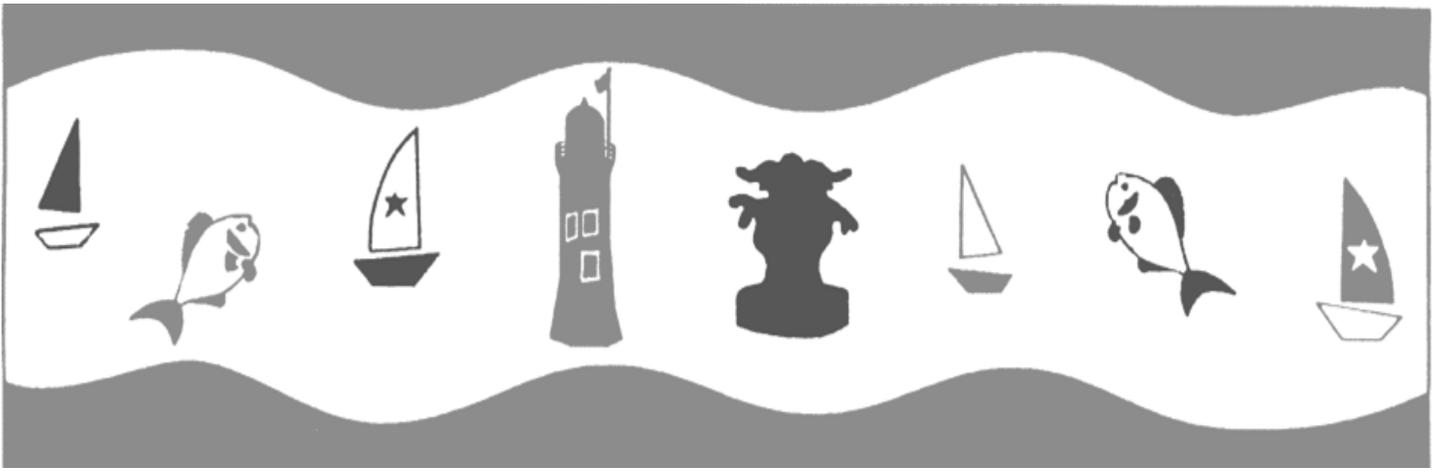


SCITUATE, MASSACHUSETTS *-Catch the Scituate Spirit-*

www.scituatema.gov/recreation-department



Scituate Recreation Spring & Sailing Program 2014

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

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

**POSTAL CUSTOMER
SCITUATE, MASSACHUSETTS**

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

OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

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

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

Phone: 781-545-8738

Fax: 781-545-6990

RECREATION STAFF

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director

Maura Glancy, Recreation Co-Director

Nick Lombardo, 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, Jamie Noonan*

***Selectmen Liaison:** Shawn Harris*

POLICIES AND PROCEDURES

- SPRING PROGRAM REGISTRATION WILL OPEN **TUESDAY, FEBRUARY 25TH at 7:00 P.M. 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. YOU MAY ACCESS THE WEBSITE TO INPUT FAMILY DATA AND VIEW SPRING OFFERINGS.
- Should you be unable to register on-line at home, Scituate Recreation will be open on Feb. 25th 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 will be accepted **starting February 25th, 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. When paying with a payment plan, please note that all remaining payments will be automatically deducted from credit card or checking account.
- 3. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause. Scituate Recreation follows the Scituate Public School snow/inclement weather cancelations.
- 4. **REFUND Policy: If notification of withdrawal is 2 weeks or more prior to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5. All fees are payable in advance to Town of Scituate. A person is registered only when they have registered On-line, or a check or cash and a registration form are received in the Recreation Office.
- 6. **No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.**
- 7. **Need financial assistance...just ask!**
- 8. Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, the participant will be excused from further Recreation programs.
- 9. **Registration for non-residents will begin March 4th, 2014.** 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.

*Reminder: Mail-in registration will be processed **AFTER** the initial online registration.*

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FEBRUARY VACATION PROGRAMS

These programs were previously advertised in the Winter Brochure. Registration is open

CREATIVE CRAFT WORKSHOP: Little People Room at Scituate High School. Do something different this February vacation and join us for three fun-filled days at SHS. Each of our 2 1/2 hour sessions will have a different theme so, whether we are painting, building, cutting or pasting, our projects will provide the perfect environment for your child to not only have fun and make new friends but also to develop their creative side. All materials & supplies included. Please send your child with a peanut-free snack and drink. Instructor: Cheryl DiTomasso

(1015): Tuesday through Thursday: 2/18/14-2/20/14 from 9:30 a.m. to 12:00 p.m.

Fee: \$75

NEW! "THE TALENT SHOW" [FORMERLY SCITUATE PLAY HOUSE FEBRUARY VACATION BOOTCAMP]

Let us work with you- to polish up your singing, dancing, or comedy act! Prepare for a stage worthy performance on the Scituate High School stage on Friday, Feb 21 at 7 pm! You and your friends will have a blast this February Vacation!

