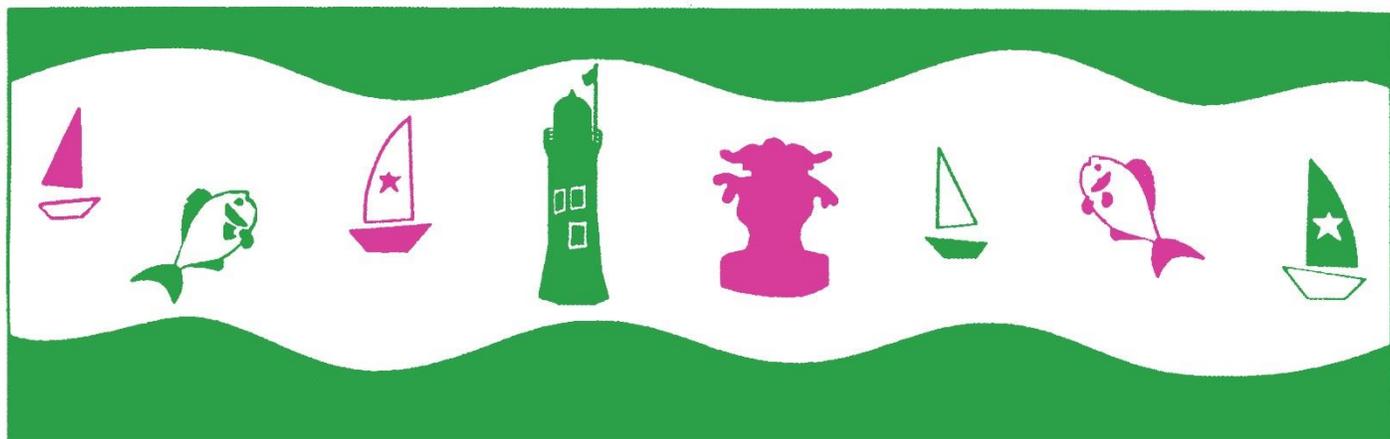


Scituate Recreation Department  
Town Hall  
600 Chief Justice Cushing Highway  
Scituate, MA 02066

Non-Profit Org.  
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Permit No. 56

**ECRWSS  
RESIDENTIAL CUSTOMER  
SCITUATE, MASSACHUSETTS**



**\*\*New Location for the  
Rec. Department Offices  
Jenkins School, second floor\*\***

**SPRING & SUMMER**

**Program 2016**

**Online Registration**

**[www.scituatema.gov/recreation-department](http://www.scituatema.gov/recreation-department)**

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

**OFFICE:** Jenkins School, second floor

**Monday-Thursday:** 8:30 am to 4:30 pm

**Friday:** 8:30 am to 11:45 am  
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  
Paul Sharry, Recreation Clerk & Field Coordinator  
Allison Richman, Registrar

**RECREATION COMMISSION:**

Christopher Roberts, **Chairman**  
Stephen Svensen, David Smith,  
Allen Kazlousky, Jennifer McMellen,  
**Associate Members:** Brian Stewart, Kristen Sauter  
**Selectmen Liaison:** Shawn Harris, Tony Vegnani

**POLICIES AND PROCEDURES**

- **SPRING/SAILING PROGRAM REGISTRATION WILL OPEN MONDAY MARCH 28th, 2016 @ 6:00 PM AT [WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT](http://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 6:00pm – 7:00pm.; 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 March 30, 2016**. 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! At least 2 weeks prior to registration.**
- 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 for Spring April 4th & Summer + Sailing May 2nd @ 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.

***REMINDER: Mail in registration will be processed AFTER the initial online registration***

*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.*

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## SAILING REGISTRATION

**Online Registration for RESIDENTS Opens: Monday, March 28th, 2016 at 6:00 PM  
(Non-resident Online Sailing Registration begins May 2nd at 9:00 AM)**

**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 & up) – Fee: \$155**

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 am – 11:00 am**

**(1828):** 6/27/16-6/30/16  
**(1830):** 7/05/16-7/8/16  
**(1832):** 7/11/16-7/14/16  
**(1834):** 7/18/16-7/21/16  
**(1836):** 7/25/16-7/28/16  
**(1838):** 8/01/16-8/4/16  
**(1840):** 8/08/16-8/11/16

#### **AFTERNOON CLASSES**

**12:00 pm – 3:00 pm**

**6/27/16-6/30/16: (1829)**  
**7/05/16-7/7/16: (1831)**  
**7/11/16-7/14/16: (1833)**  
**7/18/16-7/21/16: (1835)**  
**7/25/16-7/28/16: (1837)**  
**8/01/16-8/4/16: (1839)**  
**8/08/16-8/11/16: (1841)**

### **LEVEL II MERCURY (Ages 11 & up) - Fee: \$270**

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 pm - 5:30 pm**

**(1878):** 7/5/16-7/15/16  
**(1879):** 7/18/16-7/28/16  
**(1880):** 8/01/16-8/11/16

**TAKE YOUR PARENT SAILING NIGHT.** Enjoy a night out on the water and have your child show you what they have learned by taking you, along with an instructor, out for a sail around the harbor in one of the Mercury's. Please register one week in advance after your child has completed the Mercury 1 course. **See Sailing Director Madde Vachon during your child's sailing week if you are interested!**

**Thursdays from 5:30 pm to 7:00 pm.**

**Fee: \$25.00 per evening for parent and child**

**LEVEL I INTRODUCTION 420'S (Ages 11 & up) – Fee: \$320**

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.

