

It's the Scituate Spirit...

**CATCH IT!**

Scituate Recreation



Scituate • Massachusetts

**On-Line Registration**

**[www.town.scituate.ma.us/rec](http://www.town.scituate.ma.us/rec)**

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

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

**Scituate Recreation Spring Program  
2013**

**RESIDENTIAL CUSTOMER  
SCITUATE MA**

**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.

Phone: 781-545-8738

Fax: 781-545-6990

**RECREATION STAFF:**

*Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director*

*Maura Glancy, Recreation Assistant*

*Esther Blacker, Registrar*

*Jean Sullivan, Recreation Clerk*

*Paul Sharry, Field Coordinator*

**RECREATION COMMISSION:**

*Christopher Roberts, Chairman*

*Robert McCarry, Erik Richman, Stephen Svensen,*

*David Smith*

*Associate Members: William Blake, Eric Donovan,*

*Tatianna Maraj, Jamie Noonan, Ralph Studley, Bruce Wait*

*Selectmen Liason: Shawn Harris*

**POLICIES AND PROCEDURES**

- **SPRING PROGRAM REGISTRATION WILL OPEN TUESDAY, FEBRUARY 26 AT 7:00 PM AT [WWW.TOWN.SCITUATE.MA.US/REC](http://WWW.TOWN.SCITUATE.MA.US/REC)**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. YOU MAY ACCESS THE WEBSITE TO INPUT FAMILY DATA AND VIEW WINTER OFFERINGS STARTING.**
- **Should you be unable to register on-line at home, Scituate Recreation will be open on TBD to input your registration from 7:00 p.m. to 8:30 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.**
- 1. **Mail-in registration will be accepted **FEBRUARY 27**. Check or money order should be made payable to Town of Scituate. Include a registration form with your check.**
- 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. When paying with a payment plan, please note that all remaining payments will be automatically deducted from credit card or checking account.**
- 3. **The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause. Scituate Recreation follows the Scituate Public School snow/inclement weather cancelations.**
- 4. **REFUND Policy: If notification of withdrawal is 2 weeks or more prior 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. 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 on-line or a check or cash and a registration form are 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, the participant will be excused from further Recreation programs.**
- 9. **Registration for non-residents will begin Tuesday, March 5 at 9:00 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.**

# 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 steps-by-step instructions.

1. Go to <https://activenet20.active.com/scituaterec/>
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:

<https://activenet20.active.com/scituaterec/>



- 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!*

<https://activenet20.active.com/scituaterec/>

## 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 peace 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 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.

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## FEBRUARY VACATION PROGRAMS

These programs were previously advertised in the winter brochure.

Registration is open.

**BABYSITTING COURSE: Multi-Purpose Room at SHS.** This three-hour course is designed to assist 5th-7th 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, staying home alone safety & the overall responsibilities of babysitting. The class will include a question & answer session with the Scituate Police and Fire Department. Kim Cleary, a Registered Nurse & a mother of three, teaches this class.

**(608) Tuesday, February 19, 2013 from 9:00 am – 12:00 pm**

**Fee: \$20**

**CREATIVE CRAFT WORKSHOP: Little People Room at SHS.** Join Dalby Farm owner Cheryl Bowen-DiTomasso and her team for three fun filled days at SHS. Whether we are painting, building, cutting or pasting our workshop will provide the perfect environment for your child to develop their creative side. Each day of the workshop will focus on a different theme. All materials & supplies included. Please send your child with a peanut-free snack and drink.

**(612) Tuesday, Feb. 19 through Thursday, Feb. 21, 2012 from 9:30 am to 12:00 pm**

**Fee: \$75**

## APRIL VACATION PROGRAM

**SPORT OF FENCING: Scituate Recreation's Multi-Purpose Room.** This instructional course will be offered to boys and girls (grade 1 and up). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and bouting skills will be taught. Instructor: Jim Mullarkey.

**Tuesday, 4/16, Wednesday, 4/17, Thursday, 4/18/12 & Friday, 4/19/13**

**(705) Beginner (no experience) 1:30 pm to 3:30 pm**

**(706) Intermediate (1 yr. or less of instruction) 3:30 pm to 5:30 pm**

**(707) Intermediate II (1 yr. or more of instruction) 5:30 pm to 7:30 pm**

**Fee: \$85 per participant**

**NINJAGO LEGO WORKSHOP: Scituate Recreation Little People Room**

Open to First through Fourth Grade. Explore the world of Ninjago! Join the team from Event-FULL!, LLC and create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.

***Please send your child with a nut-free snack and drink.*** Instructors: Diane Benson & Beth Meditz

Program is limited to 20 participants.

**(708) Thursday, April 18th, 2013 9:00am-12:00 p.m.**

**Fee: \$40**

**AMERICAN GIRL DOLL CREATE & PLAY THEME, TOP CHEF: Scituate Recreation Little People Room**

Open to First through Fourth Grade. Join the team from Event-FULL! LCC and bring your special friend (does not have to be an American Girl Doll - feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours that you will both enjoy. You will creatively design items for your doll to turn her into a chef!! You will make a stove cook top, pots, chef hat and more!! What you make and take home will lead to hours and hours of continued play and enjoyment. ***Please send your child with a nut-free snack and drink.*** Instructors: Diane Benson & Beth Meditz

Program is limited to 20 participants.

