



On-Line Registration
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 Summer 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, Tatianna Maraj,

Jamie Noonan, Ralph Studley, Bruce Wait

Selectmen Liason: Shawn Harris

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.

POLICIES AND PROCEDURES

- a. **SPRING PROGRAM REGISTRATION WILL OPEN TUESDAY, April 23, 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 April 24, 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 TUESDAY, APRIL 16th IN ORDER TO BE CONSIDERED PRIOR TO THE APRIL 24TH REGISTRATION.**
- k. **Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then participant will be notified that he/she will have to be excused from further Recreation programs.**
- l. **Registration for non-residents will begin Wednesday, May 1, 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, 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.

TABLE OF CONTENTS

Page 2

- Policies and Procedures

Page 5

Summer Camps

- Little People Summer • Program
- Morning Adventure Club
- Young People Day Program

Page 6

All Stars

- All Star Teen Summer Extreme
- All Stars *Tween* Summer Extreme
- All Stars Summer Youth Program

Page 7

All Stars (continued)

- All Stars Maritime Adventures
- All Stars Summer Games Spectacular
- Olympic Archery
- Kids Games for Adults

Page 8

Sailing

- Level One Mercury
- Level Two Mercury

Page 9

Sailing (continued)

- Level I Introductory 420's
- Level II 420's Racing
- J-24 Sailing
- Take Your Parents Sailing

Page 10

Pan Gai Noon

- Executive Kung Fu for Adult & Teen
- Tai Chi-Internal Arts
- Children's Kung Fu I & II

Page 11

Children's Programs

- Scituate Play House 1 Week Drama Boot Camp
- Summer Kraft Time
- Guitar Workshop
- Mini Hawk (soccer, baseball & basketball)

Page 12

Children's Programs (continued)

- Co-Ed Basketball Clinic
- Co-Ed Soccer Clinic
- Lacrosse
- Sport of Fencing
- Summer Baseball Clinic
- Nautical Mile (Track Club)

Page 13

Golf Programs

- Junior Golf Introductory Development
- Junior Golf Intermediate Development
- Introductory Adult Golf
- Intermediate Adult Short Game Series

Page 14

Golf Programs (continued)

- Intermediate Adult Full Swing Series

Organic Gardening

Safety Programs

- CPR/AED Healthcare Provider
- First Aid
- CPR American Heart Association
- Babysitting

Page 15

Adult Fitness Programs

- Adult Fitness Drop In Passes
- F.I.T. (Functional Intensity Training) Class
- Exercise Ball Workout with Weights
- Adult Yoga
- Gentle Power Yoga

Page 16

Adult Fitness Programs (continued)

- Restore the Core
- Not Your Average Boot Camp
 - (*New!* See Destination Boot Camp!)
- Zumba

Page 17

Adult Fitness (continued)

- Stationary Cycling

Page 18

- Ceilidhe
- Field, Court, Outdoor Rink & Bandstand Permits
- 18th Annual PJ Steverman Golf Tournament
- Scituate Harbor Music Concert

SUMMER RECREATION CENTER:

Philosophically, the following programs have three primary goals:

To Nurture, to Enrich and to have Fun!

LITTLE PEOPLE SUMMER PROGRAM: Scituate Recreation Little People Room (our room is air conditioned) at Scituate High School. Director: **Kathleen McCarthy** and staff will run this program. (ratio1:3) This program focuses on creative enrichment for the **3- to 5-year-old toilet independent child**. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 A.M. to 11:45 A.M. each morning. Participants may choose from two 2-day programs, either Monday/Wednesday OR Tuesday/Thursday or all 4 days. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are held every week. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities.

NO CLASS JULY 4, 2013.