**MORNING CLASSES**

**8:00 am – 11:00 am**

**Fee: \$160 One Week Only - (1881):** 6/27/16-6/30/16  
**(1883):** 7/5/16-7/14/16  
**(1885):** 7/18/16-7/28/16  
**(1887):** 8/01/16-8/11/16

**AFTERNOON CLASSES**

**12:00 pm – 3:00 pm**

**6/27/16-6/30/16: (1882) - One Week Only Fee: \$160**  
**7/5/16-7/14/16: (1884)**  
**7/18/16-7/28/16: (1886)**  
**8/01/16-8/11/16: (1888)**

**LEVEL II 420 RACING PROGRAM – Fee: \$270**

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 pm - 5:30 pm**

**(1889):** 7/05/16-7/14/16  
**(1890):** 7/18/16-7/28/16  
**(1891):** 8/01/16-8/11/16

**J-24 SAILING (ADULT) Fee: \$130.** 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. 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.

**Tuesday-Thursday 5:30 pm to 7:30 pm**

**(1873):** 6/28/16-7/7/16  
**(1874):** 7/12/16-7/21/16  
**(1876):** 7/26/16-8/4/16  
**(1877):** 8/09/16-8/18/16



**SAILING REFUND POLICY:**

***PLEASE NOTE, DUE TO THE HIGH DEMAND OF THE SAILING PROGRAM THERE WILL BE NO REFUNDS ISSUED AFTER JUNE 1<sup>st</sup>, 2016***

## PRE-SCHOOL, YOUTH & TEEN PROGRAMS

**LITTLE PEOPLE:** **Jenkins Elementary School, Vinal Ave. Entrance.** 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**

**MONDAY LITTLE PEOPLE 5 Weeks (No Class 5/30) Fee: \$67.00**

**(1808): May 2 – June 6, 2016** from 9:15 am to 10:30 am

**TUESDAY LITTLE PEOPLE 6 Weeks Fee: \$80.00**

**(1810): May 3 – June 7, 2016** from 9:15 am to 10:30 am

**(1811): May 3 – June 7, 2016** from 10:45 am to 12:00 pm

**THURSDAY LITTLE PEOPLE 6 Weeks Fee: \$80.00**

**(1813): May 5 – June 9, 2016** from 9:15 am to 10:30 a

**LITTLE KICKERS: Roche Field on Beaver Dam Rd. (Fridays)** U.K. Petite, parent and me soccer programs offer young children the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

**(1973): Ages 2-3 Fridays, May 6 – June 10, 2016 from 9:00am-9:30am (With Parent) Fee: \$52**

**(1974): Ages 3-4 Fridays, May 6 - June 10, 2016 from 9:40am-10:10am (With Parent) Fee: \$52**

**SPORT OF FENCING: Jenkins Elementary School Cafeteria.** 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. 6 weeks**

**Thursdays: May 12 - June 16, 2016 Fee: \$120**

**(1814): Beginner (no experience): 6:00 pm to 7:00 pm**

**(1815): Intermediate (1 year or more) 7:00 pm to 8:00 pm**



**CO-ED VOLLEYBALL CLINIC (Grades 7 & 8): Gates Middle School Gym.** Scituate High School has added a volleyball team! Learn the game now and be ready to compete in high school! Beginner and experienced players are 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**

**Fee: \$50**

**(1816): Fridays: May 6 – June 10, 2016 from 2:30 pm to 3:30 pm**



**CO-ED FUNDAMENTALS OF BASKETBALL (Grades 5-11) Scituate High School 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 60 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! Students will be divided into age appropriate groups.



**Coach: Matt Poirier. 6 weeks. (No class 5/11 and 6/8)**

**(1819): Wednesdays: April 27 – June 15, 6:30 pm to 7:30 pm**

**Fee: \$42**



## MR. C'S INSTRUCTIONAL YOUTH SOCCER



'28th year & counting'

(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) NEW AGE DEADLINE: Children must be 5 years old and no older than 6 years 11 months by August 31, 2016. Five Weeks**

**Saturdays from May 7<sup>th</sup> through June 11<sup>th</sup>, 2016**

**(No game on Saturday, May 28th, 2016)**

**Rain Date: June 18<sup>th</sup>, 2016 Location: Jenkins Elementary School**

**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.**

**(1821): Boys Teams Fee: \$30**

**(1820): Girls Teams Fee: \$30**

### WRESTLING CLINIC: Jenkins School Cafeteria.



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.**

**Mondays: May 9 - June 13, 2016**

**Fee: \$35 per code (No Class 5/30)**

**(1818): Grades 1 – 6 from 6:00 pm to 7:00 pm**

### SPECIAL OLYMPICS of Massachusetts (SOMA) TRACK & FIELD: Scituate High School Track. 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. 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 Special Olympic (SOMA) competition** in May. 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 Betsy Callanan and Sue Murray- SOMA certified Track & Field/Athletics Coach.**

**Volunteers needed - call 617-650-2026 –**

**Fee: FREE (must register)**

**(1817): Sundays: April 3 – May 29, 2016**

**Sunday: 9:00 am to 10:30 am (SHS Track)**

**Final meet: May 29th, 8:30 am – 2:00 pm (SHS Track)**

## **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.

**PLEASE NOTE: Due to the late start of school this year and the need to accommodate legally-required SPS wrap services for qualifying students, the week of All Stars Camps, scheduled for August 8th, WILL overlap with the last week of Scituate Public School summer services. Students who qualify for SPS summer services and who want to do both the SPS program and All Stars Camp, we will do our best to make the appropriate accommodations to maximize participation in both. SPS will be sending out information and we will coordinate together the best options available for your child. If you are interested in having your child participate in All Stars Camp but are awaiting summer services determination, please email [recreationcoordinator@corsefoundation.org](mailto:recreationcoordinator@corsefoundation.org)**

**All-Stars Jiu Jitsu Jenkins Elementary School Gym.** Our popular program is now expanding into Jiu Jitsu, which is a more encompassing martial arts program than karate. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. Please note, due to the popularity of this program, we are now running 2 sessions: Starting May 6 through June 17, 2016. Instructor: Danny Reynolds. 7 weeks

**(1805)General:** 5:30 p.m. to 6:30 p.m. Fridays      Fee: \$70

**(1806)Advanced:** 6:30 p.m. to 7:30 p.m. Fridays, participants must have completed 2 or more years of the general All Stars session.      Fee: \$70

**All Stars Nautical Mile Wampatuck Elementary School, on Tilden Rd.** Our very popular Nautical Mile program is back for the Fall and Spring, designed for **ALL** abilities to help improve your fitness level. Workouts will include a variety of training approaches from running intervals, aerobic exercise, stretching and core strengthening – customized to multiple ability levels - through a variety of fun exercises, games and teamwork activities. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. Program is open to children in grades 1-8. Instructor: Brian Stewart      Fee \$60 for 6 weeks.