**(709) Thursday, April 18th, 2013 1:00 p.m.-4:00 p.m.**

**Fee: \$40**

## MR. C'S INSTRUCTIONAL YOUTH SOCCER

### (Scituate Residents Only)

The Scituate Recreation Department, in cooperation with Constantine Constantinides, will hold an instructional soccer clinic for children ages 5 & 6 years old.

**Children must be 5 years old and no older than 6 years 11 months by program start date, May 4, 2013.**

**Saturdays from May 4 through June 8, 2013**

**(No game on Saturday, May 25, 2013)**

**Location: Flannery Field**

This clinic will be under the direction of Mr. 'C'.

Parents' participation in the coaching and assisting coaching is essential to the program.  
All funds collected are for non-personnel expenses. Program is run 100% by volunteers.)

*DON'T MISS OUT...MARK YOUR CALENDARS NOW!*



**(718) Boys Teams**

**(719) Girls Teams**

**Fee: \$25**

**Fee: \$25**

### New! DOG TRAINING "HARBOR HOUNDS" PROGRAM FOR PUPPIES

**Location: Scituate Harbor Community Building**

Sharing your life with a dog should be a happy and rewarding experience for all involved. Successful dog ownership ideally starts with choosing the right dog for your lifestyle and then is followed by a responsibility to provide the necessary environment in order to raise not only a physically healthy dog, but also a behaviorally healthy dog. Basic, reward based dog training ideally starting before your dog reaches 15 weeks of age goes a long way to preventing unwanted future behavior from your dog, changing your dog's current bad habits and most importantly, providing a way to communicate effectively and humanely with your dog. The Town of Scituate has a large number of registered dogs. Many of these dogs happily enjoy life in and around our town through daily walks, car rides and welcoming family and guests into their home. Other dogs may be unable to enjoy such things due to some simple behavior issues, things such as difficulty on leash, barking or unruly behavior. Others may have recently brought a new puppy or dog into their family and are in need of basic information on how to raise a safe, confident dog. We are happy to offer reward based pet dog training classes as part of our new "Harbor Hounds" program. The puppy classes will focus on helping people learn the basics about how to train proper behavior, as well as how to prevent and at times, manage, other inappropriate behaviors. The Scituate Animal Control Officer will also provide an understanding of proper management of your dog within the Town.

**Instructor:** Dorothy O'Connor, CPDT-KA. Dorothy provides both pet dog training classes as well as in-home behavior consultations. Her work with shelter animals has also given her insight into the reasons behind why some people feel the need to give up their pets, many times as a result of behavior problems that could have been prevented with even just the basics of proper dog training.

**Training Assistant:** Kim Stewart, Animal Control Officer, Town of Scituate. Kim has a deep understanding of the need for basic training given her job as ACO for the Town of Scituate as well as extensive work with the Scituate Animal Shelter.

Limited to 6 puppies/class.

Sundays: 4/28, 5/5, 12, 19, 6/2 & 6/9/13

**(769) PUPPY HEADSTART:** for puppies from 10 weeks to 15 weeks old

**Fee: \$75**

**Time: 3:00 pm — 4:00 pm**

**(734) PUPPY KINDERGARTEN:** for puppies from 16 weeks to 20 weeks

**Fee: \$75**

**Time: 4:15 pm — 5:15 pm**

*Please Note: All puppies must show evidence of at least the first round of puppy vaccinations and proof of at least one visit with a veterinarian in Massachusetts.*

## SEPARATE REGISTRATION FOR SAILING

Online Registration for RESIDENTS Opens: Tuesday March 12, 2013 at 7:00 PM

(Non-resident registration begins Wednesday, May 1, 2013 at 9:00 AM)

**EARLY REGISTRATIONS WILL NOT BE ACCEPTED**

**Our Goal: To provide many participants the opportunity to experience the joy of sailing!**

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket).

### **ALL SAILING PROGRAMS MEET RAIN OR SHINE**

(We will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday...call the Recreation Department for more information on rainy days.)

Classes run Monday through Thursdays with the following **EXCEPTIONS:**

1. The first week will run Tuesday 6/25/13 through Friday 6/28/13.

2. The week of July 1, classes will run Monday, Tuesday, Wednesday & Friday (No Class Thurs., 7/4/13)

This applies to all sailing programs!

### **LEVEL ONE MERCURY'S – FEE \$130**

We offer 12 hours of lessons over one week on our 15-foot Cape Cod Mercury Keels. These are very stable, hearty sailboats. They are great for the beginner/intermediate sailor. Experience is not required. The class will focus on parts of boat; points of sail; right of way; introduction to racing as well as fostering teamwork & communication. This program prepares the sailor for the Level II mercury program. There is an extensive curriculum to learn in the Level 1 mercury program. You may take this program for multiple years & always learn something new.

