

SCITUATE RECREATION
~CATCH THE SCITUATE SPIRIT~
Fall Program 2014



On-Line Registration

www.scituatema.gov/recreation-department

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

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Permit No. 56

RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS

TOWN OF SCITUATE RECREATION DEPARTMENT
‘Like Us on Facebook’



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

OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

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

Friday, 8:30 a.m. to 11:45 a.m.
781-545-8738 (Phone)
781-545-6990 (Fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director
Maura Glancy, Recreation Co-Director
Nick Lombardo, Registrar
Paul Sharry, Recreation Clerk & Field Coordinator

RECREATION COMMISSION:

Christopher Roberts, Chairman
Robert McCarry, Erik Richman, Stephen Svensen,
David Smith
Associate Members: William Blake, Jamie Noonan,
Brian Stewart
Selectmen Liaison: Shawn Harris

POLICIES AND PROCEDURES

- **FALL PROGRAM REGISTRATION WILL OPEN TUESDAY, SEPTEMBER 16, 2014 AT 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration 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.
- 1) Mail-in registration for residents will be accepted **starting SEPTEMBER 17, 2014** 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.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5) All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.
- 6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- 7) **Need financial assistance...Just ask!**
- 8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- 9) **Registration for non-residents will begin SEPTEMBER 23, 2014 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.

FOR MORE DETAILED CLASS DESCRIPTIONS PLEASE VISIT

<https://apm.activecommunities.com/scituaterec/Home>

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CORSE PROGRAMS

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations

ALL STARS KARATE: Scituate Recreation's Multi-Purpose Room. A karate program designed to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; patience and determination. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. **8 weeks**
(1293): **Fridays: October 3 – November 21, 2014 from 5:30 pm to 6:30 pm** Fee: \$85



ALL STARS RUNNING: Gates School Track and Field. This program, run by Nautical Mile Director Brian Stewart, will teach your child the fundamentals of running and guide he or she to establishing a healthy lifestyle through a variety of fun conditioning and running exercises, games and teamwork activities. This work will establish the foundation for success in the area of physical fitness in a non-competitive, organized and fun-filled approach. Fee: \$75
6 weeks (No class 10/12, 11/9/14) (1299): Sundays: October 5– November 23, 2014 from 3:00 pm to 4:00 pm



PRE-SCHOOL PROGRAM

LITTLE PEOPLE: Little People Room at Scituate Recreation. The Little People Program has been offered for twenty two years as an opportunity for friendships to evolve as two and three year old children, along with a parent or caregiver, share in music, dance, arts and crafts, and unstructured play.
Instructors: Kelly Lee & Kelly Arevian. 10 Weeks.



Fee: \$125 per code



TUESDAY LITTLE PEOPLE:

(1294): **September 30 - December 16, 2014** from 9:15 am to 10:30 am
(1295): **September 30 - December 16, 2014** from 10:45 am to 12:00 pm
(No Classes 11/11/14 & 11/25/14)

THURSDAY LITTLE PEOPLE:

(1296): **October 2 - December 11, 2014** from 9:15 am to 10:30 am
(1297): **October 2 - December 11, 2014** from 10:45 am to 12:00 pm
(No Class 11/27/14)

CHILDREN & TEEN SPORTS PROGRAMS



OLYMPIC FENCING: Scituate Recreation's Multi-Purpose Room. These courses are 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. **Instructor: Jim Mullarkey. 10 weeks. (No Class 11/27/14)**

Thursdays: October 2 – December 11, 2014 Fee: \$118 per code

(1300) **Beginner: 4:45 pm to 5:45 pm (1301) Interm. I: 5:45 pm to 6:45 pm (1302) Interm. II: 6:45 pm to 7:45 pm**

OLYMPIC ARCHERY: Scituate Recreation's Multi-Purpose Room. Learn Olympic Archery through a fun, safe and nationally recognized program. **Instructor: David McCarthy** and his staff are USAA certified instructors.
6 weeks. Ages: 8—15 years old.



