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

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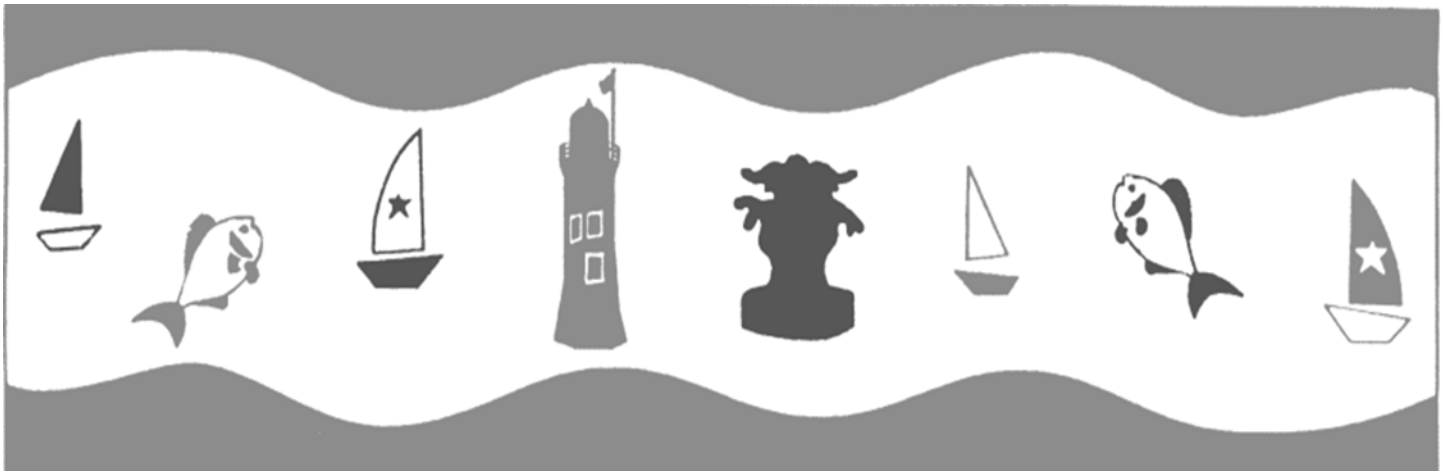
RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS



Winter Program 2015
Online Registration
www.scituatema.gov/recreation-department

Scituate Recreation's
SNOWMAN CHALLENGE
See Page 6

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

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
Nick Lombardo, Registrar
Paul Sharry, Recreation Clerk & Field Coordinator

RECREATION COMMISSION:
Christopher Roberts, **Chairman**
Robert McCarry, Erik Richman, Stephen Svensen, David Smith
Associate Members: William Blake, Allen Kazlousky, Jennifer McMellen, Jamie Noonan, Brian Stewart
Selectmen Liaison: Shawn Harris

POLICIES AND PROCEDURES

- **WINTER PROGRAM REGISTRATION WILL OPEN WEDNESDAY DECEMBER 10, 2014 AT 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 a.m. to 4:30 p.m.; however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.

1) Mail-in registration for residents will be accepted **starting December 11, 2014** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
2) **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
4) **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a $15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus $15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
5) All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.
6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
7) **Need financial assistance...Just ask!**
8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
9) **Registration for non-residents will begin December 17, 2014 at 9:00 am.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional $5.00 registration fee.
10) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

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

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

If a program does not meet the minimum amount of participants required, it will be cancelled. Please email nlombardo@scituatema.gov with any questions/concerns regarding registration. Thank you

CORSE PROGRAMS

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

ALL STARS KARATE (Grades 1-8): Scituate Recreation's Multi-Purpose Room. A karate program designed to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; patience and determination. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. **Instructor: Danny Reynolds 8 weeks**

(No Class 1/16, 2/20/15)
(1373): Fridays: January 9 – March 13, 2015 from 5:45 pm to 6:45 pm **Fee: $85**