**(1807) Sundays:** May1 – June 5, 2016 from 2:00p.m. to 3:00 p.m.

**All Stars Baseball with Coach Mike Returns!!!** The focus of this program will be on developing the basic skills and knowledge needed to play baseball. In the six week session we will practice, play games and teach fundamentals. Hitting, catching, throwing and base running will be the main areas in our instructional approach. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. Play Ball! Program is open to children in grades 1-8. Instructor: Mike Connor      Location: Roche Field

**(1972) Fridays:** April 29 – June 6, 2016 from 4:00 pm. to 6:00p.m. Fee \$60 for 6 weeks

**DON'T FORGET TO  
LIKE US ON FACEBOOK,  
Town of Scituate Recreation Department**



**Pan Gai Noon (Half Hard Half Soft)  
Adult + Children's KUNG FU & TAI CHI**



**The Pan Gai Noon School has been in Scituate for 30 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 as well as seniors.

**EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE): Jenkins Elementary School, Cafeteria**

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! **6 weeks.**

**(1822): Wednesdays: May 11 – June 15, 2016 from 6:00 pm - 7:30 pm**

**Fee: \$70**

**TAI CHI – INTERNAL ARTS: Jenkins Elementary School, Cafeteria**

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.

**5 weeks. (No Class 6/7)**

**(1823): Tuesdays: May 10 – June 14, 2016 from 6:00 pm - 7:30 pm**

**Fee: \$78**

**CHILDRENS KUNG FU 6-9 YEAR OLDS I: Jenkins Elementary School, Cafeteria**

For beginners, this is a fun, structured introduction to the formal training of Kung Fu Karate. Builds self-esteem, balance, basic motor and listening skills, while helping students develop a love of movement and exercise. Class includes stretching, cardio, games, and Kung Fu instructional periods. **5 weeks. (No Class 5/30)**

**(1824): Mondays: May 9 – June 13, 2016 from 4:50 pm - 5:50 pm**

**Fee: \$45**

**CHILDRENS KUNG FU 6-9 YEAR OLDS II: Jenkins Elementary School, Cafeteria**

For the student who has completed one or more sessions. This class advances on to more individual and small group attention. Learning how to defend themselves and build confidence with respect to others. Following traditional Kung Fu / Karate practices and incorporating fun games and obstacle courses.

**Instructor: Cole Hawkins. 5 weeks. No Class 6/7**

**(1825): Tuesdays: May 10 – June 14, 2016 from 4:50 pm - 5:50 pm**

**Fee: \$45**

**JUNIORS KUNG FU 10-13 YEAR OLDS: Jenkins Elementary School, Cafeteria**

Mixed marital arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins. 6 weeks.**

**(1826): Wednesdays: May 11 – June 15, 2016 from 4:50 pm – 5:50 pm**

**Fee: \$52**

## ADULT FITNESS & SPORTS PROGRAMS

ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!

**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. **7 weeks**  
(1827): Fridays: May 6- June 17, 2016 from 12:00 pm - 1:00 pm      Fee: \$85



**ZUMBA:** Monday: Jenkins Elementary School, Gym: Zumba fuses Latin rhythms and today's hits with easy to follow moves to create a fun workout. \*Mondays only include 1 hour of Zumba and 15 minutes of Zumba toning w/ light weights. Certified Zumba Instructor: Sandy Guyette. **9 weeks.** (No class 5/30/16)

(1842): Mondays: April 25 – June 27, 2016 from 6:30 pm to 7:45 pm      Fee: \$68

**EXERCISE BALL WORKOUT WITH WEIGHTS:** Location: Scituate Maritime Center on Scituate Harbor. 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. No Class



Instructor: Sarah Lannon. **7 weeks.**

(1843): Thursdays: 4/28, 5/5, 5/19, 5/26, 6/2, 6/9, 6/16, from 8:45 am - 9:45 am

Fee: \$45

(1844): Sundays: 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/19, from 8:00 am - 9:00 am

Fee: \$45

### SCITUATE STATIONARY CYCLING

NEW LOCATION! GATES FITNESS ROOM, UNDER THE GYM. ENTER BY TENNIS COURTS

**Get in shape the FAST and AFFORDABLE way!** Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (*We DO meet holidays and vacation week*) Instructors: Maggie Cadigan, Sarah Lannon.



#### CRANK OF DAWN 7 weeks      Fee: \$60 per code

(1845): Monday 5/2 - 6/13/16      5:45 am to 6:45 am: Maggie

(1846): Tuesday 5/3 - 6/14/16      5:45 am to 6:45 am: Maggie

#### SPIN 7 weeks      Fee: \$60

(1847): Wednesdays 5/4 - 6/15/16      8:45 am to 9:45 am: Maggie

#### SCITUATE CYCLESTRONG 7 weeks      45 MINUTES Fee: \$56

(1848): Fridays 5/6 - 6/17/16      9:00 am to 9:45 am: Maggie

#### BEGINNER CYCLE CLASS 7 Weeks      45 MINUTES Fee: \$56

(1849): Monday 5/2 - 6/13/16      5:30 pm to 6:15 pm: Sarah

#### INTERVAL CYCLING 7 Weeks      Fee: \$60 per code

(1850): Monday 5/2 - 6/13/16      6:30 pm to 7:30 pm: Sarah

(1851): Wednesday 5/4 - 6/15/16      6:30 pm to 7:30 pm: Sarah

#### THE ZONE 7 weeks      Fee: \$60

(1852): Saturday 5/7 - 6/18/16      7:30 am to 8:30 am: Alternates

**\*\*\*\*BOOT CAMP CLASS:**



Scituate Recreation Department would like to thank Suzy Murray and Jen Rooney for their loyal support and for running a terrific program for over 8 years. Suzy and Jen are retiring at the end of the winter season. They will be missed and we wish them only the best!! Thank you Suzy and Jen!