(1303): **Beginner Class- Fridays: October 10 – November 14, 2014 from 3:10 pm to 4:10 pm**

(1304): **Intermediate Class- Fridays: October 10– November 14, 2014 from 4:10 pm to 5:10 pm** Fee: \$110

11-13 YEAR OLD FLAG FOOTBALL: Scituate High School Turf Field. Flag football is a great introduction to the sport of football. (NO cleats, please) **Instructor/Coach: Robert Paganetti. 6 meetings.**
(1337): **Saturday & Sunday from 8:00 am to 9:00 am on the following dates:**
9/27, 9/28, 10/4, 10/5, 10/11, 10/12/14 (Rain Dates: 10/18, 10/19, 10/25/14) **Fee: \$45**



NEW **INTRO TO CROSSFIT FOR KIDS: Scituate Harbor Community Building. See Description on Page 9!**
(1365): **Tuesdays + Thursdays: October 7 – November 6th (10 Classes) 4:30 pm – 5:30 pm** **Fee: \$125 per code**
(1366): **Tuesdays + Thursdays: November 13 – December 18th (10 Classes) 4:30 pm – 5:30 pm**

CO-ED VOLLEYBALL CLINIC (Grades 7 & 8): Gates Middle School Gym. Scituate High School is adding a volleyball team! Learn the game now and be ready to compete in high school! Beginner and experienced players are welcome. Players will learn and develop basic volleyball skills and techniques, as well as the rules of the game. Volleyball teaches teamwork and communication. Be ready to learn, work hard and have fun. Sneakers and knee pads are required. If you have volleyball, please bring it! **NO EXPERIENCE NECESSARY.**

Coach: Patty Thompson. 6 weeks (No class 10/13/14)
(1305): **Mondays: September 22 through November 3, 2014 from 2:30 pm to 3:30 pm** **Fee: \$55**



WRESTLING CLINIC: Scituate High School Small Gym. Wrestling: A fun and safe way to fulfill one's drive and become skilled at the sport of champions. Wrestlers in both sessions will be separated according to size and ability. **Coach: Brian Robinson. 5 weeks. (No Class 11/10/2014)**



Mondays: October 20 – November 24, 2014

(1306): **Grades 1 – 5 from 6:30 pm to 7:15 pm**
(1307): **Grades 6 – 8 from 7:15 pm to 8:00 pm** **Fee: \$40 per code**

CO-ED BASKETBALL SHOOTING CLINIC: Scituate High School Large Gym. Grades 4th through 12th graders
This 6-week program is designed to instill and to create the shooter's mentality, proper technique and follow through.

Coaches: Matt Poirier and the entire Scituate High School Boys Basketball Staff. 6 weeks
(1308): **Wednesdays: October 15 – November 19, 2014 from 5:30 pm to 6:30 pm** **Fee: \$45**



FALL OPEN GYM: Scituate High School Large Gym. The goal of the open gym is to give middle school and high school kids a chance to play full-court pick-up basketball using the beautiful facilities of Scituate High School. **Varsity Assistant/JV Head Coach David Jordan** will direct the basketball being played. **6 weeks. Grades 7-12**

(1309): **Wednesdays: October 15 – November 19, 2014 6:30 pm to 8:30 pm** **Fee: \$45**



KUNG FU, MUSIC, ART, DRAMA, & DANCE PROGRAMS for KIDS

NEW **BEGINNERS TUMBLING W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room.** This is an 8 week tumbling program! Kids will learn basic stretching, drills, mat tumbling, somersaults, back rolls, cartwheels, and bridges. Props included are hula hoops, bean bags, and streamers! **Instructor: Tracey O'Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **Ages 4 to 6**
(1310): **Saturdays: October 11 - December 6, 2014 (No class 11/29/14) from 9:30 am to 10:30 am** **Fee: \$85**



ON YOUR TOES W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room. These are 8 week dance programs. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. **Instructor: Tracey O'Brien**, certified by Test to Teach. She is a member of DMA and DTCB.



Saturdays: October 11 - December 6, 2014 (No class 11/29/14)

(1311): **Age: 2 10:30 am to 11:00 am Fee: \$45**
(1312): **Ages: 3-5 11:00 am to 12:00 pm Fee: \$85**

GUITAR WORKSHOPS FOR KIDS W/ MATT BROWNE: Little People Room at Scituate Recreation.