ALL STARS BASKETBALL: Wampatuck Gymnasium. Participants will be taught the fundamentals of basketball through basic drills. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive, well-organized game will be played every week. **Coach Mike Connor: 8 weeks**
(No class 2/21/15) Saturdays: January 10 – March 7, 2015
(1410): Grades 1 & 2 from 8:30 am - 9:30 am
(1411): Grades 3 – 8 from 9:30 am-10:30 am **Fee: $100**

PRE-SCHOOL PROGRAM

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

Instructors: Kelly Lee & Kelly Arevian. 10 Weeks.
Fee: $110 per code

TUESDAY LITTLE PEOPLE (No class 2/17/15)
(1402): January 6 – March 17, 2015 from 9:15 am to 10:30 am
(1403): January 6 – March 17, 2015 from 10:45 am to 12:00 pm

THURSDAY LITTLE PEOPLE (No class 2/19/15)
(1404): January 8 – March 19, 2015 from 9:15 am to 10:30 am
(1405): January 8 – March 19, 2015 from 10:45 am to 12:00 pm

LITTLE FRIENDS LUNCH BUNCH: Early Childhood Center at Wampatuck 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 children ages 3 to 5. Little Friends are welcome to bring a packed lunch and join us 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. Two 5 week sessions, **NO CLASS DURING FEBRUARY VACATION WEEK (DROP OFF AND PICK UP FROM ECC CAN BE ARRANGED) Instructors: Kelly Lee and Jennifer O'Leary**
Fee: $50 per code

Session 1- Wednesdays: January 7 - February 4, 2015
(1406): 11:00 am – 12:00 pm
(1407): 11:15 am – 12:15 pm

Session 2- Wednesdays: February 11 - March 18, 2015
(1408): 11:00 am – 12:00 pm
(1409): 11:15 am – 12:15 pm

COMING THIS WINTER "Little People" Summer Favorites!
Mama Steph 1/27 at 1:00 pm & Big Joe the Storyteller 2/11 at 10:00 am
1 hour long. Age appropriate for 2-5 year olds. Younger siblings are welcome.
Not a drop off/parent or guardian must stay. LIMITED SPOTS AVAILABLE.
YOU MUST SAVE YOUR SPOT BY CALLING OR COMING INTO THE OFFICE
LOCATION: Little People Room, FREE OF CHARGE!

CHILDREN & TEEN SPORTS PROGRAMS

OLYMPIC FENCING: Scituate Recreation's Multi-Purpose Room. These courses are offered to boys and girls, **ages 8 and up.** This course is for any person who wants to learn, practice, and improve all aspects of the sport. **Instructor: Jim Mullarkey. 10 weeks. (No Class 2/19/15)**
Thursdays: January 8 - March 19, 2015 **Fee: $118 per code**
(1375): Beginner: 4:45 pm to 5:45 pm (1376): Interm. I: 5:45 pm to 6:45 pm (1377): Interm. II: 6:45 pm to 7:45 pm

OLYMPIC ARCHERY: Scituate Recreation's Multi-Purpose Room. Learn Olympic Archery through a fun, safe and nationally recognized program. **Instructor: David McCarthy** and his staff are USAA certified instructors.
6 weeks. Ages: 8—15 years old. Fridays: January 9 - February 13, 2015
(1378): Beginner Class- 3:30 pm to 4:30 pm **(1379): Intermediate Class- 4:30 pm to 5:30 pm** **Fee: $110**

COACH MIKE'S FEBRUARY BREAK OPEN GYM (Grades 5-8): Location TBD
Come join **Coach Mike Connor and staff** during February vacation for a whole lot of fun! Coach will coordinate all sports games, activities, and tournaments throughout the **two days**. Certificates will be awarded to the tournament champions. Please bring a bottle of water.
(1412): Tuesday, February 17th and Wednesday, February 18th from 11:00 am – 2:00 pm **Fee: $30**

BABYSITTING COURSE: Little People Room at Scituate Recreation. 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. **Registered Nurse, Melissa Thompson, Instructor**.
(1413): Friday, January 16th (SCITUATE SCHOOLS-HALF DAY) from 1:00 pm to 4:00 pm **Fee: $25**