Directed by Miss Kathy of Scituate Play House.

(1016) Multi-Purpose Room Rehearsals: Tues-Thurs February 18th – February 20th, 2014 from 1:00 p.m. to 3:00 p.m.

Scituate High School Stage: Friday February 21st, 2014: Dress Rehearsal from 5:00 p.m. to 6:30 p.m. &

the Final Performance from 7:00 p.m. to 8:00 p.m.

Fee: \$90

ANGRY BIRDS ARTS & ENGINEERING: Scituate Recreation Multi-Purpose Room

Join the team from Event-FULL!, LLC (www.event-full.net) and bring the video game world of Angry Birds to LIFE!! Birds! Pigs! FUN! In this one-time workshop, participants will use creativity, skills, logic and physic-based ideas to maintain the survival of the Angry Birds. Many different hands-on activities will be introduced that implement both the art, science, and engineering behind Angry Birds! All Participants will go home with their own Angry Birds play figures that they made themselves!! Grades K-4. Please send your child with a peanut-free snack and drink. **Limited to 15 participants. Instructors:**

Diane Benson & Beth Meditz (Event-FULL! LLC)

(1017): Monday, February 17th, 2014 from 9:00 a.m.-12:00 p.m.

Fee: \$45

AMERICAN GIRL DOLL SLUMBER PARTY: Scituate Recreation Multi-Purpose Room

Join Beth and Diane (www.event-ful.net) and bring your special friend (does not have to be an American Girl Doll feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy!! What you make and take home will lead to several hours of continued play and enjoyment at home!!! Each participant will create a sleeping bag, pillow, and slumber party play food! Please send your child with a nut-free snack and drink. **Grades K-4. Limited to 20 participants.**

Instructors: Diane Benson & Beth Meditz (Event-FULL! LLC)

(1018): Monday, February 17th, 2014 from 12:30 p.m.-3:30 p.m.

Fee: \$45

APRIL VACATION PROGRAMS

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

Tuesday, 4/22, Wednesday, 4/23, Thursday, 4/24 & Friday, 4/25/14

(1056) Beginner (no experience)

1:30 p.m. to 3:30 p.m.

(1057) Intermediate (1 yr. or less of instruction)

3:30 p.m. to 5:30 p.m.

(1058) Intermediate II (1 yr. or more of instruction)

5:30 p.m. to 7:30 p.m.



Fee: \$85 per participant

BABYSITTING COURSE: Scituate Recreation Multi-Purpose Room. This three-hour course is designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. **Instructor: Melissa Thompson, RN**

(1059) Tuesday, April 22, 2014 from 9:00 a.m. – 12:00 p.m.

Fee: \$20 per participant



PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: 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. For generations, Little People has been a rite of passage for newcomers and locals where lasting friendships have developed for children and adults alike. The instructors, Kelly Arevian and Kelly Lee are excited to work with parents and caregivers to guide the children as they interact, explore, create, and play!

Younger siblings always welcome! Classes are appropriate for ages 2 & 3. All classes take place in the

Little People Room, which is opposite the tennis courts at SHS.

9 weeks, NO CLASS DURING APRIL VACATION WEEK

(1060): TUESDAY LITTLE PEOPLE:

March 25 through May 27, 2014 from 9:30 a.m. to 10:45 a.m.

Fee: \$101

(1061): WEDNESDAY LITTLE PEOPLE:

March 26 through May 28, 2014 from 9:30 a.m. to 10:45 a.m.

Fee: \$101

(1062): WEDNESDAY LITTLE PEOPLE:

March 26 through May 28, 2014 from 11:00 a.m. to 12:15 p.m.

Fee: \$101



LITTLE FRIENDS LUNCH BUNCH: Little People Room at Scituate High School. Need to run an errand or two and wish you had somewhere fun for your little one to go during that time? Well, we've got the perfect place. Little Friends Lunch Bunch is being offered as a drop-off program for all children ages 3 to 5. Little Friends are welcome to bring a packed lunch and join us in the Little People room for lunch and supervised play with peers. We will also offer children the opportunity to get their creative juices flowing with an optional craft and play dough fun! Children must be toilet independent and all food must be nut free. No exceptions.

7 weeks, NO CLASS DURING APRIL VACATION WEEK

Instructors: Kelly Lee and Jennifer O'Leary

Pick-up from ECC on Tuesdays and drop-off at ECC on Thursdays can be arranged.

Fee: \$70 per session

TUESDAYS: from 11:45 a.m. – 1:15 p.m.

(1063): April 1 through May 20, 2014 (No Class 4/22)

THURSDAYS: from 11:00 a.m. - 12:30 p.m.

(1064): April 3 through May 22, 2014 (No Class 4/24)

NEW! PRE-SCHOOL PIANO PLAYTIME: Little People Room at Scituate High School. Piano Playtime offers a unique music education experience using peer group motivation and a playful approach to teach students the piano.