A one-hour weekly program that features a complete and comprehensive study of guitar fundamentals.

All students require a guitar: electric (with working amp) or acoustic and guitar picks. **Fee: \$90**

Instructor: Matt Browne. 8 weeks. (No class 11/11/14)

(1316): **Tuesdays: October 14 - December 9, 2014 from 4:45 pm to 5:45 pm**



NEW**PIANO PLAYTIME LESSONS FOR KIDS: Little People Room at Scituate Recreation.**

8 weeks. Ages 5 to 8 years olds. Class size limited to 3 participants per session.

Thursday afternoons: October 16 through December 11, 2014 (No class 11/27/14)

Fee: \$165 per code/child

(1313): Class 1- 3:15 pm to 3:45 pm, (1314): Class 2- 3:45 pm to 4:15 pm, (1315): Class 3- 4:15 pm to 4:45 pm

**KRAFTIME 'SPOOKTACULAR' HALLOWEEN WORKSHOP: Little People Room at Scituate Recreation.**

Halloween is more than just candy! It is a time to be imaginative and creative too! Join us for 2 fun-filled afternoon workshops where we will create 'spooktacular' Halloween inspired crafts that will not only be fun for your child to design but also, are likely to awaken the inner 'goul' in them! All materials included. Grades K-6.

Instructor: Cheryl Bowen-Ditommaso.(1370): **Thursdays: October 16 & October 23, 2014 from 5:00 pm to 6:30 pm**

Fee: \$40

**KRAFTIME HO, HO HOLIDAY WORKSHOP: Little People Room at Scituate Recreation.**Santa Claus, twinkle lights and Christmas cookies are all signs of the holiday season. Homemade gifts, crafts and decorations are always cherished, especially when created by children. This festive, 2 day workshop will give your child the opportunity to celebrate the season and be merry, as we create holiday gift items and decor. All materials included. Grades K-6. **Instructor: Cheryl Bowen-Ditommaso.**(1371): **Thursdays: December 11 & December 18, 2014 from 5:00 pm to 6:30 pm**

Fee: \$40

**Pan Gai Noon (Half Hard Half Soft)****KUNG FU + TAI CHI****The Pan Gai Noon School has been in Scituate for 30 years! Under the direction of Sifu Cole Hawkins.****EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE): Multi-Purpose Room**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! **10 weeks. (No Class 11/26/14)**(1317): **Wednesdays: October 8 – December 17, 2014 from 6:00 pm - 7:30 pm**

Fee: \$115

TAI CHI – INTERNAL ARTS: Multi-Purpose Room

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

10 weeks. (No class 11/11/14)(1318): **Tuesdays: October 7 – December 16, 2014 from 6:00 pm - 7:30 pm**

Fee: \$155

CHILDRENS KUNG FU 6-9 YEAR OLDS I: Multi-Purpose RoomFor the beginning student, this is a fun, structured introduction to the formal training of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks**(1319): **Mondays: October 6 – December 15, 2014 from 4:50 pm - 5:50 pm**

Fee: \$88

CHILDRENS KUNG FU 6-9 YEAR OLDS II: Multi-Purpose Room

Boys and girls will learn how to defend themselves and build their confidence with respect to others. Whether you're a new student or taking a repeat class they will have fun with our Kung Fu/Karate practices and fun games!

Instructor: Cole Hawkins. 10 weeks. (No class 11/11/14)(1320): **Tuesdays: October 7 - December 16, 2014 from 4:50 pm - 5:50 pm**

Fee: \$88

JUNIORS KUNG FU 10-13 YEAR OLDS: Multi-Purpose RoomMixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins 10 weeks. (No Class 11/26/14)**(1321): **Wednesdays: October 8 – December 17, 2014 from 4:50 pm – 5:50 pm**

Fee: \$88

SCITUATE PLAY HOUSE

PLEASE FIND ALL DESCRIPTIONS ONLINE

Our instructor, Kathy Boluch, a Massachusetts certified teacher, guides young actors through the experience of a lifetime! **Parents are asked to provide their children's costumes.** Please Note: No food or drink permitted in SHS Auditorium.
No Classes over Thanksgiving Break