**ADULT YOGA: St. Luke's.** Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 7 weeks**

(1856): Thursdays: May 5 – June 16, 2016 from 9:00 am - 10:00 am

Fee: \$60



**GENTLE POWER YOGA: St. Luke's (Tuesdays)/ Maritime Center (Thursdays).** This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration.

**Instructor: Leslie Payne, CYT. 7 weeks.**

Fee: \$60 per code

(1857): Tuesday mornings: May 3 –June 14, 2016 from 8:15 am - 9:15 am

St. Luke's

(1858): Thursday evenings: May 5 – June 16, 2016 from 6:00 pm - 7:00 pm

Maritime Center

**PILATES: St. Luke's.** 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.

**7 weeks. (No class on April 13)**

**Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.**

(1859): Wednesdays: April 6, through May 25, 2016 from 7:00 pm - 8:00 pm

Fee: \$50



**RESTORE THE CORE: St. Luke's.** 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.

**Instructor: Denyce Holley, AFAA Certified**

(1860): Mondays: May 2 – June 20, 2016 from 7:00 pm - 8:00 pm (6 weeks) Fee: \$40 (no class 5/30/16 and 6/6/16)

(1863): Tuesdays: May 3 – June 21, 2016 from 9:30 am - 10:30 am (7 weeks) Fee: \$45 (no class 6/7/16)

(1864): Fridays: May 13 – June 24, 2016 from 8:45 am – 9:45 am (6 weeks) Fee: \$40 (no class 6/3/16)

**MAGIC FOR BEGINNERS: WPA Building in North Scituate.** This Adult course is designed for those at the beginner's level who want to learn magic to entertain themselves, their family, relatives, or friends. In this course students will learn some self-working tricks and some basic sleight of hand tricks using everyday objects—cards, paper clips, handkerchiefs, rope, string and coins and dollars. Also, magic history and presentation techniques **5 weeks. Instructor:**

**Kevin Butler (No Class 5/30/16)**

Fee: \$50

(1975): Mondays, May 9 – June 13 from 6:30pm-7:30pm

**23<sup>rd</sup> ANNUAL EGG HUNT**

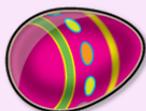
Sponsored by the Friends of Scituate Recreation

Saturday, March 26th, 2016 10:00 am at Widow's Walk Golf Course

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

**NO REGISTRATION REQUIRED!**

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



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

<b><u>Tuesdays</u></b>	<b><u>12/01/15 - 3/8/16</u></b> 7:30 pm - 9:00 pm	<b><u>3/15/16 - 5/17/16</u></b> 7:00 pm - 9:00 pm	Please note: This program follows the school calendar and does not run during school vacations, holidays or on snow days. <b>MEN'S BBALL CHECKS PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION: FEE: \$50</b>
<b><u>Thursdays</u></b>	<b><u>12/04/15 - 3/10/16</u></b> 7:30 pm - 9:00 pm	<b><u>3/17/16 - 5/19/16</u></b> 7:00 pm - 9:00 pm	



**SCITUATE RECREATION GOLF PROGRAMS**

**Widow's Walk Golf Course**

**MORE ADULT GOLF CLASSES LOCATED IN SUMMER PROGRAM**

**INTRODUCTORY ADULT GOLF (Ages 18+):** This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. Student: Teacher ratio is 8:1.

**Tuesdays: April 26, May 3,10,17,24 – (Rain date May 31)**

**Fee: \$85 per code**

(1865): 5:30 pm – 6:30 pm

(1867): 6:30 pm – 7:30 pm

**Thursdays: April 28, May 5,12,19,26 (Rain date: June 2nd)**

(1868): 11:00 am – 12:00 pm (noon)

**INTERMEDIATE ADULT SHORT GAME SERIES (Ages 18+):** 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: putting, chipping, pitch shots, green side sand shots, and trouble chips, and review. Student: Teacher ratio is 6:1

**Thursdays: April 28, May 5,12,19,26 (Rain date June 2nd)**

**Fee: \$105**

(1869): 6:30 pm – 7:30 pm

**INTERMEDIATE ADULT FULL SWING SERIES (Ages 18+):** This intermediate lesson series consists of (5) one hour sessions. Tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: swing fundamentals, ball flight laws, iron play, wood play, and review. Student: Teacher ratio is 6:1