Session I: July 1 through July 18, 2013

Monday & Wednesday	8:45 am – 11:45 am	Fee: \$155
Tuesday & Thursday	8:45 am – 11:45 am	Fee: \$130

***For a full week, enroll in both codes**

Session II: July 22 through August 8, 2013

Monday & Wednesday	8:45 am – 11:45 am	Fee: \$155
Tuesday and Thursday	8:45 am – 11:45 am	Fee: \$155

***For a full week, enroll in all four days**

MORNING ADVENTURE CLUB: Scituate Recreation's Multi-Purpose Room (our room is air conditioned) in Scituate High School. Director **Brian Hurcombe** and his staff will facilitate this program. (Ratio: 1:6). This is a program for the **Kindergartener (Must be age 5 by August 31, 2013) through Third Grade** child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, and Wed., from 9 A.M. to noon) and one full day (Thursday, 9 A.M. to 2:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun spots. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly with special guests. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Fee includes t-shirt and all activities. **NO CLASS JULY 4, 2013.**

Session I: July 1 through July 18, 2013

Mon, Tues, Wed.	9:00 am – 12:00 pm	Fee: \$275 per participant
Thurs.	9:00 am – 2:00 pm	

Session II: July 22 through August 8, 2013

Mon, Tues, Wed.	9:00 am – 12:00 pm	Fee: \$290 per participant
Thurs.	9:00 am – 2:00 pm	

YOUNG PEOPLE DAY PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned).

Director: **Mike Connor** and his staff will facilitate this program (Ratio: 1:7). This fun-filled program is for children entering **first through sixth grade**. It meets for five full days per week. The program features a beach excursion each Wednesday to Humarock Beach, as well as a field trip each Friday to exciting locales such as a Zoo, Roller Skating and Fenway Park, to name a few. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities. **NO CLASS JULY 4, 2013.**

Session I: July 1 through July 19, 2013

Monday - Friday	9:00 am - 2:00 pm	Fee: \$375 per participant
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Session II: July 22 through August 9, 2013

Monday - Friday	9:00 am - 2:00 pm	Fee: \$400 per participant
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ALL STARS

For all of the All-Star Programs, 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 is certified in CPR and first aid. If there is an emergency, 911 will be called. Parents seeking further accommodations that are necessary to allow their child to access a CORSE program or activity should contact the Scituate Recreation Department. Please be advised that the age groups outlined for the camps are guidelines, if you have questions on the most appropriate camp for your child, please contact us.

ALL STARS TEEN SUMMER EXTREME: SHS Small Gym

Back by popular demand! Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to be bringing back this exciting summer program for our teens! Participants will enjoy a variety of activities that are geared towards building teen-based social interactions. Teen Summer Extreme runs **for one week for participants ages 15+**. All activities can be enjoyed by participants of all abilities - any teen who would enjoy a positive, more relaxed summer experience as well as providing facilitative assistance for teens identified with learning disabilities or special needs. This program will be a combination of summer field trip excursions and on-site group activities. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio

August 12 through August 16, 2013 (Mon- Fri.: 8:30 am to 1:30 pm) Fee: \$255 per participant

NEW THIS YEAR! ALL STARS TWEEN SUMMER EXTREME: SHS Small Gym : Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) is offering a new summer camp option for our tweens! Participants will enjoy a variety of activities that are geared towards building tween-based social interactions. Tween Summer Extreme runs **for one week for participants ages 11-14**. All activities can be enjoyed by participants of all abilities - any tween who would enjoy a positive, more relaxed summer experience as well as providing facilitative assistance for tweens identified with learning disabilities or special needs. This program will be a combination of summer field trip excursions and on-site group activities including sports, gym activities, arts & crafts, water - play, etc. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio.

August 12 through August 16, 2013: (Mon - Fri 8:30 am to 1:30 pm) Fee: \$255 per participant

ALL-STARS SUMMER YOUTH PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned). Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to continue their SUMMER ALL STARS for 2013. Held in a structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water - play, story time, etc. We will be joined with special guests and performers and culminating in a field trip for the kids to enjoy! Each day has a different theme; no two days are the same! The program runs **for one week for ages 6 to 10**. This program is geared toward any child who would enjoy a positive, more relaxed camp experience as well as providing facilitative assistance for children identified with learning disabilities or special needs. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. Activities are broken down and basic skills and rules are taught to the participants. The kids can pursue the activities at their own pace. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio.