The program teaches younger children on their level using an age-appropriate curriculum. **8 weeks**

Ages 3 to 5 years old. Limited to 3 participants per session.

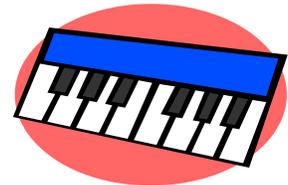
Thursday mornings: March 13 through May 8, 2014 (No class 4/24)

Fee: \$155 per session

(1066): Session 1, 9:00 a.m. to 9:30 a.m.

(1067): Session 2, 9:30 a.m. to 10:00 a.m.

(1068): Session 3, 10:00 a.m. to 10:30 a.m.



CHILDREN & TEEN PROGRAMS

SPECIAL OLYMPICS of Massachusetts (SOMA) TRACK & FIELD: Scituate High School Track or Scituate High School Multi-Purpose Room (for inclement weather): Program for Adults, Middle School, High School and children over 8 who have been identified with a **learning disability or special needs**. We welcome Peer Role Models to act as “unified partners” to assist those SO athletes with training and competition (official division of SOMA). Program includes training in wheelchair, 25m assisted walk, 50 m - 1500 m run and race walk, turbo Javelin, long jump, softball throw, tennis ball throw. Program is designed to prepare athletes for **successful Regional and State Special Olympic (SOMA) competition** in May and June. All you need is sneakers, water bottle and a desire to run, jump, throw and have fun. **Parent Participation is welcome! Adult and High School Student Volunteers needed - call 617-650-2026 - Betsy Callanan, SOMA certified Track & Field/Athletics Coach and member of SOMA Coaches Training Team (CTT) at Yawkey Sports Center.**
(1069) Sundays: March 23– June 8, 2014 from 9:00 to 10:00 am (SHS Track) Fee: FREE (must register)
***Program will also meet 1 week night from 5:00-6:00 p.m. times and dates TBD**

For all CORSE-sponsored programs through Scituate Recreation:

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 Multi-Purpose Room. A karate program designed to meet the physical, cognitive, social, and emotional needs of its participants. Students who participate in a karate program exhibit increased mobility, memorization and self-esteem. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills; our programs provide 3:1 staffing for facilitative assistance for children with moderate special needs. Students who would enjoy a less formal martial arts curriculum are also encouraged to attend. Program is open to children in grades 1-8.

Instructor: Danny Reynolds. **8 weeks (No class 4/18, 4/25/2014)**

(1070): Fridays: April 4 through June 6, 2014 from 5:30 p.m. to 6:30 p.m.

Fee: \$85

ALL STARS RUNNING: Wompatuck School Field. This program will teach your child the fundamentals of running and guide him or her to establishing a healthy lifestyle through a variety of fun conditioning and running exercises, games and 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. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills; our programs provide 3:1 staffing for facilitative assistance for children with moderate special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend. Brian Stewart, who currently directs the Nautical Mile program, will be leading this program. Program is open to children ages 6 and up. You must be a registered participant to participate in this program. **9 weeks (No Class 4/19/14)**

(1071): Saturdays: April 5 through June 7, 2014 from 9:30 a.m. to 10:30 a.m.

Fee: \$95

OLYMPIC ARCHERY: Scituate Recreation Multi-Purpose Room. 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**, USAA, is a certified instructor and owner of The Archery Center in Pembroke. **Ages: 8-15 years old. Limited to 12 students/class. 6 weeks (No Class 4/18, 4/25)**



Fridays: March 14 through May 2, 2014
(1072): Beginner from 3:10 p.m. to 4:10 p.m. Fee: \$105
(1073): Intermediate from 4:10 p.m. to 5:10 p.m.

SPORT OF FENCING: Scituate Recreation Multi-Purpose Room. This instructional course will be offered to boys and girls, ages 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. **Instructor: Jim Mullarkey. 10 weeks (No class 4/24/14)**

Thursdays: March 27 through June 5, 2014
(1074): Beginner (no experience): 4:45 p.m. to 5:45 p.m.
(1075): Intermediate (1 year or less): 5:45 p.m. to 6:45 p.m.
(1076): Intermediate II (1 year or more) 6:45 p.m. to 7:45 p.m. Fee: \$120

NEW! INTRODUCTORY VOLLEYBALL (Grades 6-8): Gates Middle School Gym Scituate High School is adding a volleyball team! Learn the game in middle school and be ready to compete! Weekly sessions will focus on skill development and game-play fundamentals: passing, setting, hitting, blocking, and more! Volleyball teaches teamwork and communication; and develops reflexes, strength, and core conditioning. 30 minutes of drills and 30 minute games each week. Sneakers and knee pads are required. **NO EXPERIENCE NECESSARY.**

Coach: Jennifer Harris. 6 weeks (No class (4/23/14) Fee: \$50
(1077): Wednesdays: March 26 through May 7, 2014 from 2:30 pm to 3:30 pm