FALL PRODUCTIONS:

(Grades K-2) "Haunted House" (6 total meetings)

Rehearsals: SHS Multi-Purpose Room

Dress Rehearsal and Show: SHS Auditorium

Roles for 16 actors- **(1339):** Boys (max. 8) and **(1338):** Girls (max. 8)

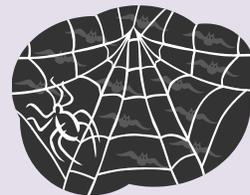
Auditions: **Saturday, 9/20/14 from 3:00 pm – 4:00 pm**

Rehearsals: **Saturdays, 9/27, 10/4, 10/18/14 from 3:00 pm – 4:00 pm**

Dress Rehearsal: **Sunday, 10/19/14 from 3:00 pm – 4:30 pm**

Final Performance: **Sunday, 10/26/14, from 4:00 pm – 6:00 pm**

Fee: \$130



(Grades K-2) "T'was the Night Before Christmas (6 total meetings)

Rehearsals: SHS Multi-Purpose Room

Dress Rehearsal and Show: SHS Auditorium

Roles for 16 actors- **(1341):** Boys (max. 8) and **(1340):** Girls (max. 8)

Auditions: **Saturday, 11/1/2014 from 3:00 pm – 4:00 pm**

Rehearsals: **Saturdays, 11/15, 11/22, 12/6/14 from 3:00 pm – 4:00 pm**

Dress Rehearsal: **Sunday, 12/7/14 from 3:00 pm – 4:30 pm**

Final Performance: **Saturday, 12/13/14, from 4:00 pm – 6:00 pm**

Fee: \$130



(Grades 3-6) "A Christmas Carol"

Waterfront Acting Workshop

Rehearsals: Scituate Harbor Community Building

Dress Rehearsal and Show: SHS Auditorium

Roles for 15 actors- **(1343):** Boys (max. 7) and **(1342):** Girls (max. 8)

Auditions: **Wednesday, 10/8/2014 from 4:00 pm – 5:30 pm**

Rehearsals: **Wednesdays, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3/14 from 4:00 pm – 5:30 pm**

Dress Rehearsal: **Sunday, 12/7/14 from 4:30 pm – 6:00 pm**

Final Performance: **Friday, 12/12/14, Actors arrive at 6:00 pm. Show starts at 7:00 pm**

Fee: \$180

ADULT FITNESS, SAFETY & SPORTS PROGRAMS

ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!

NEW

JIU-JITSU FOR SELF DEFENSE: Scituate Recreation's Multi-Purpose Room. Since 1925, the Gracie Family has dedicated their lives to developing the most effective system of self-defense the world has ever known. Today, the Gracie Jiu-Jitsu stands alone in its ability to empower anyone -- regardless of age, gender, or athletic ability -- using time-tested techniques and teaching methods perfected over the last century. This class is tailored for beginners with no prior experience in martial arts. **Instructor Dan Reynolds is a Certified Gracie Jiu-Jitsu Instructor through Gracie Academy World Headquarters in Torrance, CA. 16 classes. (No class 10/31/14) Fee: \$125**
(1372): Mondays + Fridays, September 29 – November 24, 2014. Mon- 7:30 pm to 8:30 pm, Fri- 6:30 pm to 7:30 pm

ZUMBA: Monday: Scituate Recreation's Multi-Purpose Room/Thursday: 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. **Instructor: Sandy Guyette. 9 weeks. (No class 10/16, 11/27/14) Fee: \$60 per code**
(1322): In the MPR, Mondays: October 20 - December 15, 2014 from 6:15 pm to 7:15 pm
(1323): In the SHCB, Thursdays: October 9 – December 18, 2014 from 10:15 am to 11:15 am

ADULT TENNIS: Scituate Racquet and Fitness Club. During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play.

(No class 11/28/14) (1324): **Fridays: October 10 – December 5, 2014 from 12:00 pm - 1:00 pm**

Fee: \$105



EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout.