August 12 through August 16, 2013: (Mon -Fri 8:30 am to 1:30 pm) Fee: \$255 per participant

ALL STARS

ALL-STAR MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA: Marine Park (Edward Foster Road) Along with the Scituate C.O.R.S.E. Foundation, we are sponsoring Maritime Adventures, an innovative water sports program. This program is open for children 6 - 22 years of age. During the week-long camp, the athletes will build skills in adaptive windsurfing, Hawaiian outrigger canoeing, sailing and stand-up paddling. The week will culminate on Friday with a team outrigger canoe race. This camp will provide specialized instructors and equipment from AccessPort America, www.accessportamerica.org. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time. CORSE sponsored programs have a 3:1 (student to staff) ratio



AccessPort America.

Department Registration guidelines are as follows:

75% of slots are reserved for children receiving special education services (on an IEP or 504 plan). These slots will remain reserved until June 1st. After June 1st, it is a first come, first serve basis for registration. For the 25% slots not reserved, these slots are open to any child, regardless of need. Slots will be filled first come, first served.

July 22 through July 26, 2013 (12 spots per time slot)

10:00 am to 11:30 am

11:45 am to 1:15 pm

2:00 pm to 3:30 pm

3:45 pm to 5:15 pm

Fee: \$155 per participant

ALL STARS SUMMER GAMES SPECTACULAR: Scituate Recreation's Multi-Purpose Room This sports and game program will provide children a weekly fun, non-competitive physical and team-building activity that allows them to enjoy an evening out with peers! Each week will have a different theme: basketball, baseball, soccer, running, karate culminating in a family trip to the beach to enjoy relaxed beach games and dinner (*site to be determined, family will be responsible for dinner cost at beach or designated restaurant*). Many of our FAVORITE coaches and staff are participating in their designated sport!!! 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 grades 1-8 (ages 6-14 years). *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.*

Tuesdays (6 weeks): July 2-August 6, 2013 from 5:00 pm to 6:30 pm

Fee: \$75

NEW SUMMER PROGRAMS!

OLYMPIC ARCHERY: Scituate High School Tennis Courts

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.

Monday-Thursday: 7/15-7/18 from 2:00-3:30 Fee: \$105

KIDS GAMES FOR ADULTS.....COMING SON!

SEPARATE REGISTRATION FOR SAILING

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

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

EARLY REGISTRATIONS WILL NOT BE ACCEPTED

ALL SAILING PROGRAMS MEET RAIN OR SHINE

Due to the high demand of this program we are limiting this to two week sessions per participant. 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). Classes run Monday through Thursdays (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.)

EXCEPTION: The week of July 1st classes will run Monday, Tuesday, Wednesday and Friday (no class Thursday, July 4th)

Our Goal: to provide as many participants the opportunity to experience the joy of sailing

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.

The sailing area for the Mercury's is limited to inside the breakwater.

MORNING CLASSES

8:00 am – 11:00 am

(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

(778) 7/02/13 – 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.

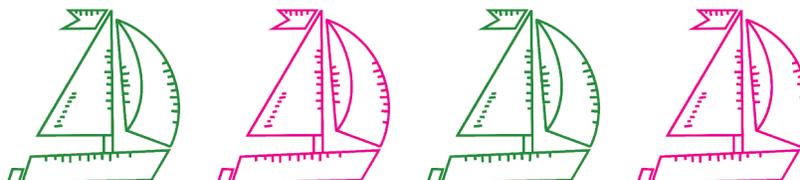
Experience is required. This class is tailored to the serious sailor with two or more years of sailing.

The age of participants is ages 11 – adult.

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

3:15 pm – 5:45 pm

(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 11 – 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 have willing to work hard and have great

EXCEPTION: The week of July 1st classes will run Monday, Tuesday, Thursday and Friday (no class Wednesday, July 4th)

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. -

EXCEPTIONS: The first week will run Tuesday through Friday & the week of July 2nd, classes will run Monday, Tuesday, Thursday, and Friday (no class Wednesday, July 4th)

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

- (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 – FEE \$25

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 parents to go out sailing in one of the mercury's with an instructor (we ask that you register within a week of completing the class...can be the same week as the lesson or the following week).