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. Whether you are a beginner or have had training ... this is an excellent opportunity to learn for the first time or continue to sharpen your skills in our fun-to-learn clinic. Wrestlers in both sessions will be separated according to size and ability. Each session will build upon the last and each night students will go home learning a new skill and having had a great time. Grades 1-5 inexperienced wrestlers will be from 6:30 to 7:15; Grades 6 through 8 (and more experienced wrestlers) will be from 7:15 to 8:15 PM. **Coach: Brian Robinson. 5 weeks**

Mondays: March 10 through April 7, 2014
(1078): Grades 1 – 5 from 6:30 p.m. to 7:15 p.m. Fee: \$30
(1079): Grades 6 – 8 from 7:15 p.m. to 8:15 p.m. Fee: \$30

CO-ED FUNDAMENTALS OF BASKETBALL: Scituate High School Large Gym. This program intends specifically to teach the fundamentals of basketball (shooting, passing and dribbling), offensive floor spacing as well as defensive positioning. **WE WILL SHOOT A LOT.** Proper SHOOTING fundamentals will be the focus of a majority of the 75 minute weekly clinic as well as learning to properly space the floor offensively and defensively. If you want to take the necessary steps to become a player and understand that acquiring basketball skills requires a determined long term plan then this basketball clinic is for you. Participants must be willing to have fun as they work hard, have great listening skills and be willing to practice on their own mastering the skills taught each week. Bring your own ball and a great attitude!



Open to grades 5 through 11 (students will be divided into age appropriate groups) **Coach: Matt Poirier. 5 weeks**
(1080): Wednesdays: March 19 through April 16, 2014 6:00 p.m. to 7:15 p.m. Fee: \$30

GUITAR WORKSHOPS WITH MATT BROWNE: Little People Room at Scituate High School. A one- hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques for children ages 7 years to 14 years old. Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the south shore schools. **8 weeks (No Class 4/22/14)**

(1081): Tuesdays: April 1 through May 27, 2014 from 4:45 p.m. to 5:45 p.m. Fee: \$90



MR. C'S INSTRUCTIONAL YOUTH SOCCER
(Scituate Residents Only)



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

Children must be 5 years old and no older than 6 years 11 months by program start date, May 3, 2014.
Saturdays from May 3 through June 7, 2014 (No game on Saturday, May 24, 2014)
Rain Date: June 14th, 2014
Location: Flannery Field

This clinic will be under the direction of Mr. 'C'. Parents' participation in the coaching and assisting coaching is essential to the program. All funds collected are for non-personnel expenses. Program is run 100% by volunteers.

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

(1082): Boys Teams
(1083): Girls Teams

Fee: \$25
Fee: \$25

TAP & TUTUS W/ MISS TRACEY: Scituate Recreation Multi-Purpose Room. Instructor is Tracey O'Brien,



certified by Test to Teach. She is a member of DMA and DTCEB. These are **8 week programs**. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. *Last day of class parents should attend and bring their cameras for a demonstration.

Saturdays: March 22nd 2014 through 5/24/14 (No class 4/19, 4/26)

(1087): Age: 2 Time: 10:30 a.m. to 11:00 a.m. Fee: \$45

Parent and child will stretch with music, sing songs and dance, plus tumble on mats - no tap shoes, just Tutus.

(1088): Ages: 3-5 Time: 11:00 a.m. to 12:00 p.m. Fee: \$85

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

SCITUATE PLAY HOUSE

There's nothing more fun than being in a play. Everyone should give it a try! To become a more confident public speaker, to work your body and vocal chords, and to make more friends from other schools! Our instructor, Miss Kathy Boluch, provides a meaningful experience for each student, culminating in a night onstage your child will be forever proud of!

Parents are asked to provide their actor's costumes.

"Voyage to Treasure Island": [GRADES 3-6] **Scituate Recreation's Multi-Purpose Room at Scituate High School.** "Shiver me timbers!" Pirates lurk in every corner as an innkeeper's unsuspecting family become treasure hunters, traveling to an island to find a lost treasure. After fighting their way through deception, mutiny and the Island's two-faced mermaids, our heroes prevail!

Based on the novel by Robert Louis Stevenson

Rehearsals: Saturdays: March 8 through April 26, 2014 from 3:15 p.m. to 4:30 p.m. (NO Rehearsal 4/19)

Sunday: March 23rd from 3:15 p.m. to 4:30 p.m.

Fee: \$175

Dress Rehearsal: Wednesday: April 30th from 5:00 p.m. to 7:00 p.m. (SHS Stage)

Final Performance: Friday May 2nd, 2014 at 7:00 p.m. (SHS Stage)

(1085): 6 Girls

(1084): 8 Boys

"Oh the Places You'll Go" by Dr. Seuss [Grades K-2] **Scituate Recreation's Multi-Purpose Room at Scituate High School.**

Rehearsals: Saturdays: March 8 through April 26, 2014 from 2:00 p.m. to 3:00 p.m. (NO Rehearsal 4/19)

Sunday: March 23rd from 2:00 p.m. to 3:00 p.m.