Instructor: Sarah Lannon. 9 weeks. (No class 11/2, 11/27/14)

(1325): **Thursdays: October 16 – December 18, 2014 from 8:45 am - 9:45 am**

(1326): **Sundays: October 19 – December 21, 2014 from 8:00 am - 9:00 am**

Fee: \$55 per code

PAN GAI NOON: ADULT KUNG FU (KARATE) AND TAI CHI PROGRAMS

Please see Pan Gai Noon on page 6 for more information!



SCITUATE STATIONARY CYCLING

Scituate Recreation's 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 have the best prices in town! (*We DO meet holidays and vacation week*)



Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Nicole Bonomi



CRANK OF DAWN (10 weeks) Fee: \$85 per code

(1347) **Monday 10/13 – 12/15/14, 5:45 am to 6:45 am: Maggie**

(1348) **Tuesday 10/14 – 12/16/14, 5:45 am to 6:45 am: Maggie**

NEW! BEGINNER SCITUATE CYCLESTRONG (10 weeks) Fee: \$65

(1349) **Tuesday 10/14 – 12/16/14, 9:15 am to 10:15 am: Maggie**

SPIN (10 weeks) Fee: \$85

(1350) **Wednesdays 10/15 – 12/17/14, 9:15 am to 10:15 am: Maggie**

NEW! SCITUATE CYCLESTRONG (10 weeks) Fee: \$85

(1351) **Fridays 10/17 – 12/19/14, 9:15 am to 10:30 am: Maggie**

CHAIN REACTION (10 weeks) Fee: \$85

(1352) **Wednesday 10/15 – 12/17/14, 4:00 pm to 5:00 pm: Erin (Nicole Bonomi for Fall Session)**

NEW! CYCLE 60 (10 weeks) (No Class 11/27) Fee: \$85

(1358) **Thursday 10/9 – 12/18/14, 6:00 am to 7:00 am: Nicole**

THE ULTIMATE MIX OF CYCLE AND BALL CLASS (10 Weeks) (No Class 11/10/14) Fee: \$85

(1353) **Monday 10/13 – 12/22/14, 9:00 am to 10:00 am: Sarah**

BEGINNER CYCLE CLASS (10 Weeks) (No Class 11/10/14) Fee: \$65

(1354) **Monday 10/13 – 12/22/14, 5:30 pm to 6:15 pm: Sarah**

INTERVAL CYCLING (10 Weeks) (No Class 11/10/14) Fee: \$85 per code

(1355) **Monday 10/13 – 12/22/14, 6:30 pm to 7:30 pm: Sarah**

(1356) **Wednesday 10/15 – 12/17/14, 6:30 pm to 7:30 pm: Sarah**

THE ZONE (10 weeks) Fee: \$85

(1357) **Saturday 10/18 – 12/20/14, 7:30 am to 8:30 am: Alternates**

NEW

INSANITY: Scituate Harbor Community Building. Try the NEW Insanity Group Training Class! Don't be intimidated by the name, because our group training class will meet the needs of **all fitness levels**. We offer modifications to every exercise so everyone can gain something from coming in. The Insanity Group Training Class is a combo of cardio, plyometrics, & muscular endurance. **Instructor: Gates Phys. Ed. Teacher Trevor Schattgen. 6 weeks (1369): Monday: October 20 – November 24, 2014 from 5:30 pm to 6:00 pm** **Fee: \$45**

NEW

INTRO TO CROSSFIT FOR KIDS: Scituate Harbor Community Building. Our unique approach will teach them that fitness is actually fun. Kids will learn how to do basic life movements properly. Building correct movement patterns can yield a lifetime of benefits. They will leave with a basic understanding of nutrition that will prime for good habits and choices for their future. **Certified Instructors: Kaylee Davis/Mike Lejeune. (No Class 11/27/14) (Ages 5-14) (1365): Tuesdays + Thursdays: October 7 – November 6th (10 Classes) 4:30 pm – 5:30 pm** **Fee: \$125 per code**
(1366): Tuesdays + Thursdays: November 13 – December 18th (10 Classes) 4:30 pm – 5:30 pm