**Thursdays: April 28, May 5,12,19,26 (Rain date June 2nd)**

**Fee: \$105**

(1870): 5:30 pm – 6:30 pm

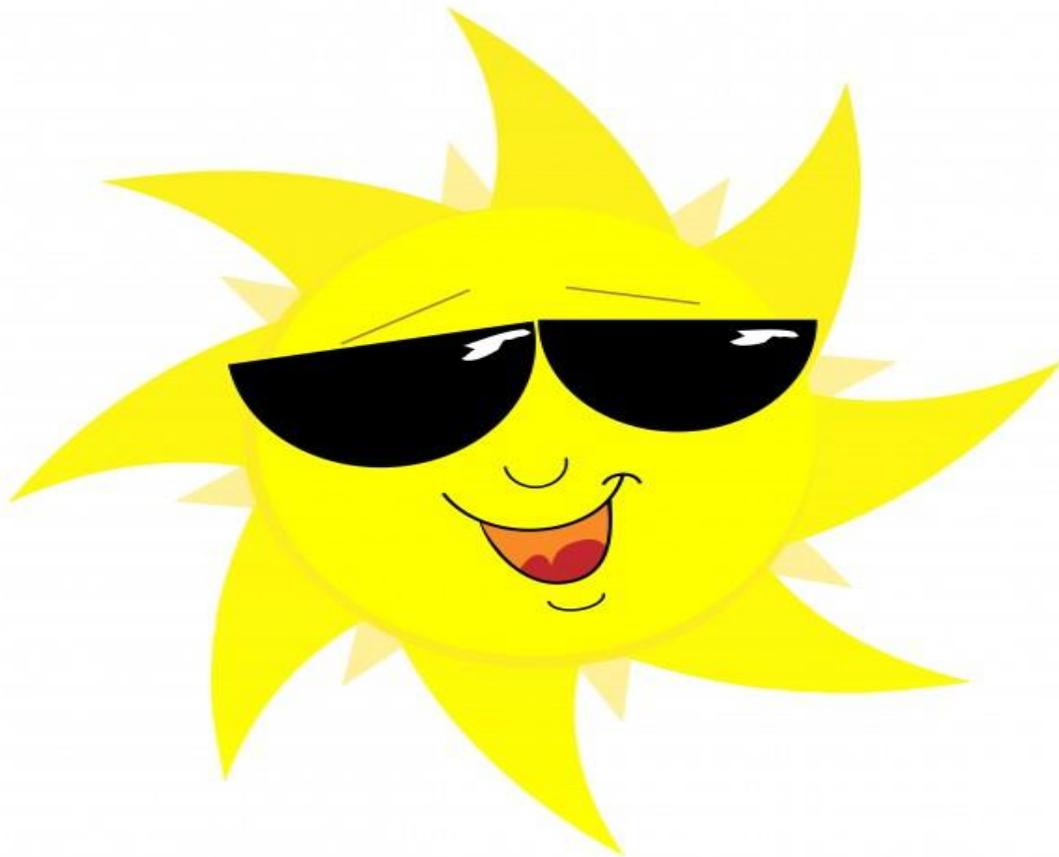
**\*\*A Message from the Beach Commission**

The Scituate Beach Commission (SBC) is a newly formed commission whose goal is to preserve, restore, and maintain the Town of Scituate beaches. We are reaching out to hear your opinions on the various beaches. Please go to the link below to take our BEACH SURVEY. Your opinions matter, but we need to hear from you!!

<https://www.surveymonkey.com/r/SBCSurvey1>

**TOWN OF SCITUATE**  
**RECREATION DEPARTMENT**

**Don't forget we're relocating to**  
**Jenkins School**



**That's where you'll find us!!**  
**SUMMER PROGRAM 2016**

**Registration Begins: Monday, March 28<sup>th</sup> 2016, 6:00 pm**

## **SCITUATE SUMMER RECREATION:**

**Philosophically, the following programs have three primary goals:  
To Nurture, to Enrich and to have Fun!**

**LITTLE PEOPLE SUMMER PROGRAM:** Jenkins Elementary School. Director: **Kathleen McCarthy** and staff will run this program. (Ratio 1:3) This program focuses on creative enrichment for the **3- to 5-year-old toilet independent child**. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 A.M. to 11:45 A.M. each morning. Participants may choose from two 2-day programs, either Monday/Wednesday OR Tuesday/Thursday or all 4 days. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are held every week. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities.

**Session I: June 27 through July 14, 2016 (No Class 7/4)**

**(1861): Monday & Wednesday 8:45 am – 11:45 am Fee: \$150 per participant**

**(1862): Tuesday & Thursday 8:45 am – 11:45 am Fee: \$180 per participant**

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

**Session II: July 18 through August 4, 2016**

**(1871): Monday & Wednesday 8:45 am – 11:45 am Fee: \$180 per participant**

**(1866): Tuesday and Thursday 8:45 am – 11:45 am Fee: \$180 per participant**

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

**MORNING ADVENTURE CLUB:** Jenkins Elementary School. Director: **Andrew Barlow** and his staff will facilitate this program. (Ratio: 1:6). This is a program for the **Kindergartener (Must be age 5 by August 31, 2015) through Third Grade** child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, and Wed., from 9 A.M. to noon) and one full day (Thursday, 9 A.M. to 2:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun spots. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly with special guests. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Fee includes t-shirt and all activities.

**(1872): Session I: June 27 through July 14, 2016 (No Class 7/4)**

**Mon, Tues, Wed. 9:00 am – 12:00 pm**

**Thurs. 9:00 am – 2:00 pm**

**Fee: \$320 per participant**

**(1875): Session II: July 18 through August 4, 2016**

**Mon, Tues, Wed. 9:00 am – 12:00 pm**

**Thurs. 9:00 am – 2:00 pm**

**Fee: \$350 per participant**

**YOUNG PEOPLE DAY PROGRAM:** Jenkins Elementary School. Director: **Brian Hurcombe** and his staff will facilitate this program (Ratio: 1:7). This fun-filled program is for children entering **first through sixth grade**. It meets for five full days per week. The program features a nature walk excursion each Wednesday to local locations, as well as a field trip each Friday. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities. (No Class 7/4)