CO-ED VOLLEYBALL FEBRUARY BREAK CLINIC (Grades 4-6): Gates Middle School Gym. 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. Sneakers are required. If you have a volleyball, please bring it! NO EXPERIENCE NECESSARY.
Coach: Patty Thompson. 3 Days
(1380): Tuesday: Feb. 17th – Thursday Feb. 19th from 9:00 am – 10:30 am **Fee: $55**

CALLS FROM THE NORTH POLE

What could be more special than phone a call from the jolly elf himself!
*On **Monday, December 15th, 2014** special long distance calls will be made **between 6:00 p.m. to 6:30 p.m.** from the North Pole directly to your child in Scituate. While there is no charge for this service, a **special information sheet must be filled out and returned to the Recreation Department by Thursday, December 11th, 2014.***
*The information sheets will be available at the Recreation Department beginning **Monday, December 1st.** Calls will be limited so, pick up your form early. **These calls are most appropriate for children aged 3 to 8.** Only one attempt to reach each child will be made.*

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

BEGINNERS TUMBLING W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room. This is an **8 week**

tumbling program! Kids will learn basic stretching, drills, mat tumbling, somersaults, back rolls, cartwheels, and bridges. Props included are hula hoops, bean bags, and streamers! **Instructor: Tracey O'Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **Ages 4 to 6**

(1381): Saturdays: January 10 – March 7, 2015 (No class 2/21/15) from 9:30 am to 10:30 am Fee: $85

ON YOUR TOES W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room. These are **8 week** dance

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

Saturdays: January 10 – March 7, 2015 (No class 2/21/15)
(1382): Age: 2 10:30 am to 11:00 am Fee: $45
(1383): Ages: 3-5 11:00 am to 12:00 pm Fee: $85

GUITAR LESSONS FOR KIDS W/ MATT BROWNE: Little People Room at Scituate Recreation.
A one-hour weekly program that features a complete and comprehensive study of guitar fundamentals. All students require a guitar: electric (with working amp) or acoustic and guitar picks. **Fee: $90**

Instructor: Matt Browne. 8 weeks. (No class 2/17/15)
(1384): Tuesdays: January 6 – March 3, 2015 from 4:30 pm to 5:30 pm

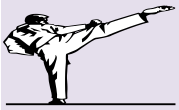
NEW **YOUNG PICASSO: Little People Room at Scituate Recreation.** The painting party will feature a fun, social class taught by **Heather Martin, owner of The Pour Artist**. Children of all skill levels and ability are encouraged to attend. Heather's step-by-step instructions will help create your child's very own masterpiece that you will cherish forever! The painting is created using non-toxic acrylic paints. Smocks are provided, but painters are encouraged not to wear their Sunday best. For more information visit www.thepourartist.com." **Age appropriate for 7-13 year olds**
(1414): Wednesday, February 4th from 4:30 pm – 6:30 pm Fee: $35

CUPID'S KRAFTIME 1-Day Workshop: Little People Room at Scituate Recreation. Come join Dalby Farm owner

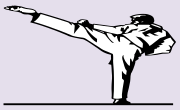
Cheryl Bowen-DiTomasso for a 1 day Valentines Workshop! Kids will create their very own valentines and/or decorations for friends & family! All materials & supplies included. GRADES K-6
(1415): Monday, February 2nd from 4:00 pm to 6:00 pm Fee: $25

THE SNOWMAN CHALLENGE (First School Snow Day)

Let's see who can build the best Snowman! Share your Snowman with Scituate Recreation. Send us your pictures and we will post them to our Facebook page. The winner will receive notoriety and a Scituate Recreation Shirt! Send pictures to **nlombardo@scituatema.gov**



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): Multi-Purpose Room

Classical Kung Fu for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Traditional Karate and Kung Fu moves are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! **10 weeks. (No Class 2/18/15)**

(1385): Wednesdays: January 7 – March 18, 2015 from 6:00 pm - 7:30 pm Fee: $115

TAI CHI – INTERNAL ARTS: Multi-Purpose Room

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

10 weeks. (No class 2/17/15)