Fee: \$125

Dress Rehearsal: Wednesday April 30th from 3:45 p.m. to 4:45 p.m. (SHS Stage)

Final Performance: Thursday May 1st, 2014 at 6:30 p.m. (SHS Stage)

(1086): 16 Boys/Girls

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

NEW! SMALL GROUP PIANO LESSONS FOR CHILDREN: Little People Room at Scituate High School. These lessons provide students with a solid foundation of musical knowledge, while balancing these concepts with a lighthearted and exciting tone to keep their attention. Piano lessons have been show to improve skills in the following areas: physical coordination, timing, visual, auditory, mathematical, concentration, and social skills. **8 weeks.**



Ages 5 to 8 years olds. Class size limited to 3 participants per session.
Thursday afternoons: March 13 through May 8, 2014 (No class 4/24)

Fee: \$155 per class

(1089): Class 1 3:15 p.m. to 3:45 p.m.
(1090): Class 2 3:45 p.m. to 4:15 p.m.
(1091): Class 3 4:15 p.m. to 4:45 p.m.

Pan Gai Noon (Half Hard, Half Soft)
KUNG FU, KARATE + TAI CHI

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

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)

Classical Kung Fu for the adult and teen (14 and up) who wants something more in their life. 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 4/23/14)**

(1093): Wednesdays: April 9 through June 18, 2014 from 6:10 p.m.-7:40 p.m.

Fee: \$125

TAI CHI – INTERNAL ARTS

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called (Chi Kung) (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit. **10 weeks (No Class 4/22/14)**

(1094): Tuesdays: April 8 through June 17, 2014 from 6:00 p.m.-7:30 p.m.

Fee: \$155

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

For the beginning student this is a fun, structured introduction to the formal training of Kung Fu. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks (No class 4/21, 4/26/14)**

(1095): Mondays: April 7 through June 23, 2014 from 4:50 p.m.-5:50 p.m.

Fee: \$85

CHILDRENS KUNG FU (KARATE) 6-9 YEAR OLDS II

This class is structured for the beginning student after a session or two who has achieved one stripe or better. This class is more directed towards individual training or small group training. Individuals will be given more directed training as they progress. **10 weeks (No class 4/22/14)**

(1096): Tuesdays: April 8 through June 17, 2014 from 4:50 p.m.-5:50 p.m.

Fee: \$85

JUNIORS KUNG FU (KARATE) 10-13 YEAR OLDS

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

10 weeks (No class 4/23/14)

(1097): Wednesdays: April 9 through June 18, 2014 from 5:00 p.m. –6:00 p.m.

Fee: \$85

R.A.D. (Rape Aggression Defense Systems): Scituate Recreation Multi-Purpose Room

CO-SPONSORED BY THE SCITUATE POLICE DEPARTMENT

Sgt. Gilmartin of the Scituate Police Department will instruct this program. The intent of this program is to offer an affordable, accessible, realistic program that would specifically address the self-defense needs of women. The program is based on the philosophy that everyone has a right to learn to defend themselves. Unlike many martial arts and defensive tactics schools that tend to focus primarily on the physical contact aspects, the RAD program stresses risk reduction, and combines that with avoidance strategies. Other subjects such as confrontational dynamics, principles of physical defense, postures of conflict, personal weapons of the body and selected target areas of an aggressor are also explored.

() Sunday March 30th & Sunday April 6th, 2014 from 10:15 a.m. to 5:15 p.m.

Fee: FREE!

ADULT HEALTH & FITNESS PROGRAMS

Catch the spirit and wellness wave here at Scituate Recreation. We have some of the South Shore's finest fitness instructors using state of the art equipment ready to guide you on your way to a healthier you. Whether you are a beginner or a seasoned athlete we have a class for you. This season, we will be offering "drop-in passes" that you may purchase to try a mix of different classes or want to add workout here & there to your schedule.

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

ZUMBA: Mondays-Scituate Recreation Multi-Purpose Room/Thursdays-Scituate Harbor Community Building



The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body while combining fitness and fun. **8 weeks. (No class on 4/21, 4/24, 5/26/14)**

Instructor: Sandy Guyette.

Fee: \$50

(1098): In the SHCB, Thursdays: April 10 through June 5, 2014 5:50 p.m. to 6:50 p.m.

(1099): In the MPR, Mondays: April 7 through June 9, 2014 from 7:00 p.m. to 8:00 p.m.

NOT YOUR AVERAGE BOOT CAMP: All Levels of Fitness Welcome. Location: Scituate High School Track.

This is an outdoor interval training program! Includes cardiovascular as well as muscular conditioning drills and exercises. Utilizing medicine balls, jump ropes, lunges, squat thrusts, jacks, push-ups, bleachers and running/walking. This is guaranteed to improve your strength and endurance. Bring your running shoes, jump rope and water. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! **9 Weeks.**

Instructors: Jen Rooney & Suzy Murray (No Class 4/18, 5/26 & APRIL VACATION 4/21-4/26)

(1100): Saturdays: March 29 – May 31 from 7:30-8:30 a.m.