This class is for participants ages 9 – adults. Due to the high demand of this program we are limiting this to two week sessions per participant. **The sailing area for the Mercury's is limited to inside the breakwater.**

#### **MORNING CLASSES**

**8:00 am – 11:00 am**

(774) 6/25/13 – 6/28/13

(777) 7/01/13 – 7/05/13

(780) 7/08/13 – 7/11/13

(784) 7/15/13 – 7/18/13

(786) 7/22/13 – 7/25/13

(789) 7/29/13 – 8/01/13

(794) 8/05/13 – 8/08/13

(796) 8/12/13 – 8/15/13

#### **AFTERNOON CLASSES**

**12:00 pm – 3:00 pm**

(775) 6/25/13 – 6/28/13

(778) 7/01/13 – 7/05/13

(783) 7/08/13 – 7/11/13

(785) 7/15/13 – 7/18/13

(788) 7/22/13 – 7/25/13

(791) 7/29/13 – 8/01/13

(795) 8/05/13 – 8/08/13

(798) 8/12/13 – 8/15/13

### **LEVEL TWO MERCURY'S – FEE \$225**

We are limiting this to one session per participant. We offer 24 hours of lessons over two weeks on our renovated 15-foot Cape Cod Mercury Keels. These are very stable, hearty sailboats. The afternoon classes will be two week sessions designed for the ambitious sailor who is ready to make the commitment to become a 420 sailor. This class will focus on independent sailing and teamwork, giving the student a head-start on skills applied in the 420 class. **Experience is required. This class is tailored to the serious sailor with two or more years of sailing.** The age of participants is ages 11 – adult. The instructor reserves the right if necessary to move a participant to Level I if he/she is not ready for Level II.

**3:15 pm – 5:45 pm**

(776) 6/25/13 – 7/05/13

(779) 7/08/13 – 7/18/13

(781) 7/22/13 – 8/01/13

(782) 8/05/13 – 8/15/13

## **LEVEL I INTRODUCTION 420'S – FEE \$305**

420 classes are offered in two week sessions throughout the summer to sailors ages 12 – 18. This course is designed for both beginner and intermediate 420 sailors. Beginning students are introduced to wind awareness, sailing terminology, points of sail, tacking, and gybing. Intermediate students will cover weather, sail trim, hull trim, and equipment maintenance. This course is designed to teach students with little or no experience to students who are proficient in all points covered in the 420-beginner course. If you want to become a sailor, and are willing to work hard and have great listening skills, then this program is for you.

### **MORNING CLASSES**

#### **8:00 am – 11:00 am**

(787) 6/25/13 – 7/05/13

(792) 7/08/13 – 7/18/13

(799) 7/22/13 – 8/01/13

(802) 8/05/13 – 8/15/13

### **AFTERNOON CLASSES**

#### **12:00 pm – 3:00 pm**

(790) 6/25/13 – 7/05/13

(797) 7/08/13 – 7/18/13

(801) 7/22/13 – 8/01/13

(803) 8/05/13 – 8/15/13

## **LEVEL II 420 RACING PROGRAM – FEE \$225**

### **Prerequisite required: Year of Level I 420's**

This program will be offered in 4 – two week sessions over the course of the summer for sailors ages 13 – 18. The program is designed for the 420 sailor who is looking to improve and acquire racing skills. This serious student will be asked to build upon the fundamental skills they've acquired within the past and focus on these skills primarily on racing during this program. The class will only be held for 2.5 hours in the afternoon; therefore, it will be extremely structured.

The instructor reserves the right (if necessary) to move a participant to Level I if he or she is not ready for Level II.

#### **3:15 pm – 5:45 pm**

(806) 6/25/13 – 7/05/13

(808) 7/08/13 – 7/18/13

(810) 7/22/13 – 8/01/13

(812) 8/05/13 – 8/15/13

## **J-24 Sailing (Ages 17 & up) – Fee \$120**

Do you sail? Are you looking to race or learn to cruise? This is the program to hone your skills! Program will meet on Thursday and Tuesdays for two weeks (starts on **Thursday**).

#### **5:30pm to 7:30pm**

(821) 6/20/13-7/2/13

(827) 7/11/13-7/23/13

(828) 7/25/13-8/6/13

(829) 8/8/13-8/20/13

### **Take Your Parents Sailing Night**

Are you registered for a mercury class and want to show off to your parents/guardian what you have learned? You may sign up for either a Tuesday or Thursday night with your parent and go out sailing in one of the mercury's with an instructor (we ask you register within a week of completing the class...can be the same week as lesson or the following week).