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

Tuesday

- (805) 7/02/13
- (807) 7/09/13
- (811) 7/16/13
- (814) 7/23/13
- (816) 7/30/13
- (818) 8/06/13

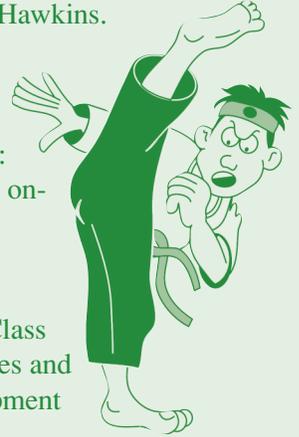
Fee for both parent and child is \$25.00 per evening

Thursday

- (809) 7/11/13
- (813) 7/18/13
- (815) 7/25/13
- (817) 8/01/13
- (819) 8/08/13

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, 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! **(9 weeks)**

Wednesdays: 7/3/13 – 8/28/13 from 6:00 to 7:30 pm

Fee: – \$113 per participant

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. **(9 weeks)**

Tuesdays: 7/2/13 – 8/27/13 from 6:00 to 7:30 pm

Fee: \$140 per participant

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 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)**

Mondays: 6/24/13 – 8/26/13 from 4:50 to 5:50 pm

Fee: \$85 per participant

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)**

Tuesdays: 6/25/13 – 8/27/13 from 4:50 to 5:50 pm

Fee: \$85 per participant

SCITUATE PLAY HOUSE ONE-WEEK DRAMA “BOOT CAMP” Actors grades 4-8.

In just one week, our full-immersion acting program captivates your actors in all aspects of theater, as they make friends with fellow actors from different grades and schools. Be part of our intensive week of acting, singing and dancing, culminating in an exciting Friday night performance on the SHS stage.

Directed by Miss Kathy Boluch, a Massachusetts-certified teacher.

PARENTS MUST PROVIDE ACTORS’ COSTUMES

Being in a play is really fun and every kid should give it a try!

“WEST SIDE STORY”

On the mean streets of New York City in 1957, two gangs are locked in a long- lasting duel. The Sharks, a “tough-guy” gang, grapples with the difficulties of assimilating into American society. The Jets, a privileged “American” gang, fight to prevent newcomers from entering their territory. In the midst of this rivalry, a Jet, Tony, falls for a beautiful Sharks’ girl, Maria. **10 male roles/ 15 female roles**

Please note:

Auditions:	Tuesday (Scituate Harbor Community Building)	6/22/13:	9:00 a.m. to 12:00 p.m.
Rehearsals:	Monday through Thursday (SHS Auditorium)	8/12– 8/ 16/13	9:00 a.m. to 3:00 p.m.
Last day:	Friday (SHS Auditorium)	8/16/13	
	Dress Rehearsal		9:00 a.m. to 12:00 p.m.
	Actors Return		6:15 p.m.
	Final Performance: Friday, August 16, 2013		7:00 p.m.

Fee: \$200.00 per actor

Please note: Food and drink are not permitted in the SHS auditorium under any circumstances

SUMMER KRAFT TIME: Scituate High School, Teacher’s Lounge.

Instructor: Cheryl DiTommaso. Parents, here is the perfect solution to the ‘dog days of summer’ when kids are looking for something to do! Join us for a fun and stimulating arts and crafts program for boys and girls registered for Kindergarten - 6th Grades. Children will enjoy creating a variety of ‘hands-on’ craft items; each day of the 4-day workshop will focus on different themes. So, allow us to do the clean up and let your child not only show their creative side but also, make new friends while indulging in beads, paint, glue, glitter and more! All materials and supplies included. Participants should bring a snack and water bottle. **Monday – Thursday.**

August 12 - August 15, 2013 9:00 a.m. – 11:30 a.m.

August 12 - August 15, 2013 12:30 p.m. – 3:00 p.m.

Fee: \$95 per participant

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.