(1101): Mondays: March 31- June 9 from 6:00-7:00 a.m.

(1102): Wednesdays: April 2 – June 4 from 6:00-7:00 a.m.

(1103): Thursdays: April 3 – June 5 from 6:00-7:00 a.m.

(1104): Fridays: April 4 – June 13 from 9:30-10:30 a.m. Fee: \$60

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

Instructor: Sarah Lannon. 10 weeks (No class 4/20 and 4/24/14)

(1105): Thursdays: March 27 through June 5 from 8:45 a.m. to 9:45 a.m. Fee: \$55

(1106): Sundays: March 30 through June 8 from 8:00 a.m. to 9:00 a.m.

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Scituate Recreation Multi-Purpose Room

Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. **Instructor: Sarah Lannon. 12 weeks**

(1121): Mondays: March 24 through June 09, 2014 from 9:00 a.m. to 10:00 a.m. Fee: \$98

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 4/24/14)**

(1108): Thursdays: April 3 through May 29, 2014 from 9:00 a.m. to 10:00 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. **9 weeks. (No class 4/22, 4/24/14)**

Instructor: Leslie Payne, CYT

(1110): Tuesday mornings: March 25 through May 27, 2014 from 8:15 a.m. - 9:15 a.m.

(1109): Thursdays evenings: March 27 through May 29, 2014 from 7:00 p.m. - 8:00 pm.

Fee: \$68

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. Restore the Core is designed for men and women of all ages and fitness levels and offers stress management through deep breathing techniques. With proper training and regular attendance, you can retrain your core muscles. As you get stronger the exercises will continue to challenge. The result is a slimmer body and no lower belly sag! Make the change you have been talking about and enjoy an hour focusing on your health! Please bring a bottle of water and yoga mat to class. **10 weeks. (No class 4/18, 4/22, 4/25/14)**

Instructor: Denyce Holley, AFAA Certified Instructor

(1111): Tuesdays: April 8 through June 17, 2014 from 9:30 a.m. - 10:30 a.m.

(1112): Fridays: April 11 through June 27, 2014 from 9:30 a.m. - 10:30 a.m.

Fee: \$55

PILATES: Scituate Harbor Community Building. Whether new to Pilates or advanced, this one-hour class will provide a total body workout drawing on the extensive classical repertoire of Joseph Pilates. 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. Pilates is great for golfers and tennis players who want to increase core strength to add power and control to their swing. No props are required, just gravity and your body's own resistance. No experience is necessary as modifications are available for all exercises. Please bring a mat. **10 weeks (No class 4/23, 5/14/14)**

Instructor: Jane McGovern, Balancepoint Studios Certified Associate Teacher.

(1113): Wednesdays: April 9 through June 25, 2014 from 7:00 p.m. - 8:00 p.m.

Fee: \$55

ADULT TENNIS: Scituate Racquet and Fitness Club

During this tennis session you will learn, forehand and backhand ground strokes and volleys. You will learn how to serve, and positioning for singles and doubles play. Also covered will be basic strategies for doubles and singles play, all levels are welcome. **8 weeks (No class 4/18, 4/25/14)**

(1114): Fridays: April 4 through June 6, 2014 from 12:00 p.m. - 1:00 p.m.

Fee: \$105

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 p.m. to 10:30 p.m. at the Recreation Department. Registration is not necessary.

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

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! **9 weeks** **Fee: \$75**

(1116): Monday 4/14 – 6/09/14 5:45 a.m. to 6:45 a.m.: Maggie

(1117): Tuesday 4/15 – 6/10/14 5:45 a.m. to 6:45 a.m.: Maggie

SPIN CYCLE: Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. **9 weeks** **Fee: \$75**

(1118): Wednesday 4/16 – 6/11/14 9:15 a.m. to 10:15 a.m.: Maggie

(1119): Fridays 4/18 – 6/13/14 9:15 a.m. to 10:30 a.m.: Maggie

CHAIN REACTION: Whether you're a serious cyclist or just love the calorie burn of cycling, this is the class for you! This high energy ride will take you to a new level of fitness. Come on in and reap the benefits! **12 weeks**

(1120): Wednesday 3/26 – 6/11/14 4:00 p.m. to 5:00 p.m.: Erin **Fee: \$98**

THE ULTIMATE MIX OF STRENGTH AND ENDRUANCE: Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. **12 weeks**

(1121): Monday 3/24 – 6/09/14 9:00 a.m. to 10:00 a.m.: Sarah **Fee: \$98**

BEGINNER CYCLE CLASS: Have you always wanted to try a cycle class but were “afraid”? Or you thought that you simply could not do it? Then sign up for this 45 minute introductory class. You will learn the proper form and correct technique for riding a spin bike. You will be able to ride at your own pace all while getting a great cardio workout. Start the New Year off right and come on in and learn to spin! **12 weeks** **Fee: \$63**

