, & review. Student:Teacher ratio is 8:1. 5 weeks, Fee: $105.Thursdays: Sept. 15 – Oct. 13 --- 10:00am – 11:00am

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE: Maritime Center on Edward Foster Rd. Instructor: Ed Gibbons (Former Scituate Assistant Harbormaster/ Current Scituate Police Officer) This is a Massachusetts Environmental Police and United States Coast Guard recognized course. It 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, Trailering 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.
Tuesday Nov. 1, Thursday Nov. 3 from 5:30pm - 8:30pm & Saturday Nov. 5, from 9:30am - 2:30pm --- Fee: FREE (must register)

AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D: Scituate Fire Station, 149 First Parish Rd.
This class is appropriate for nurses, doctors, EMT's, and nursing students. Defibrillation, adult, child, infant CPR for the Healthcare Professional. This is a two-year certification. Min. 6 / Max. 12. Thursday Nov. 17 --- 7:00pm, Fee: $70.

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D: Scituate Fire Station, 149 First Parish Rd.
Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification. Min. 6 / Max. 12. Thursday Sep. 22 --- 7:00pm, Fee: $70.

FIRST AID: Scituate Fire Station, 149 First Parish Rd. 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. Thursday Oct. 20 --- 7:00pm, Fee: $70.

MEN'S OVER 35 BASKETBALL: Gymnasium at Gates Middle School. This program follows the school calendar and does not run during vacations, holidays, or on snow days. Please register at Gates Gym when you arrive. Checks payable to "Friends of Scituate Recreation"
Tuesdays + Thursdays: Sept.13 - Nov.22 --- 7:00pm-9:00pm / Dec.6 – Mar.9 --- 7:30pm-9:00pm / Mar.14 – May 18 --- 7:00pm-9:00pm, Fee: $100

FALL REGISTRATION OPENS ON Wednesday, August 24th- 10:00am.
Register online, over the phone, or in the Rec office.
Questions? Please dial 781-545-8738.
Thanks & ENJOY!

TOWN OF SCITUATE RECREATION DEPARTMENT
'Like Us on Facebook'

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate. Along with planning, organizing and executing the special events listed below we also run approximately 300 plus classes a year. The Recreation Department offers the following variety of special events:

- **Annual Easter Egg Hunt in April**
- **Mr. C's 5 And 6 Year Old Soccer Program, May-June**
- **Winter Festival/Ice Skating Rink at Widows Walk**
- **P.J. Steverman Golf Classic**
- **Mr. C's Community Spirit Award**
- **Calls From The North Pole in December**

The Recreation Department is responsible for Lifeguard Service for the five beaches in the Town of Scituate:

- **Minot Beach**
- **Peggotty Beach**
- **Egypt Beach**
- **Sandhills Beach**
- **Humarock Beach**

And Field Permitting for:

- **The Sixteen Athletic Fields**
- **Tennis Courts**
- **PJ Steverman In-Line Skating Rink**
- **Morrill Memorial Bandstand on Cole Parkway**
- **Basketball Courts at Kazlousky Park**

SCITUATE LIFEGUARD POSITIONS
AVAILABLE for Summer 2017!
WE ARE NOW ACCEPTING LIFEGUARD APPLICATIONS
Requirements: Lifeguard/Waterfront Certification, & Must be 16 years old

If you have any questions, please contact the Scituate Recreation Department at(781) 545-8738 PREPARE EARLY, find a Lifeguard/Waterfront Course over the Fall or Winter!

LIBERTY