**(1892): Session I: June 27 through July 15, 2016**

**Monday - Friday 9:00 am - 2:00 pm**

**Fee: \$430 per participant**

**(1893): Session II: July 18 through August 5, 2016**

**Monday - Friday 9:00 am - 2:00 pm**

**Fee: \$460 per participant**

**COACH MIKE'S GAMEDAY SPORTS ADVENTURE:** Gates Middle School. Students entering grades 6th through 9th will participate in this sports program filled with a variety of sports activities and exciting field trips. Wednesday and Friday will be on site sports activities and tournaments. Thursday's are field trip days with extended hours. The participants will compete in various games each morning, but every day will feature a different sports tournament the kids will compete in such sports as: soccer, flag football, whiffle ball, dodge ball, street hockey, basketball, and Jr. Olympics. Certificate awards will be given out and the teams will be different each event. Potential field trips visits include PawSox, Water Wiz, CodZilla, & Patriots Place **Wednesday & Friday (on-site) 9:30 am to 2:30 pm /Thursday (field trip day) 9:30 am to 2:30 pm (Potential EXTENDED hours due to field trips. (Detailed schedule to follow)**

**(Wed, Thurs, Fri)**

**(1894): July 13 - July 22, 2016**

**(1895): July 27 - August 5, 2016**

**Fee: \$220 per participant/code**



## **CORSE ALL-STARS 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 SUMMER EXTREME (AGES 11-16):** Jenkins Elementary School. Participants in this one week program will enjoy a variety of activities that are geared towards facilitating fun-filled, age appropriate social interactions. This program will be a combination of summer field trip excursions and on-site group activities including sports, gym activities, arts & crafts, etc. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities.

**(1896): August 8 through August 12, 2016 (Mon-Fri, 10:30 am to 3:30 pm) Fee: \$260 per participant**

**ALL-STARS SUMMER YOUTH PROGRAM (AGES 6-10):** Jenkins Elementary School. This popular one week camp is held in a structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water-play, story time, etc. We will be joined with special guests and performers as well as field trips for the kids to enjoy! Each day has a different theme; no two days are the same! Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities.

**(1897): August 8 through August 12, 2016 (Mon-Fri, 10:30 am to 3:30 pm) Fee: \$260 per participant**

**ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA:** Marine Park (Edward Foster Road) Along with the Scituate C.O.R.S.E. Foundation, we are sponsoring Maritime Adventures, an innovative water sports program. This program is open for children 6 - 22 years of age. During the week-long camp, the athletes will build skills in adaptive windsurfing; Hawaiian outrigger canoeing, sailing and stand-up paddling. The week will culminate on Friday with a team outrigger canoe race. This camp will provide specialized instructors and equipment from AccesSport America, [www.accessportamerica.org](http://www.accessportamerica.org). Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time. CORSE sponsored programs have a 3:1 (student to staff) ratio. Department Registration guidelines are as follows: 75% of slots are reserved for children receiving special education services (on an IEP or 504 plan). These slots will remain reserved until June 1st. After June 1st, it is a first come, first serve basis for registration. For the 25% slots not reserved, these slots are open to any child, regardless of need. Slots will be filled first come, first served.

**SEE DATES AND TIME ON NEXT PAGE.**

**MARITIME ADVENTURES: FEE: \$155 per participant**

**SESSION 1**

**July 18 through July 22, 2016 (12 spots per time slot)**

**(1906), (1917): 9:30 am to 11:00 am**  
**(1907), (1921): 11:15 am to 12:45 pm**  
**(1908), (1925): 1:30 pm to 3:00 pm**  
**(1913), (1953): 3:15 pm to 4:45 pm**



**SESSION 2**

**July 25 through July 29, 2016 (12 spots per time slot)**

**(1927), (1932): 9:30 am to 11:00 am**  
**(1928), (1933): 11:15 am to 12:45 pm**  
**(1929), (1934): 1:30 pm to 3:00 pm**  
**(1931), (1935): 3:15 pm to 4:45 pm**

**NAUTICAL MILE (TRACK CLUB): Gates Middle School.** A track program designed to prepare runners **grades 3-9.** All abilities welcome. The program will be designed to help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. **Coach: Brian Stewart. 8 weeks (No rain make-ups)**



**(1898): Mondays & Wednesdays: June 20 - August 10, 2016 from 5:30 pm to 6:45 pm Fee: \$100 per participant**

**WRESTLING: OPEN MAT: Jenkins School Cafeteria.** This is a great opportunity for all local Middle and High School Wrestlers to get in a good workout, advance their skills and have some fun. Sessions will begin with a quick warm up. Attendees will be grouped as closely as possible by weight & age. The wrestlers in each group will wrestle a round robin pattern in one, two or three minute rounds. **Limited availability! Ages: at least 12 but less than 19. Coach Brian Robinson. 5 weeks**

**(1899): Mondays: July 11 - August 8, 2016 from 5:30 pm to 6:30 pm**

**Fee: \$30 per participant**

**CO-ED SUMMER VOLLEYBALL CLINIC: Gates Middle School Gym**

**(Grades 3rd-5th):** Join the newest sport to come to Scituate and get pumped to bump, set and spike! Participants will have fun learning basic volleyball techniques and skills such as passing, setting, hitting, blocking, and more! Be ready to learn the game, work hard and have fun! Sneakers and knee pads are required. **NO EXPERIENCE NECESSARY.**

**Coaches: Jennifer Harris & Patty Thompson**

**(1900): Monday through Thursday: July 11-14<sup>th</sup> from 2:00 pm – 4:00 pm Fee: \$60 per participant**

**(Grades 6-8):** The focus will be 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. Sneakers and knee pads are required. **NO EXPERIENCE NECESSARY.**

**(1901): Monday through Thursday: July 11-14<sup>th</sup> from 4:00 pm - 6:00 pm Fee: \$60 per participant**



**GUITAR LESSONS FOR KIDS WITH MATT BROWNE: Jenkins Elementary School.**

**SEE SPRING PROGRAM OR CLASS DESCRIPTION Instructor: Matt Browne. 6 weeks.**

**(1902): Tuesdays: July 5 – August 9, 2016 from 4:00 pm to 5:00 pm**

**Fee: \$95**



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

**FOUR DAY PROGRAM**

(1903): Grades 3 & 4 Tue, Wed, Thurs & Fri. 7/5 -7/8/16 from 8:30 am – 2:30 pm Fee: \$170 per participant