**Tuesday or Thursday from 5:30 p.m. to 7:00 p.m.**

**Fee for both parent and child is \$25.00 per evening**

#### **Tuesdays**

(805) 7/2/13

(807) 7/9/13

(811) 7/16/13

(814) 7/23/13

(816) 7/30/13

(818) 8/6/13

#### **Thursdays**

(809) 7/11/13

(813) 7/18/13

(815) 7/25/13

(817) 8/1/13

(819) 8/8/13

## PRE-SCHOOL PROGRAMS

**LITTLE PEOPLE:** 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 Next Generation 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! ***NO CLASS DURING APRIL VACATION WEEK.***

**Classes are appropriate for ages 2 & 3.**

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

**(710) TUESDAY LITTLE PEOPLE 1:**

**March 26 through May 28, 2013** from 9:15 a.m. to 10:45 a.m.

**Fee: \$120**

**(711) WEDNESDAY LITTLE PEOPLE 1:**

**March 27 through May 29, 2013** from 9:00 a.m. to 10:30 a.m.

**Fee: \$120**

**(712) WEDNESDAY LITTLE PEOPLE 2:**

**March 27 through May 29, 2013** from 11:00 a.m. to 12:30 p.m.

**Fee: \$120**

**PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY:**

**Location: Scituate Recreation Department's 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: March 21 – May 23, 2013 (Both sessions 8 weeks) (No class Thursdays, April 18 and May 16 2013)**

**(713) 2 Years Old** 12:30 to 1:00 p.m.

**Fee: \$40**

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

**(714) 3 - 5 Years Old** 1:00 to 2:00 p.m.

**Fee: \$80**

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

**SPECIAL OLYMPICS of Massachusetts (SOMA) TRACK & FIELD:** SHS Track or SHS Multi-Purpose Room (for inclement weather): Program for Adults, Middle School, High School and children over 8 who have been identified with a **learning disability or special needs**. We welcome Peer Role Models to act as "unified partners" to assist those SO athletes with training and competition (official division of SOMA). Program includes training in wheelchair, 25m assisted walk, 50m & 100m run, turbo Javelin, long jump, softball throw, tennis ball throw. Program is designed to prepare athletes for **successful Regional and State Special Olympic (SOMA) competition** in May and June. All you need is sneakers, water bottle and a desire to run, jump, throw and have fun. **Parent Participation is welcome! Adult and High School Student Volunteers needed - call 617-650-2026 - Betsy Callanan**, SOMA certified Track & Field/Athletics Coach and member of SOMA Coaches Training Team (CTT) at Yawkey Sports Center. (No Class April 14, April 21, May 26, 2013)

**(716) SUNDAYS: March 10– June 23, 2013 from 9:00 to 10:00 am**

**Fee: FREE (must register)**

**\*Program will also meet 1 week night from 5:00 – 6:00 p.m. time and dates TBD**

**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. Programs are designed to help children improve: balance and coordination; strength, physical and motor skills; awareness and attention and patience and determination and self-defense. This program is open to children in grades 1-8. *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 maybe delayed one week to ensure proper staffing.*

**Instructor: Danny Reynolds**

**(10 weeks) (No Class 4/19/13)**

**(717) Fridays: April 5 – June 14, 2013 from 5:30 to 6:30 pm**

**Fee: \$100**

**ALL STARS HEALTHY STRIDES: Wampanoag School Field.** This non-competitive program will guide children to establishing a healthy lifestyle through a variety of fun conditioning and running exercises, games and teamwork activities that will work to establish the foundation for success in the area of physical fitness! Brian Stewart, who currently runs the Nautical Mile program, along with Tatianna Maraj, will be leading this program along with our experienced All Stars recreation counselors. This program will provide facilitative assistance for children with special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend. 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. You must be a registered participant to participate in this program.*

(No Class 4/20/13)

**(720) Saturdays** April 6 - June 1, 2013 from 9:30 a.m. to 10:30 a.m.

**Fee: \$55**

**SCITUATE TEEN STATIONARY CYCLING (GRADES 7 -12): Scituate Recreation Multi-Purpose Room at Scituate High School. SHAKE OFF THE COB WEBS BEFORE SPRING** 45 minutes of exciting, fun, fast-paced group exercise designed specifically to teach teens the many positions and proper form associated with indoor cycling. This class includes a warm-up, strength/endurance/cardio riding session, a cool down and stretch. Popular music, camaraderie, visualization, and first person video projection is used to peak and keep student interest high. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. The instructor will accept music requests weekly and promote a positive exercise experience. **Instructor: Mr. Brian Hurcombe** **FIRST 2 WEEKS FREE** with Recreation Coupon (9 weeks total) Please, stop by the Recreation office for your coupon or see Mr. Hurcombe...join the fun!!

**(804) Thursdays:** 3/7/13 - 5/9/13 from 2:30-3:15p.m (No Class over April vacation)

**Fee: \$35.00**

**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 8 students/class. **6 weeks** (No Class 3/29/13 and 4/19/13)

**(721) Fridays:** 3/15 – 5/3/13 from 3:00 to 4:00 p.m.

**Fee: \$105**

**(722) Fridays:** 3/15 – 5/3/13 from 4:00 to 5:00 p.m.

**Fee: \$105**

**SPORT OF FENCING: Scituate Recreation's Multi-Purpose Room at Scituate High School.** 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. **(10 weeks)** (No class April 18, 2013)