Min. 8 / Max 10 students. **(8 weeks)**

Tuesdays: 6/25/13 – 8/13/13 from 4:30 to 5:30 pm

Fee: \$90 per participant

MINI-HAWK: (soccer, baseball & basketball): Scituate Recreation Multi-Purpose Room. This baseball, basketball, and soccer program. gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Pre-School (ages 4 & 5) four days

6/10 – 6/13/13 9:00 a.m. - 12:00 p.m.

6/10 – 6/13/13 1:00 p.m. to 4:00 p.m.

Kindergarteners (ages 5 &6) four days

6/17 – 6/20/13 9:00 a.m. - 12:00 p.m.

6/17 – 6/20/13 1:00 p.m. to 4:00 p.m.

Fee: \$110 per participant

CO-ED BASKETBALL CLINIC: SHS Large Gym. For the twelfth year, we will offer this instructional clinic to both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a lunch and a good attitude. Coach: Matt Poirier assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day.

FOUR DAY PROGRAM

Grades 3 & 4 Mon, Tue, Thurs & Fri. 7/8 -7/12/3 8 a.m. – 2 p.m.

Fee: \$ 145

FIVE DAY PROGRAM

Grades 5 & 6 Mon.- Friday 7/22 – 7/26/13 8 a.m. – 2 p.m.

Grades 7 & 8 Mon.- Friday 7/29 – 8/2/13 8 a.m. – 2 p.m.

Grades 8 –12 Mon.- Friday 8/5 – 8/9/13 8 a.m.- 2 p.m.

Fee: \$180

CO-ED SOCCER CLINIC: This one-week instructional soccer clinic will be held at the **SHS Turf field**. Participants will be taught the fundamentals of soccer including: dribbling, heading, kicking, passing, trapping, goal tending and basic soccer rules. **Debbie Beal** and assistants will run the clinics. Participants should bring a snack, lunch, sunscreen and water bottle.

July 15 – July 19, 2013

Grades K-2 8 a.m. - 10:30 a.m.

Fee: \$70 per participant

Grades 3-5 11 a.m. - 2 p.m.

Fee: \$85 per participant

LACROSSE (BEGINNER): Scituate High School Turf Field

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment.

Ages 7-10 years old.

Monday –Thursday 7/22 – 7/25/2013 9:00 a.m. – 12:00 p.m.

Fee: \$110

SPORT OF FENCING: Scituate High School Cafeteria. 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.

Monday through Friday: 7/22 -7/26/13

Beginner (no experience): 8:00 a.m. – 10:00 a.m.

Intermediate (1 year or less of instruction): 10:00 a.m. – 12 p.m.

Intermediate II (1 year+ of instruction): 12:30 - 2:30 p.m.

Fee: \$115

SUMMER BASEBALL CLINIC: Scituate High School Baseball Fields. Our Baseball clinic is committed to the proper training and fundamentals of the great game of Baseball. It is our goal that when you leave one of our clinics that you not only leave being a better baseball player but a better person overall. Our instructors teach first and coach second. Our philosophy will always emphasize the correct mechanics and fundamentals but will never forget about how much fun the game of Baseball really can be! Varsity Baseball Coaches, Kevin Greer along with the Scituate High School baseball coaches will run the clinic. Please bring a snack, lunch and a great attitude ready to play the game of baseball.

Grades 2-6 8/12 – 8/16/13 8:00 a.m. - 2:00 p.m.

Fee: \$140

NAUTICAL MILE (TRACK CLUB): Scituate High School Track. A track program designed to prepare runners **grades 3-9**. All abilities welcome. The program will be designed to help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. Coaches: Brian Stewart (*No rain make-ups & NO CLASS 7/4/13*).

Mondays & Wednesdays, 6/3-8/14/13. 5:30 to 6:45 p.m.

Fee: \$80



GOLF PROGRAMS

JUNIOR GOLF INTRODUCTORY DEVELOPMENT PROGRAM: Widow's Walk, Golf Course.

Program content: An introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching and the full swing.

Program mission: To provide exposure to the game of golf, age appropriate skills development, rules and etiquette instruction as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program.. Participants should bring a snack and water bottle. We can provide the clubs.