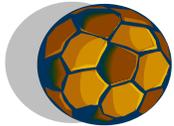
**FIVE DAY PROGRAM**

(1904): Grades 5 & 6 Mon. - Friday 7/18 – 7/22/16 from 8:30 am - 2:30 pm Fee: \$210 per participant

(1905): Grades 7 - 12 Mon. - Friday 7/25 – 7/29/16 from 8:30 am - 2:30 pm



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



**Monday through Friday: July 11 through July 15, 2016**

(1954): Grades K-5 8:30 am – 12:00 pm

**Fee: \$90 per participant**

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



**Tuesday through Friday (4 Days)**

(1955): Grades 3-5: July 12 – July 15, 2016 from 8:30 am – 1:30 pm

**Fee: \$140 per participant**

**Monday through Friday (5 Days)**

(1956): Grades 6-9: August 8 – August 12, 2016 from 8:30 am - 2:30 pm

**Fee: \$210 per participant**

**OLYMPIC FENCING CLINIC: Wampatuck Elementary School.** This instructional course will be offered to boys and girls (**grade 1 and up**). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and bouting skills will be taught. **Instructor: Jim Mullarkey.**

**Monday through Friday: July 18 through July 22, 2016**

(1957): Beginner (no experience): 9:30 am - 11:30 am Fee: \$120 per participant

(1958): Intermediate (1 yr. + of instruction) 12:00 pm – 2:00 pm



**ON YOUR TOES W/ MISS TRACEY: Jenkins Elementary School.**

**Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. 8 week Instructor: Tracey O'Brien,** certified by Test to Teach. She is a member of DMA and DTCB.

**Saturdays: July 9 through August 13, 2016 (6 weeks)**

(1962): Age: 2, 10:30 am to 11:00 am Fee: \$37 per participant

(1965): Ages: 3-5, 11:00 am to 12:00 pm Fee: \$68 per participant



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



(1969): Monday through Thursday: August 8 - August 11, 2016 from 10:00 am to 12:30 pm

**Fee: \$100 per participant**



## **GOLF PROGRAMS** **For Children, Teens!**



**INTRODUCTORY JUNIOR GOLF PROGRAM:** Widow's Walk, Golf Course. (AGES 8-14) This is an introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching, and the full swing. A skills competition will complete each session. The mission of the program is to provide exposure to the game of golf with age appropriate skills development and rules and etiquette instruction, as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program. **Sub-grouped by age and/or request. Student: Teacher ratio- 8:1.**

**Limited to 32 participants per session.**

**Tuesdays: June 28, July 5, 12, 19**

**(1936): 11:15 am – 1:00 pm**

**Tuesdays: July 26, August 2,9,16 (Rain date – August 23)**

**(1937): 11:15 am – 1:00 pm**

**Fee: \$85 per participant**

**INTERMEDIATE JUNIOR GOLF PROGRAM:** Widow's Walk Golf Course. (AGES 9-15) This program is a continuation of the introductory program with a more technical instructional approach. A skills competition will complete each session. The mission of the program is to provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and less distractions from unmotivated students. Prerequisite: Successful completion of an Introductory Junior Program with an above average level of skill and motivation. **Student: Teacher ratio- 8:1. Limited to 32 participants per session.**

**Tuesdays: June 28, July 5, 12, 19**

**(1938): 9:00 am - 10:45 am**

**Tuesdays: July 26, August 2,9,16, (Rain date – August 23)**

**(1939): 9:00 am - 10:45 am**

**Fee: \$85 per participant**



## **GOLF PROGRAMS** **For Adults!**



**INTRODUCTORY ADULT GOLF:** Widow's 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**

**Thursdays: June 9, 16, 23, 30 & July 7, (Rain date -July 14)**

**(1940): 5:30 pm – 6:30 pm**

**(1941): 6:30 pm – 7:30 pm**

**Mondays: July 25, August 1, 8, 15, 22 (Rain date – August 29)**

**(1942): 6:30 pm – 7:30 pm**

**Fee: \$85 per participant**

**INTERMEDIATE ADULT SHORT GAME SERIES:** Widow's 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**

**Mondays: June 6, 13, 20, 27, July 11 (Rain date –July 18)**

**(1943) 5:30 pm – 6:30 pm**

**Fee: \$105 per participant**

**\*More golf options on next page\***

**INTERMEDIATE ADULT FULL SWING SERIES: Widow's 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**

**Mondays: June 6, 13, 20, 27, July 11 (Rain date –July 18)**

**(1944): 6:30 pm – 7:30 pm**

**Thursdays: June 9, 16, 23, 30 & July 7, (Rain date -July 14)**

**(1945): 11:00 am – 12:00 pm**

**Mondays: July 25, August 1, 8, 15, 22 (Rain date – August 29)**

**(1946): 5:30 pm – 6:30 pm**

**Fee: \$105 per participant**



**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.

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 as well as seniors.