**Thursdays:** March 28 – June 6, 2013

**(723) Beginner** (no experience) 4:45 to 5:45 pm

**Fee: \$120**

**(724) Intermediate** (1 year or less of instruction) 5:45 to 6:45 pm

**Fee: \$120**

**(725) Intermediate II** (1 yr. or more of instruction) 6:45 to 7:45 pm

**Fee: \$120**

**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)**

**Mondays:** March 11 through April 8, 2013

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

**Fee: \$30**

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

**Fee: \$30**

**CO-ED FUNDAMENTALS OF BASKETBALL: Scituate High School's Large Gym.** This program intends specifically to teach the fundamentals of basketball (shooting, passing and dribbling), offensive floor spacing as well as defensive positioning. WE WILL SHOOT A LOT. Proper SHOOTING fundamentals will be the focus of a majority of the 75 minute weekly clinic as well as learning to properly space the floor offensively and defensively. If you want to take the necessary steps to become a player and understand that acquiring basketball skills requires a determined long term plan then this basketball clinic is for you. Participants must be willing to have fun as they work hard, have great listening skills and be willing to practice on their own mastering the skills taught each week. Bring your own ball and a great attitude! Open to grades 5 through 11 (students will be divided into age appropriate groups) Coach: Matt Poirier (5 weeks) (No class April 17, 2013)

**(728) Wednesdays: March 20 – April 24, 2013 6:00 to 7:15 pm**

**Fee: \$30**

### **SCITUATE PLAY HOUSE**

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 your body and vocal chords, and to make more friends from other schools! Our instructor, Miss Kathy Boluch, provides a meaningful experience for each student, culminating in a night onstage your child will be forever proud of!

**Parents are asked to provide their actor's costumes.**

**ALADDIN:** [GRADES 3-6] **Scituate Recreation's Multi-Purpose Room at Scituate High School.**

The magic hidden inside a Genie's lamp changes the lives of a poor street kid and a glittering princess as the race to fight against the evil Jafar threatens to take over the kingdom!

**Rehearsals:** Saturdays: 4/6 -6/8/13 (No rehearsals 4/20 & 5/25/13) from 3:15 p.m. to 5:15 p.m.

**Dress Rehearsal:** Tuesday: 6/11/13 from 4:30 p.m. to 6:30 p.m.

**Final Performance:** Friday: 6/14/13 , 7:00 p.m.

**Fee: \$150 per participant**

(772) Girls

(773) Boys

**SCHOOL HOUSE ROCK** [Grades K-2] **Scituate Recreation's Multi-Purpose Room at Scituate High School.**

The best of the 1970's television series, "School House Rock" performed in song and dance for young actors!

**Rehearsals:** Saturdays: 4/6 -6/8/13 (No rehearsals 4/20 & 5/25/13) from 2:00 p.m. to 3:00 p.m.

**Dress Rehearsal:** Thursday: 6/12/13 from 4:30 p.m. to 6:30 p.m.

**Final Performance:** Saturday: 6/15/13, 5:00 p.m.

**Fee: \$90 per participant**

(800) Girls and Boys

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

### **SAFETY PROGRAMS**

**CPR/AED HEALTHCARE PROVIDER:** **Scituate Fire Station Headquarters.** Min.6/Max.12 We will offer a Healthcare Provider CPR class; it will be held on. This class is appropriate for nurses, doctors, EMTs, medics and nursing students. This class covers defibrillation, adult, child, infant CPR for the **Healthcare Professional.** This is a two-year certification. Instructor: Mark Donovan.

**(766) Thursday, March 14, 2013 at 7:00 pm**

**Fee: \$60**

**CPR AMERICAN HEART ASSOCIATION HEARTSAVER:** **Scituate Fire Station Headquarters.** Min. 6/Max 10. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR (if you are a healthcare provider, see below). Includes new text and 2-year certification card. Instructor: Mark Donovan.

**(765) Thursday, April 11, 2013 at 7:00 pm**

**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

**(767) Thursday, May 2, 2013 at 7:00 pm**

**Fee: \$55**

**Pan Gai Noon (Half Hard, Half Soft)**  
**KUNG FU, KARATE + 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, adults and seniors. Please see class description. Registration is available on-line or in the Recreation department or come to the first class to sign up.



**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! **(11 weeks)**

**(729) Wednesdays 4/10 – 6/26/13 (No Class 4/17/13) 6:00-7:30 PM**

**Fee: \$137**

**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.

**11 weeks (No Class 4/16/13)**

**(730) Tuesdays: 4/9 – 6/25/13 from 6:00-7:30 p.m.**

**Fee: \$170**

**CHILDRENS KUNG FU (KARATE) 6-9 YEAR OLDS I**

For the beginning student this is a fun, structured introduction to the formal training of Kung Fu and 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 4/15/13)**

**(731) Mondays: 4/8 – 6/17/13 from 4:50 p.m.-5:50 p.m.**

**Fee: \$85**

**CHILDRENS KUNG FU (KARATE) 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 (No class 4/16/13)**

**(732) Tuesdays: 4/9 – 6/18/13 from 4:50 p.m. – 5:50 p.m.**

**Fee: \$85**

**JUNIORS KUNG FU (KARATE) 10-13 YEAR OLDS**

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

**10 weeks (No class 4/19/13)**

**(733) Fridays: 4/5 – 6/14/13 from 6:40 p.m. – 7:40 p.m.**

**Fee: \$93**

**ADULT FITNESS PROGRAMS**  
**ADULT HEALTH AND FITNESS**  
**“CATCH IT CLUB”**

*Catch the spirit and wellness wave here at Scituate Recreation. We have some of the South Shore’s finest fitness instructors using state of the art equipment ready to guide you on your way to a healthier you. Whether you are a beginner or a seasoned athlete we have a class for you. This season, we will be offering “drop-in passes” that you may purchase to try a mix of different classes or want to add workout here & there to your schedule. If you are unsure about a class & would like more information on a “one-class free pass” please call the office for specific classes. Come find the inspiration you’ve been looking for to help you achieve your personal goals!*