Tuesdays, 6/25, 7/2, 9, 16/ 2013 (Rain date: 7/23/2013)

Ages 8 to 14 from 11:15 A.M. to 1:00 PM (limited to 32)

Tuesdays, 7/30, 8/6, 13, 20/2013 (Rain date: 8/27/2013)

Ages 8 to 14 from 11:15 A.M. to 1:00 PM (limited to 32)

Fee: \$80 per participant

JUNIOR GOLF INTERMEDIATE DEVELOPMENT PROGRAM: Widow's Walk Golf Course.

Program content: A continuation of the introductory program with a more technical instructional approach. A skills competition will complete the session.

Program mission: To provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and the elimination of distractions from unmotivated students.

Prerequisite: Successful completion of an Introductory Junior Program with an above- average level of skill and motivation. Participants should bring a snack and water bottle. We can provide the clubs.

(Student: teacher ratio – 9:1)

Tuesdays, 6/25, 7/2, 9, 16/ 2013 Rain date: 7/23/2013

Ages 9-15 from 9:00 am to 10:45 am (limited to 32)

Tuesdays, 7/30, 8/6, 13, 20/2013 Rain date: 8/27/2013

Ages 9-15 from 9:00 am to 10:45 am (limited to 32)

Fee: \$80 per participant

INTRODUCTORY ADULT OUTDOOR GOLF:

Widows Walk Golf Course (ages 18 and over): With Golf Professional Bob Sanderson or another PGA Staff Member at Widow's Walk. This introductory program will focus 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.

Thursdays: June 6, 13, 20, 27 & July 11, 2013 5:30 pm – 6:30 pm

Rain Date July 18th

Thursdays: June 6, 13, 20, 27 & July 11, 2013 6:30 pm– 7:30 pm

Rain Date July 18th

Monday: July 22, 29, August 5, 12 & 19, 2013 5:30 pm- 6:30 pm

Rain Date August 26th

Thursdays: July 25 August 1, 8, 15& 22, 2013 6:30 pm - 7:30 pm

Rain Date August 29h

Fee: \$80 per participant

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 week)**

Mondays: June 10, 17, 24, July 1,8, 2013 6:30 p.m. – 7:30 pm

Rain Date: July 15

Thursdays: July 25, August 1, 8, 15 & 22, 2013 11:00 am -12:00 pm

Rain Date: August 29th

Thursdays: July 25, August 1, 8, 15 & 22, 2013 5:30 pm - 6:30 pm

Rain Date: August 29th

Fee: \$100 per participant

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: June 6, 13, 20, 27 & July 11th, 2013 11:00 am-12:00pm

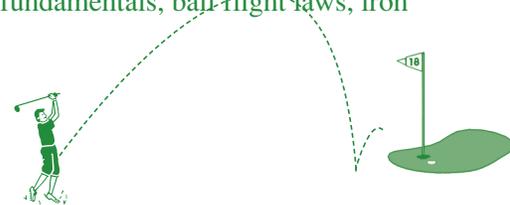
Rain Date: July 18th (No Class July 4th)

Mondays: June 10, 17, 24, July 1 & 8, 2013 5:30 pm– 6:30 pm

Rain Date: July 15

Mondays: July 22, 29 August 5, 12 & 19, 2013 6:30 pm to 7:30 pm

Rain Date: August 26th



Fee: \$100 per participant

ORGANIC VEGETABLE, FLOWER AND HERB GARDENING: Teak Sherman Garden: Learn by working in the garden: sowing seeds, starting seedlings and discussing garden plans. All levels of “green thumbs” are welcome. Each participant will be able to take plant and plan home for his or her garden, as well as be a part of the community work at the farm pantry. Harvesting summer crops and cultivating a diverse variety of crops and increased production in a ten x ten foot bed at the Teak Sherman Park Community Farm gardens, whose gardeners donate a portion of their yield to the Scituate Food Pantry. One class will be a field trip to the Holly Hill Farm (in Cohasset and your families are welcome). We will end the program with a salad party in July. (Classes will meet rain or shine). Instructor: Jon Belber, Education Director for the Friends of Holly Hill Farm, a non-profit organization in Cohasset that teaches about organic farming & sustainable agriculture. The Farm Based Education Association named Jon in 2008 as “Teacher Farm of the Year”. Class size is limited (min 10 / max 15)

Wednesdays, 6/5/2013- 7/10/2013 5:00 pm to 6:00 pm

Fee: 80.00 includes all materials

SAFETY EDUCATION

CPR/AED HEALTHCARE PROVIDER: Scituate Fire Dept. Headquarters, 149 Parish Road. 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.