NEW

INTRO TO CROSSFIT FOR ADULT/TEEN: Scituate Harbor Community Building. 1hr class (2x/week). At least 1 coach per every 10 members. Different high intensity workout EVERY time. Receive a personal assessment and goal setting session with complete overview of the CrossFit training philosophy and learn the 9 foundational exercises. **Certified Instructors: Kaylee Davis/Mike Lejeune. (No Class 11/27/14) (Ages 15 +) (1367): Tuesdays + Thursdays: October 7 – November 6th (10 Classes) 5:30 pm – 6:30 pm** **Fee: \$125 per code**
(1368): Tuesdays + Thursdays: November 13 – December 18th (10 Classes) 5:30 pm – 6:30 pm

BOOT CAMP FITNESS CLASS: All levels of fitness welcome! Scituate High School Track. Cardio and muscular conditioning drills and outdoor fitness games. Medicine balls, jump ropes, lunges, squat thrusts, bleachers and hills are all utilized for interval training. Learn how exercise can be FUN in this total body workout! We meet rain or shine - bring your water! **Instructors: Jen Rooney and Suzy Murray. 10 weeks.** **Fee: \$55 per code**

(1361): Mondays:**10/6 – 12/8/14 6:00 am – 7:00 am****(1362): Wednesdays:****10/8 – 12/10/14 6:00 am – 7:00 am****(1363): Fridays:****10/10 – 12/12/14 9:30 am – 10:30 am****(1364): Saturdays:****10/11 – 12/13/14 7:30 am – 8:30 am**

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. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 8 Weeks. (No Class 11/27/14) (1327): Thursdays: October 23 – December 18, 2014 from 9:00 am - 10:00 am** **Fee: \$65**



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.

Instructor: Leslie Payne, CYT. 8 weeks. (No class 11/11, 11/27/14)**Fee: \$65 per code****(1359): Tuesday mornings: October 21 – December 16, 2014 from 8:15 am - 9:15 am****(1360): Thursday evenings: October 23 – December 18, 2014 from 7:00 pm - 8:00 pm**

PILATES: Scituate Harbor Community Building. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Please bring a mat.

9 weeks (No class 11/26/14) Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.**(1328): Wednesdays: October 15 – December 17 from 7:00 pm - 8:00 pm****Fee: \$60**

RESTORE THE CORE: Scituate Harbor Community Building. This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment, This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. **9 weeks. (No class 10/24, 11/28/14)**

Instructor: Denyce Holley, AFAA Certified**(1344): Tuesdays: October 14 - December 9, 2014 from 9:30 am - 10:30 am****Fee: \$60 per code****(1345): Fridays: October 10 - December 19, 2014 from 8:45 am – 9:45 am****NEW evening class! (1346): Mondays: October 13 – December 8, 2014 from 7:00 pm - 8:00 pm**

MEN'S OVER 35 BASKETBALL: Gates Middle School Gym. Tuesday and Thursday nights, schedule

| | | | | |
|---|--|---|--|--|
| <u>Tuesdays</u> | <u>9/16/14 - 11/25/14</u> 7:00 pm -9:00 pm | <u>12/02/14 - 3/10/15</u> 7:30 pm - 9:00 pm |  | <u>3/17/15 - 5/19/15</u> 7:00 pm - 9:00 pm |
| <u>Thursday</u> | <u>9/18/14 - 11/20/14</u> 7:00 pm -9:00 pm | <u>12/04/14 - 3/12/15</u> 7:30 pm - 9:00 pm | | <u>3/19/15 - 5/21/15</u> 7:00 pm - 9:00 pm |
| <p>Please note: This program follows the school calendar and does not run during school vacations, holidays or on snow days. FEE: \$100 <u>MEN'S BBALL CHECKS- PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION</u></p> | | | | |