**ADULT FITNESS DROP IN PASSES:** Passes must be purchased in advanced and are available in any quantity in the Recreation Office. Passes are available for the following programs: Adult Karate, F.I.T. (Functional Intensity Training), Exercise Ball Class, Boot Camp, Stationary Cycling, Yoga and Zumba.  
**Fee: \$10 DROP IN /CLASS EXCEPT KARATE \$15 DROP IN/CLASS**

**F.I.T. (FUNCTIONAL INTENSITY TRAINING) CLASS:** **Location: Scituate Recreation Multi-Purpose Room.** This is a total body conditioning class focused on increasing strength, speed, endurance and flexibility. The workouts are constantly varied and done at a fun, fast pace. Exercises are designed to be functional to improve your overall fitness and all workouts can be scaled to meet any level of athletic ability. Beginners are always welcome. Come and have fun while getting in great shape.

**Instructor: Dan Reynolds (10 weeks) (No class 4/15/13)**

**(735) Mondays: 4/8 – 6/17/13 from 6:00 p.m. to 7:00 p.m.**

**Fee: \$55**

**BOOTCAMP:** **Location: Scituate High School Track**

This is an outdoor interval training program! Includes cardiovascular as well as muscular conditioning drills and exercises. 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, jump rope and water. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! (No classes during April vacation: 4/15, 4/17, 4/19 and 4/20)

**Instructors: Jen Rooney & Suzy Murray**

**(736) Saturdays: 3/23 – 6/1/13 from 7:30-8:30 a.m.**

**(823) Monday: 3/25 – 6/3/13 from 6:00-7:00 a.m.**

**(825) Monday: 3/25 – 6/3/13 from 6:30-7:30 p.m.**

**(824) Wednesday 3/27 – 6/5/13 from 6:00-7:00 a.m.**

**(826) Friday: 3/29 – 6/7/13 from 9:30-10:30 a.m.**

**Fee: \$55**



**ZUMBA:** **Scituate Harbor Community Building** 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: Christine D’Ambrosia**

**(9 weeks). (No class on 4/15/13, 4/18/13, 5/27/13)**

**(737) Mondays: 4/8 – 6/17/13 from 7:00 p.m. to 8:00 p.m.**

**(738) Thursdays: 4/11– 6/13/13 from 7:00 p.m. to 8:00 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 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 (10 weeks)** (No class 4/14 and 4/18/13)

**(739) Sundays: 3/31– 6/16/13 from 8:00 a.m. to 9:00 a.m.**

**(740) Thursdays: 3/28 – 6/6 from 8:45 a.m. to 9:45 a.m.**

**Fee: \$55**

**THE ULTIMATE COMBO OF CYCLE AND EXERCISE BALL:** 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. **(12 weeks)**

**(759) Mondays: 3/25 – 6/10/13 9:00 a.m. to 10:00 a.m. Sarah**

**Fee: \$95**

**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](http://gitabrown.com) for more information about your teacher. **(8 weeks)**

**(No class 4/15/13)**

**(741) Mondays: 3/25 – 5/20/13 from 8:45 a.m. to 9:45 a.m.**

**Fee: \$60**

**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 (9 classes)** (No class 4/17/13)

**(742) Wednesday mornings: 3/27 – 5/29/13 from 8:30 a.m. to 9:30 a.m.**

**(743) Wednesdays evenings: 3/27 – 5/29/13 from 6:30 p.m. to 7:30 pm.**

**Fee: \$68**



**NEW! RESTORE THE CORE: Scituate Recreation's Multi-Purpose Room.** This is a 50-minute, highly specialized mat Pilates-style class that focuses on form and function, restoring the strength of the abdominal wall and pelvic floor. Restore the Core is a mat pilates-style workout that will tighten up the core in no time especially post natal. With proper training, you CAN retrain your core muscles. 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! Restore the Core is designed especially for women and moms with infants (8 weeks –crawling)... It's quality time with baby or "me time" for you. Whether your baby is 3 months, 30 years OR you have postural changes you'd like to improve, it's time well spent! *Please bring a bottle of water and yoga mat to class.*

**Instructor: Denyce Holley, AFAA Certified Instructor (10 classes)** (No class 4/16/13)

**(820) Tuesday mornings: 3/26 – 6/4/13 from 9:00 a.m. to 10:00 a.m.**

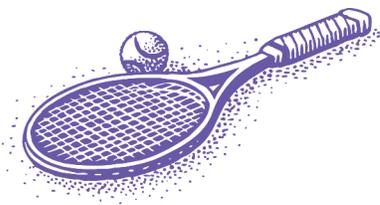
**Fee: \$55**

**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, and 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. 10 weeks (No class 4/19)**