Classes are located at Jenkins Elementary School Cafeteria

**EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)**

**SEE SPRING PROGRAM FOR CLASS DESCRIPTION**

**(1948): Wednesdays, 9 weeks: June 29 through August 24, 2016 from 6:00 pm-7:30 pm**

**Fee: \$105**

**TAI CHI – INTERNAL ARTS**

**SEE SPRING PROGRAM FOR CLASS DESCRIPTION**

**(1949): Tuesdays, 9 weeks: June 28 through August 23, 2016 from 6:00 pm-7:30 pm**

**Fee: \$140**

**CHILDRENS KUNG FU 6-9 YEAR OLDS I**

**SEE SPRING PROGRAM FOR CLASS DESCRIPTION (no class on 7/4)**

**(1950): Mondays, 8 weeks: June 27 through August 22, 2016 from 4:50 pm-5:50 pm**

**Fee: \$72**

**CHILDRENS KUNG FU 6-9 YEAR OLDS II**

**SEE SPRING PROGRAM FOR CLASS DESCRIPTION**

**(1951): Tuesdays, 9 weeks: June 28 through August 23, 2016 from 4:50 pm-5:50 pm**

**Fee: \$81**

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

**SEE SPRING PROGRAM FOR CLASS DESCRIPTION**

**(1952): Wednesdays, 9 weeks: June 29 through August 24, 2016 from 4:50 pm –5:50 pm**

**Fee: \$81**

**OLYMPIC ARCHERY:** 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 Hingham. **Ages: 8-15 years old.**

**(1976) August 1- August 4, 2:30pm-4:00pm (4 Days)**

**Fee: TBD**

## ADULT HEALTH AND FITNESS

### GENTLE POWER YOGA:

\*\*\* Gentle Power Yoga and Adult Yoga will resume in the Fall

**PILATES: St. Luke's.** 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.

**Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher. 12 weeks**

(1916): Wednesdays: June 15 – August 17, 2016 from 7:00 pm - 8:00 pm

(no class on 8/3/16)

Fee: \$85



**RESTORE THE CORE: St. Luke's. See Spring Program for Class Description**

**Instructor: Denyce Holley, AFAA Certified.**

(1918): Mondays: June 27– August 22, 2016 from 7:00 pm - 8:00 pm (8 weeks, No Class 7/4) Fee: \$50

(1919): Tuesdays: June 28 – August 23, 2016 from 9:30 am - 10:30 am (9 weeks) Fee: \$55

(1920): Fridays: July 1 –August 26, 2016 from 8:45 am – 9:45 am (9 weeks) Fee: \$55



**ZUMBA: Jenkins Elementary School Gym.**



\*\*\*Zumba will resume in the Fall on Mondays. There will be a sneak preview free class in August, watch your emails for the date! All will be welcome.

**EXERCISE BALL WORKOUT WITH WEIGHTS: Maritime Center on Edward Foster Rd.**



Location: **Scituate Maritime Center on Scituate Harbor.** 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. 10 weeks.**

(1923): Thursdays: June 23 –August 25, 2016 from 6:50 am – 7:50 am

Fee: \$65

(1924): Sundays: June 26 – August 28, 2016 from 8:00 am - 9:00 am

**ADULT EXECUTIVE KUNG FU & TAI CHI - See Pan Gai Noon School on Page 17.**

**J-24 ADULT SAILING - See Page 3 for class description, dates/times.**

## **SCITUATE STATIONARY CYCLING**

New Location: Gate's Junior High School Fitness Room under Gym.  
Parking and entrance next to Tennis Court.

**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 No Class 7/4**

(1959): Monday 6/20-8/22/16, 5:45 am to 6:45 am: Maggie (9 weeks) Fee: \$78 per code  
(1960): Tuesday 6/21-8/23/16, 5:45 am to 6:45 am: Maggie (10 weeks) Fee: \$85 per code

### **SPIN (10 weeks) Fee: \$85**

(1961): Wednesday 6/29/16-8/31/16, 9:15 am to 10:15 am: Maggie

### **SCITUATE CYCLESTRONG (10 weeks) Fee: \$85**

(1963): Friday 7/1/16-9/1/16, 9:15 am to 10:30 am: Maggie

### **BEGINNER CYCLE CLASS (9 Weeks, No Class 7/4) Fee: \$70**

(1964): Monday 6/20/16-8/22/16, 5:30 pm to 6:15 pm: Sarah

### **INTERVAL CYCLING (No Class 7/4)**

(1966): Monday 6/20/16-8/22/16, 6:30 pm to 7:30 pm: Sarah (9 Weeks) Fee: \$78 per code  
(1967): Wednesday 6/22/16-8/24/16, 6:30 pm to 7:30 pm: Sarah (10 weeks) Fee: \$85 per code

### **THE ZONE (10 weeks) Fee: \$85**

(1968): Saturday 6/25/16-8/27/16, 7:30 am to 9:00 am: Alternates



## **SAFETY EDUCATION**



**CPR/AED HEALTHCARE PROVIDER:** Scituate Fire Station, 149 First Parish Rd. Min.6/ Max.12. This class is appropriate for nurses, doctors, EMT's, and nursing students. This class covers defibrillation, adult, child, infant CPR for the Healthcare Professional. This is a two-year certification. **Instructor: Mark Donovan.**

**(1970): Thursday: August 18, 2016 at 7:00 pm**

**Fee: \$70**

**CPR AMERICAN HEART ASSOCIATION HEARTSAVER:** Scituate Fire Station, 149 First Parish Rd. Min. 6/Max 12. 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.**

**(1971): Thursday: June 2, 2016 at 7:00pm**

**Fee: \$65**

## **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, April 7, 2016***

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

*If you are interested in using a Town playing field, basketball court, the PJ In-line Skating Rink or the Morrill Bandstand in Cole Parkway permits must be obtained through Scituate Recreation.*

*Applications are available in the office or online at <http://www.scituatema.gov>/For more information please contact Paul Sharry at [psharry@scituatema.gov](mailto:psharry@scituatema.gov)*



## **21st Annual PJ Steverman Golf Classic**



***A benefit for the Friends of Scituate Recreation***

***Date: Friday, September 17<sup>th</sup>, 2016***

***Widow's Walk Golf Course***

***6:00 pm, Dinner, Silent & Live Auction and Raffle***

***Foursome: \$500.00***

***Hole Sponsorship: \$150.00***

***Dinner Ticket only: \$40.00***

***For more information, please call, 781-545-8738 or visit:***

***[www.pjstevermangolf.com](http://www.pjstevermangolf.com)***

**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: \_\_\_\_\_

T-Shirt Size (YS, YM, YL, YXL, AS, AM, AL, AXL, AXXL) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
(Entering in Fall 2016)

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: \$ \_\_\_\_\_**

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 [sburkhardt@scituatema.gov](mailto:sburkhardt@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