SAFETY PROGRAMS
CLASS DESCRIPTIONS ONLINE



BASELINE CONCUSSION TESTING: Little People Room at Scituate Recreation. Concussions in youth sports are a reality! This 1-hour session can help prepare and protect your student athlete's most important asset. Having a Baseline test in place is an invaluable tool used by doctors to determine the severity of a concussion and to provide proper treatment. The test takes approximately 35 minutes to administer. Test scores are stored on ImPACT's secure site and are password protected. Test results are provided to ImPACT Specialists if an injury is suspected. **Players must be 10 years or older. Two different time slots available.**

October 18, 2014 at (1329): 11:00 am or (1330): 12:00 pm

Fee: \$45



BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE:

Maritime Center on Edward Foster Rd. Instructor: Ed Gibbons
(Former Scituate Assistant Harbormaster/ Current Scituate Police Officer)

(1332): Tuesday Nov. 4, Thursday Nov. 6 from 5:30 pm to 8:30 pm & Saturday Nov. 8, 2014 from 9:30 am to 2:30 pm

Fee: FREE (must register)



AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1334): Wednesday, October 15, 2014 at 7:00 pm

Fee: \$65



AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1335): Tuesday, December 2, 2014 at 7:00 pm

Fee: \$60

FIRST AID: Scituate Fire Station on 149 First Parrish Rd. Instructor: Mark Donovan

(1336): Thursday, November 20, 2014 at 7:00 pm

Fee: \$60



SCITUATE RECREATION REGISTRATION FORM

PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ Age _____ Grade _____
(Entering in Fall 2014)

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

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

Name: _____ Relationship: _____

Phone: _____ *different than those provided above!

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ Policy #: _____

| *PROGRAM CODE | PROGRAM NAME | START DATE | FEE |
|---------------|--------------|------------|----------|
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |

Non Resident Fee - \$5.00/program \$ _____

*CHECKS PAYABLE TO
THE TOWN OF SCITUATE

GRAND TOTAL: \$ _____

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

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 nlombardo@scituatema.gov 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

Don't Let A Good Program Die! Please Don't Wait Till The Last Minute To Register!



We review our registration numbers for each program 7 days prior to their start date.



If a program does not meet the minimum amount of participants required, it will be cancelled.

Please email nlombardo@scituatema.gov with any questions/concerns regarding registration. Thank you

PLEASE CUT OUT AND SAVE!

Activities Sponsored by Other Organizations

These are independent organizations & not under Scituate Recreation

| | |
|---|--|
| Scituate Adult Evening School | 781-545-8750 |
| Scituate Community Christmas | www.scituatecommunitychristmas.com |
| Scituate Chamber of Commerce | www.scituatechamber.org |
| Scituate Knights of Columbus | www.kofc.org |
| Scituate Little League | www.scituatelittleleague.org |
| Scituate Lacrosse | www.scituatelacrosse.com |
| Scituate Soccer Club | www.scituatesoccer.com |
| Scituate Traveling Softball | www.scituatetravelsoftball.com |
| Scituate Youth Football | www.scicohfootball.com |
| Scituate Youth Cheerleading | www.scicohfootball.com |
| Scituate Youth Travel Basketball | www.scituatebasketball.org |
| Scituate Youth Center | www.scituateyouthcenter.com or 781-545-6400 |
| South Shore Senior Softball League | ssssl.net |
| South Shore Seahawks | www.southshoreseahawks.org |
| C.O.R.S.E. (Community of Resources for Special Education) | www.corsefoundation.org |

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.

Along with planning, organizing and executing the special events listed below we also run approximately 300 plus classes a year.

The Recreation Department offers the following variety of special events

- Annual Easter Egg Hunt in April
- Mr. C's 5 And 6 Year Old Soccer Program, May-June
- Scituate Harbor Unplugged an evening of original and contemporary music in July
 - P.J. Steverman Golf Classic in September
 - Calls From The North Pole in December

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

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

And Field Permitting for

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



*Scituate Lifeguard Positions
are AVAILABLE for Summer 2015!*

**WE ARE NOW ACCEPTING
LIFEGUARD APPLICATIONS**

*Requirements: Lifeguard/Waterfront
Certification, & must be 16 years old*

*If you have any questions, please contact the
Scituate Recreation Department at
(781) 545-8738*

***PREPARE EARLY, find a Lifeguard/Waterfront
Course over the fall or winter!***