**(745) Fridays: 4/5 – 6/14/13 from 12:00-1:00 p.m.**

**Fee: \$115**



## ADULT GOLF

### BEGINNER INTRODUCTORY ADULT OUTDOOR GOLF

**Widows Walk Golf Course (ages 18 and over):** Student to teacher ratio – 8:1. 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. **(5 weeks)**

**Mondays: April 22, 29 May 6, 13, 20 Rain date June 3**

**(746)** 5:30 – 6:30 p.m.

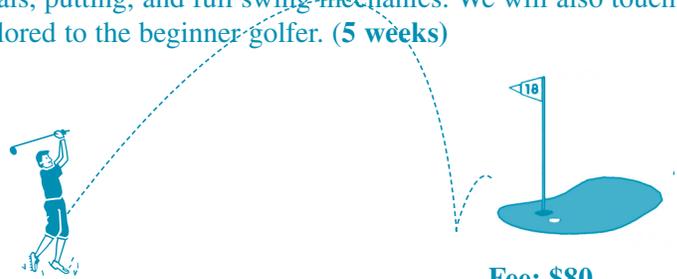
**(747)** 6:30 – 7:30 p.m.

**Thursdays: April 25, May 2, 9, 16, 23- Rain date May 30**

**(748)** 11:00 am – 12:00 p.m.

**Tuesdays: May 14, 21, 28, June 4, 11- Rain date June 18**

**(749)** 5:30 – 6:30 p.m.



**Fee: \$80**

**INTERMEDIATE ADULT SHORT GAME SERIES Widows Walk Golf Course (ages 18 and over).** Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following golf topics: putting, chipping, pitch shots, green side sand shots, and trouble chips & review. **(5 weeks)**

**Thursdays: April 25<sup>th</sup> – May 2, 9, 16, 23- rain date May 30**

**(750)** 5:30-6:30 p.m.

**Fee: \$100**

**INTERMEDIATE ADULT FULL SWING SERIES: Widows Walk Golf Course (ages 18 and over).** Student to teacher ratio 6:1 Smaller class size. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that 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 and review. **(5 weeks)**

**Thursdays: April 25 May 2, 9, 16, 23- rain date May 30**

**(751)** 6:30 – 7:30 p.m.

**Tuesdays: May 14, 21, 28, June 4, 11- Rain date June 18**

**(752)** 6:30-7:30 p.m.

**Fee: \$100**

**Fee: \$100**

**MEN'S OVER 35 BASKETBALL:** Gates Junior High School. Tuesday/Thursday nights, schedule below.

**Please note: In addition to cancellations noted here, this program follows the School Calendar and does not run during school vacations, on holidays or on snow days.**

**Register with program coordinator, Kevin McLaughlin on first night of attendance.**

**Fee: \$50**

**Tuesday On going through 5/21/13 7:30 – 9:00 PM**

**Thursday On going through 5/23/13 7:00 – 9:00 PM**



**CEILIDHE (KAY-LEE):** 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. We meet the 3<sup>rd</sup> Friday of every month from 7:30 p.m. to 10:30 p.m. at the Recreation Department. Registration is not necessary.

## 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! **(12 weeks)** **Fee: \$95**

(753) Monday 3/25 – 6/10/13 5:45 a.m. to 6:45a.m: Maggie

(754) Tuesday 3/26 – 6/11/13 5:45 a.m. to 6:45 a.m.: Maggie

(755) Thursday 3/28 – 6/13/13 5:45 a.m. to 6:45 a.m.: Sarah

**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. **(12 weeks)** **Fee: \$95**

(756) Wednesdays 3/27 – 6/12/13 9:15 a.m. to 10:15 a.m.: Maggie

(757) Fridays 3/29 – 6/14/13 9:15 a.m. to 10:30 a.m.: Maggie

**LUNCH TIME RIDE:** Come in for a rejuvenating 45 minute interval cycling class. This will energize you for the rest of the afternoon. **(12 weeks)** **Fee: \$72**

(758) Tuesdays 3/26 – 6/11/13 12:00 p.m. to 12:45 p.m.: Sarah

**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!

**(12 weeks) Fee: \$95**

(760) Wednesday 3/27 – 6/12/13 4:00 p.m. to 5:00 p.m.: Erin

**THE ULTIMATE COMBO OF CYCLE AND EXERCISE BALL:** 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. **(12 weeks)**

(759) Monday 3/25 – 6/10/13 9:00 a.m. to 10:00 a.m.: Sarah

**Fee: \$95**

**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. Start the New Year off right and come on in and learn to spin! **(12 weeks)** **Fee: \$72**

(761) Monday 3/25 – 6/10/13 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! **(12 weeks)** **Fee: \$95**

(762) Monday 3/25 – 6/10/13 6:30 p.m. to 7:30 p.m.: Sarah

(763) Wednesday 3/27 – 6/12/13 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!