Thursday, 6/27/2013 at 7:00 pm

Fee: \$60



FIRST AID: Scituate Fire Dept. Headquarters, 149 Parish Road. 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

Thursday, 7/25/ 2013 at 7:00 pm

Fee: \$55

CPR AMERICAN HEART ASSOCIATION HEARTSAVER.: Scituate Fire Dept. Headquarters, 149 Parish Road. 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.

Thursday, 8/22/ 2013 at 7:00 pm

Fee: \$55



BASICS OF BABYSITTING: Scituate High School Teachers Lounge. This one day, three-hour course is designed to assist 5th – 7th graders in being babysitters and knowing the do’s and don’ts of being home alone. The course will cover information on child development, feeding, diapering and playing with babies/younger children, basic first aid, fire safety and prevention, as well as the overall responsibilities of babysitting. There will also be a question and answer session with a Scituate Police Officer and Firefighter.

Instructor: Kimberley Cleary, RN and Mom.

Tuesday 8/6/2013 9:15 am– 12:15 pm

Fee: \$25

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. “Drop in passes” may be purchased for \$10 each to try a mix of different classes or if you want to add a 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 advance 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, Restore the Core, 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.

Mondays: 6/24 – 8/26/13 6:00 to 7:00 pm Fee: \$60.00

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 and 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. Instructor: Sarah Lannon.

Sundays: 6/23 – 8/25/13 8:00 a.m. – 9:00 a.m. Fee: \$55 per participant (10 weeks)
Tuesdays: 6/25 – 8/27/13 7:30 p.m. – 8:30 p.m. Fee: \$55 per participant (10 weeks)
Sundays: 9/8 – 10/13/13 8:00 a.m. – 9:00 a.m. (6 weeks) Fee: \$33

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. **(8 weeks) (No class 6/24)**

Mondays: 6/3- 7/29/13 8:45 a.m. -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 (10 classes) (No class 7/3/13)**

Wednesday mornings: 6/12/13 - 8/21/13 8:00 am-9:00 am
Wednesdays evenings: 6/12/13 - 8/21/13 6:00 pm-7:00 pm Fee: \$62



RESTORE THE CORE: Harbor Community Building 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 (8 classes, No Class 8/6/13)

Tuesday mornings: 6/18-8/13/13 from 9:00 a.m. to 10:00 a.m.

Fee: \$44

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

This is an outdoor interval training program! Includes cardiovascular and muscular conditioning drills and exercises. Utilizing medicine balls, lunges, burpees, hills, push-ups, sprinting and bleachers. This program builds on muscle confusion through plyometrics, fitness games and core strengthening. Bring your running shoes and water bottle. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! Instructors: Jen Rooney and Suzy Murray.

Mondays: 6/3 – 8/5/13 6:00 to 7:00 am

Mondays: 6/3 – 8/5/13 6:30 to 7:30 pm

Wednesdays: 6/5 – 8/7/13 6:00 to 7:00 am

Fridays: 6/7 – 8/9/13 6:00 to 7:00 am

Saturdays: 6/8 – 8/10/13 7:30 to 8:30 am ** DESTINATION BOOT CAMP (SEE BELOW)**

Fee: \$55 per participant (10 weeks)

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Mondays: 8/19 – 9/23/13 6:00 to 7:00 am

Mondays: 8/19 – 9/23/13 6:30 to 7:30 pm

Wednesdays: 8/21 – 9/25/13 6:00 to 7:00 am

Saturdays: 8/25 – 9/28/13 7:30 to 8:30 am

Fee: \$33 per participant (6 weeks)

*****DESTINATION BOOT CAMP: ALL LEVELS OF FITNESS WELCOME**

We are bringing interval training program to your favorite Scituate outdoor locations! Please see below for a tentative schedule of class locations. Instructors will confirm meeting locations on the first day of the session.