(1122): Monday 3/24 – 6/09/14 5:30 p.m. to 6:15 p.m.: Sarah

INTERVAL CYCLING: This ride has it all! Rolling hills, sprints, jumps, strength building, endurance and a whole lot of energy. Don't miss out on this great cardio work-out! **12 weeks** **Fee: \$98**

(1123): Monday 3/24 – 6/09/14 6:30 p.m. to 7:30 p.m.: Sarah

(1124): Wednesday 3/26 – 6/11/14 6:30 p.m. to 7:30 p.m.: Sarah

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

12 weeks **Fee: \$98**

(1125): Saturday 3/29 – 6/14/14 7:30 a.m. to 8:30 a.m.: Alternates

**NEW! CLAMMING ON THE NORTH RIVER: Meeting place to be determined
LOOK FOR IT IN THE 2014 SUMMER BROCHURE**



SAFETY PROGRAMS

CPR/AED AMERICAN HEART ASSOCIATION HEARTSAVER: Scituate Fire Headquarters.

Min.6/ Max 10. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR (if you are a healthcare provider, see below).

Includes new text and 2-year certification card. **Instructor: Mark Donovan.**

(1127): Thursday, April 10, 2014 at 7:00 p.m.

Fee: \$55

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

This is a two-year certification. **Instructor: Mark Donovan.**

(1128): Thursday, May 8, 2014 at 7:00 p.m.

Fee: \$60

FIRST AID: Scituate Fire Headquarters. Min.6/Max.12 Receive a 2-year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies.

Instructor: Mark Donovan

(1129): Wednesday, May 28, 2014 at 7:00 p.m.

Fee: \$55

J-24 Sailing (Adult) – Fee \$120

Come sail with us! Let's explore our beautiful harbor and our exquisite coastline. This adult program is open to all levels of sailing. The class is triggered towards teaching cruising skills with also the opportunity to race in the PHRF Wednesday Night Race Night. This program will meet on **Thursday and Tuesdays** for two weeks (starts on Thursday).Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). All Sailing Programs **Meet Rain Or Shine.**

5:30 p.m. to 7:30 p.m.

(1138): 6/19/14-7/01/14

(1141): 7/10/14-7/22/14

(1142): 7/24/14-8/05/14

(1143): 8/07/14-8/19/14





ADULT GOLF PROGRAMS



INTRODUCTORY ADULT GOLF: Widows Walk Golf Course (ages 18 and over)

Student to teacher ratio 8:1. This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. **5 weeks**

Tuesdays: April 22, 29 May 6, 13, 20 - Rain date May 27

(1139): 5:30 p.m. - 6:30 p.m.

(1171): 6:30 p.m. - 7:30 p.m.

Thursdays: April 24, May 1, 8, 15, 22 - Rain date May 29

(1172): 11:00 a.m. -12:00 p.m.



Fee: \$80

INTERMEDIATE ADULT SHORT GAME SERIES: Widows Walk Golf Course (ages 18 and over)

Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following golf topics: Putting, Chipping, Pitch shots, Green Side Sand Shots, and Trouble Chips & Review. **5 weeks**

Thursdays: April 24th, May 1, 8, 15, 22- Rain date May 29

(1173): 6:30 p.m.-7:30 p.m.

Fee: \$100

INTERMEDIATE ADULT FULL SWING 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 topics: Swing fundamentals, Ball Flight Laws, Iron Play, Wood Play, & Review. **5 weeks**

Thursdays: April 24th, May 1, 8, 15, 22- Rain date May 29

(1174): 5:30 p.m. – 6:30 p.m.

Fee: \$100

MORE TO COME IN JUNE & JULY! LOOK FOR MORE SESSIONS IN THE SUMMER BROCHURE

MEN'S OVER 35 BASKETBALL: Gates Junior High School.

No online registration. Register at your first meeting with instructor. Tuesday and Thursday nights, schedule below.

<u>Tuesdays</u>	<u>2/25/14 – 3/11/14</u> 7:30 p.m. -9:00 p.m.	<u>3/18/14-5/20/14</u> 7:00 p.m.-9:00 p.m.
<u>Thursday</u>	<u>2/27/14– 3/13/14</u> 7:30 p.m. – 9:00pm	<u>3/21/14 – 5/22/14</u> 7:00 p.m. – 9:00 p.m.

Please note: In addition to cancellations noted here, this program follows the School Calendar and does not run during school vacations, on holidays or on snow days. **Fee: \$100**

MEN'S BBALL CHECKS- PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION

SAILING REGISTRATION

**Online Registration for RESIDENTS Opens: Tuesday February 25th, 2014 at 7:00 PM
(Non-resident Online Sailing Registration begins April 28th at 9:00 AM)**

EARLY REGISTRATIONS WILL NOT BE ACCEPTED

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

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). **ALL SAILING PROGRAMS MEET RAIN OR SHINE. Classes run Monday through Thursday (we will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday)**

LEVEL I MERCURY (Ages 9-Adult) – FEE \$130

Lessons are taught on 15 foot Cape Cod Mercury keels, which are stable, hearty sailboats and are great for beginner/ intermediate sailors. The class will focus on parts of the boat, points of sail, right of way, as well as fostering teamwork. This is a program that can be taken for multiple years.