**(12 weeks)**

**Fee: \$95**

(764) Saturday 3/30 – 6/15/13 7:30 a.m. to 8:30 a.m.: Alternates

**SCITUATE TEEN STATIONARY CYCLE: SEE PAGE 10 FOR DETAILS**

**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](http://www.town.scituate.ma.us)

**SUMMER EMPLOYMENT**

*We will be accepting summer employment applications from  
Tuesday, January 1, 2013 through Thursday, March 14, 2013.*

*Interviews will be scheduled for April.*

**Jobs include lifeguards, recreation counselors and sailing instructors. Applications are available in the office and on-line at [www.town.scituate.ma.us/rec](http://www.town.scituate.ma.us/rec)**

**COMMUNITY SERVICE APPLICATIONS**

*Are you entering into High School next year and looking to get a jump on your required community service hours?*

*Or are you already in High School and have not started your community service hours?*

*If so, stop by the Recreation Department and pick up a community service application. The Recreation Department has many fun opportunities for you to give back to our community.*

*An informational session will be held on Community Service Opportunities with the Recreation Department. Interviews for Community Service Applicants will be held the first week in May.*

**PLAN AHEAD:**

***Due to the high volume of late applicants last summer, applications deadline will be Thursday, March 28, 2013***

**20th ANNUAL EGG HUNT**

**Sponsored by the Friends of Scituate Recreation**

**Saturday, March 30, 2013 10:00 a.m. at Widow's Walk Golf Course**

**Children aged 3 through 6 (Must be accompanied by an adult)**

**NO REGISTRATION REQUIRED!**

**Bring your basket and get ready for FUN and a surprise visitor!**

**A NIGHT OF MUSIC FEATURING AWARD WINNING MONTANA SKIES AND JEANNE JOLLY!**

**"Montana Skies":**

*"Irresistible infection grooves and improv"*

*- FAME Magazine*

**"Jeanne Jolly":**

*"Her performances as guest singer with Chris Botti proved that in a sea of voices, she is more than a catch." - Metro Magazine*

**Proceeds to benefit the Scituate Sailing Programs and The Friends of Scituate Recreation**

**WHEN: SATURDAY MARCH 2, 2013 - 8PM**

**WHERE: River Club Music Hall, 78 BORDER ST. SCITUATE, MA**

**HOW MUCH: ADMISSION \$35**

**Tickets can be purchased at [www.theriverclubmusichall.com](http://www.theriverclubmusichall.com) or by calling 339-236-6786 or the Scituate Recreation Dept. 781-545-8738**

**PLEASE CUT OUT AND SAVE!**

**Activities Sponsored by Other Organizations.** *These are independent organizations & not part of Scituate Recreation.*

PLEASE Use Phone Numbers or Web Addresses Listed Below.

<b>C.O.R.S.E. (Community of Resources for Special Education)</b>	<b><a href="http://www.corsefoundation.org">www.corsefoundation.org</a></b>
<b>Scituate Adult Evening School</b>	<b>781-545-8750</b>
<b>Scituate Community Christmas</b>	<b>781-545-7108/ <a href="http://www.scituatecommunitychristmas.com">www.scituatecommunitychristmas.com</a></b>
<b>Scituate Chamber of Commerce</b>	<b>781-545-4000/ Elaine Bongarzone <a href="http://www.scituatechamber.org">www.scituatechamber.org</a></b>
<b>Scituate Knights of Columbus</b>	<b>781-545-9829 <a href="http://www.kofc3716.org">www.kofc3716.org</a></b>
<b>Scituate Little League</b>	<b><a href="http://www.scituatelittleleague.org">www.scituatelittleleague.org</a></b>
<b>Scituate Lacrosse</b>	<b><a href="http://www.scituatelacrosse.com">www.scituatelacrosse.com</a></b>
<b>Scituate Soccer Club</b>	<b><a href="http://www.scituatesoccer.com">www.scituatesoccer.com</a></b>
<b>Scituate Traveling Softball</b>	<b><a href="mailto:gsm99@comcast.net">gsm99@comcast.net</a> /Gary Meyerson</b>
<b>Scituate Youth Football</b>	<b><a href="http://www.scicohfootball.com">www.scicohfootball.com</a></b>
<b>Scituate Youth Cheerleading</b>	<b><a href="http://www.scicohfootball.com">www.scicohfootball.com</a></b>
<b>Scituate Youth Travel Basketball</b>	<b><a href="http://www.scituatebasketball.org">www.scituatebasketball.org</a></b>
<b>Scituate Youth Center</b>	<b>781-545-6400/Bob Drew</b>
<b>South Shore Senior Softball League</b>	<b>781-545-5441/Kevin McLaughlin</b>
<b>South Shore Seahawks</b>	<b><a href="http://www.southshoreseahawks.org">www.southshoreseahawks.org</a></b>

**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 (12-13)** \_\_\_\_\_  
*The grade would be the grade the child entered in the fall of 2012.*

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Email Address (PLEASE PRINT CLEARLY):** \_\_\_\_\_  
*ONLY USED TO CONTACT YOU REGARDING PROGRAM UPDATES*

**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
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
	<b>Non Resident Fee - \$5.00/program</b>		\$ _____
	<b>GRAND TOTAL</b>		\$ _____

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

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**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 [ebblack@town.scituate.ma.us](mailto:ebblack@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**