Saturdays 6/8-8/10/13: 7:30 to 8:30 a.m.

Date	Location	Date	Location
June 8	Peggotty Beach	July 13	Peggotty Beach
June 15	Minot Beach	July 20	Scituate Common
June 22	Scituate Lighthouse	July 27	Egypt Beach
June 29	Peggotty Beach	August 3	Scituate Harbor
July 6	Minot Beach	August 10	Minot Beach

ZUMBA: Location: Scituate Recreation's Multi-Purpose Room.

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

Mondays: 6/24 – 8/26/13 from 7:00 pm to 8:00 pm

Fee: \$45 (8 classes) NO class July 29 & Aug. 5

Thursdays: 6/27- 8/29/13 from 7:00 pm to 8:00 pm

Fee: \$45 (8 classes) NO class Aug. 1 & Aug. 8

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!

(16 weeks)

Fee: \$127

Mondays:	6/17 – 9/30/13	5:45 am to 6:45 am	Maggie
Tuesdays:	6/18 – 10/1/13	5:45 am to 6:45 am	Maggie
Thursdays:	6/20 – 10/3/13	5:45 am to 6:45 am	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.

(16 weeks)

Fee: \$127

Wednesdays:	6/19 – 10/2/13	9:15 am to 10:15 am	Maggie
Fridays:	6/21 – 10/4/13	9:15am to 10:15 am	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!

(16 weeks)

Fee: \$127

Wednesdays:	6/19/13 – 10/2/13	4:00 pm to 5:00 pm	Erin
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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.

(16 weeks)

Fee: \$127

Mondays:	6/17-9/30/13	7:00 am to 8:00 am	Sarah
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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.

(16 weeks)

Fee: \$96

Mondays:	6/17 – 9/30/13	5:30 pm to 6:15 pm	Sarah
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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!

(16 weeks)

Fee: \$127

Mondays:	6/17 – 9/30/13	6:30 pm to 7:30 pm	Sarah
Wednesdays:	6/19 – 10/2/13	6:30 pm to 7:30 pm	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!

(16 weeks)

Fee: \$127

Saturdays:	6/22/13 – 10/5/13	8:00 am to 9:00 am	Alternates
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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 3rd Friday of every month from 7:30 PM to 10:00 PM at the Recreation Department.

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

If you are interested in using a Town playing field, Kazlousky Park (basketball courts), 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

18th Annual P.J Steverman Golf Classic

A benefit for the Friends of Scituate Recreation

*Will be held **Friday, September 13, 2013***

***Widow's Walk** 1:00 PM shotgun*

***River Club**, 6:00 PM, Dinner, Silent & Live Auction and Raffle*

Foursome: \$540.00

Hole Sponsorship: \$150.00

Dinner Ticket only: \$40.00

Ball Drop: \$5 per ticket

For more information, please call, 781-545-5321 or visit: www.pjstevermangolf.com

UPCOMING EVENTS

SCITUATE HARBOR "MUSIC CONCERT"

SATURDAY EVENING, August 10, 2013 from 5:00 PM to 7:00 PM

in COLE PARKWAY AT THE MORRILL BANDSTAND.

Enjoy a relaxing evening of original and contemporary music performed by local musicians featuring:

THE GATHERING

An evening spanning the blues, jazz, folk, southern rock and rock & roll musical favorites.

So grab your beach chairs and friends and come down to the bandstand for this FREE night of music.

Sponsored by the Friends of Scituate Recreation

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.

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

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 (13-14)** _____
The grade would be the grade the child entered in the fall of 2013.

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 #:** _____

T-SHIRT SIZE (shirts tend to run small): yxs: ____ ys:____ ym:____ yl:____
as: ____ am:____ al:____ axl:____

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____			\$ _____
_____			\$ _____
_____			\$ _____
		Non Resident Fee - \$5.00/program	\$ _____
		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 ebblacker@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