MORNING CLASSES

8:00 a.m. – 11:00 a.m.

- (1126): 6/23/14 – 6/26/14 :(1130)
- (1131): 6/30/14 – 7/03/14 :(1132)
- (1133): 7/07/14 – 7/10/14 :(1134)
- (1135): 7/14/14 – 7/17/14 :(1136)
- (1137): 7/21/14 – 7/24/14 :(1140)
- (1144): 7/28/14 – 7/31/14 :(1145)
- (1146): 8/04/14 – 8/07/14 :(1147)
- (1148): 8/11/14 – 8/14/14 :(1149)

AFTERNOON CLASSES

12:00 p.m. – 3:00 p.m.

LEVEL II MERCURY(Ages 11-Adult)- FEE \$225

This afternoon program will be a two week session designed for the ambitious sailor who is ready to make the commitment to becoming a stronger sailor.

This class will focus on strengthening sailing techniques and teamwork; giving a head start on skills applied in the 420 class. This class is tailored to the serious sailor with two or more years of sailing.

3:15 p.m. - 5:45 p.m.

- (1150): 6/23/14 – 7/03/14
- (1151): 7/07/14 – 7/17/14
- (1152): 7/21/14 – 7/31/14
- (1153): 8/04/14 – 8/14/14

***Please See Description for
Take Your Parents Sailing Night! on p.16***

LEVEL I INTRODUCTION 420'S – FEE \$305

This course is designed for both beginner and intermediate 420 sailors. The two week Session will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats. This course is designed to teach students with little to no experience to students who are proficient in all points covered in the 420 Level one course.

MORNING CLASSES

8:00 a.m. – 11:00 a.m.

- (1154): 6/23/14 – 7/03/14 :(1155)
- (1156): 7/07/14 – 7/17/14 :(1157)
- (1158): 7/21/14 – 7/31/14 :(1159)
- (1160): 8/04/14 – 8/14/14 :(1161)

AFTERNOON CLASSES

12:00 p.m. – 3:00 p.m.

LEVEL II 420 RACING PROGRAM – FEE \$225

Prerequisite required: Year of Level I 420's

The program is designed for the 420 sailor who is looking to improve and acquire racing skills. This serious sailor will be asked to build upon the fundamental skills they have acquired within the past and will put forth in racing situations. 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 p.m. - 5:45 p.m.

- (1162): 6/23/14 – 7/03/14
- (1163): 7/07/14 – 7/17/14
- (1164): 7/21/14 – 7/31/14
- (1165): 8/04/14 – 8/14/14

Take Your Parents Sailing Night

If your child is enrolled for the Mercury class, have them show you what they learned by taking you, along with an instructor, out for a sail around the harbor in one of the mercurys. We ask that you register a week of completing the class. It can be the same week as the lesson or the following week. **Thursday from 5:30 p.m. to 7:00 p.m.**

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

THURSDAY



- (1166): 7/10/14
- (1167): 7/17/14
- (1168): 7/24/14
- (1169): 7/31/14
- (1170): 8/07/14

J-24 Sailing (Adult) –
See “Adult,” p. 13



21st ANNUAL EGG HUNT

Sponsored by the

Friends of Scituate Recreation

Saturday, April 19th, 2014 10:00 a.m. at

Widow’s Walk Golf Course Children

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

NO REGISTRATION REQUIRED! Bring your basket and get ready for FUN and a surprise visitor!

SUMMER EMPLOYMENT

*We will be accepting summer employment applications from **Thursday January 2, 2014 through Thursday, March 13, 2014.** Interviews will be scheduled for April .Jobs include lifeguards, recreation counselors and sailing instructors. Applications are available in the office and On-line at*

<http://www.scituatema.gov/>

COMMUNITY SERVICE APPLICATIONS

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

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

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

An informational session will be held on Community Service Opportunities with the Recreation Department.

Interviews for Community Service Applicants will be held the first week in May.

PLAN AHEAD:

Due to the high volume of late applicants last summer, applications deadline will be Thursday, March 27, 2014.

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

If you are interested in using a Town playing field, basketball court, the PJ In-line Skating Rink or the Morrill Bandstand in Cole Parkway permits must be obtained through Scituate Recreation. Applications are available in the office or online <http://www.scituatema.gov/>

For more information please contact Paul Sharry at psharry@town.scituate.ma.us

**SCITUATE RECREATION REGISTRATION FORM
(One per person)**

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

Participant Name: _____

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

Street Address: _____

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

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

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

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

Name: _____ **Relationship:** _____

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

Medical Conditions (allergies, etc.): _____

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

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

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

***CHECKS PAYABLE TO
THE TOWN OF SCITUATE**

GRAND TOTAL: \$ _____

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

OFFICE USE ONLY

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

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

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

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

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

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

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact nlombardo@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