(1386): Tuesdays: January 6 – March 17, 2015 from 6:00 pm - 7:30 pm Fee: $155

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

For the beginning student, this is a fun, structured introduction to the formal training of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks (No class 1/19, 2/16/15)**

(1387): Mondays: January 5 – March 23, 2015 from 4:50 pm - 5:50 pm Fee: $88

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

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

Instructor: Cole Hawkins. 10 weeks. (No class 2/17/15)

(1388): Tuesdays: January 6 – March 17, 2015 from 4:50 pm - 5:50 pm Fee: $88

JUNIORS KUNG FU 10-13 YEAR OLDS: Multi-Purpose Room

Mixed marital arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins 10 weeks. (No Class 2/18/15)**

(1389): Wednesdays: January 7 - March 18, 2015 from 4:50 pm – 5:50 pm Fee: $88

SCITUATE PLAY HOUSE

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

(Grades K-2) Robin Hood (8 total meetings)
Rehearsals: SHS Multi-Purpose Room
Dress Rehearsal and Show: SHS Auditorium
Roles for 12 actors- **(1437):** Boys (max. 8) **(1438):** Girls (max. 4)
Auditions: Saturday: Jan. 17th from 3:00 pm – 4:00 pm
Rehearsals: Saturdays: 1/24, 1/31, 2/7, 2/14, 2/28 from 3:00 pm – 4:00 pm
Dress Rehearsal: Saturday: March 7th from 3:00 pm – 4:30 pm
Final Performance: Saturday: March 14th, Shows starts at 5:00 pm
Fee: $125

(Grades 3-6) "Sound of Music" (10 total meetings)
Rehearsals: Scituate Harbor Community Building
Dress Rehearsal and Show: SHS Auditorium
Roles for 15 actors- **(1439):** Boys (max. 7) **(1440):** Girls (max. 8)
Auditions: Wednesday: Jan. 7th from 4:00 pm – 5:30 pm
Rehearsals: Wednesdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/4 from 4:00 pm – 5:30 pm
Dress Rehearsal: Saturday: March 7th from 4:30 pm – 6:00 pm
Final Performance: Friday: March 13th, Actors arrive at 6:00 pm. Show starts at 7:00 pm
Fee: $180

(Grades 7-11) February Break "The Chicago Reunion"
Actors from our 2011 performance reunite! New actors welcome to join in the fun!
8 Spots Available **(1441):** Boys (4 spots) **(1442):** Girls (4 spots)
Rehearsals: Tuesday Feb. 17th – Feb. 19th from 10:00 am - 2:00 pm
Dress Rehearsal: Friday Feb 20th, 12:00 pm – 2:00 pm
Final Performance: Friday: February 20th Actors arrive at 6:00 pm. Show starts at 7:00 pm
Fee: $150

ADULT FITNESS, SAFETY, ART & SPORTS PROGRAMS

ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!

"WRAP IT UP" HOLIDAY GIFT WRAPPING: Restaurant at Widow's Walk
Get out of the house and come join us with a friend or two for some Holiday gift wrapping!
We will supply tape, scissors, holiday music, and a limited amount of wrapping paper.
The restaurant will be open for your convenience to purchase food and drinks.
Wednesday December 17th, 2014 from 10:00 am to 1:00 pm & 6:00 pm to 9:00 pm
FREE of charge. Please call the office to secure your spot.

NEW **PAINT & POUR! Restaurant at Widow's Walk.** The painting party will feature a fun, social class taught by **Heather Martin, owner of The Pour Artist.** People of all skill levels are encouraged to attend; no art experience is necessary. You will follow Heather's step-by-step instructions to create your own 16" X 20" masterpiece. By the end of the class you will be shocked at your final product, everyone is! All supplies are provided. The painting is created using non-toxic acrylic paints. Smocks are also provided, but painters are encouraged not to wear their Sunday best. For more information visit www.thepourartist.com." Please look to page 11 to view the paintings your will be creating.
FOOD & DRINKS WILL BE AVAILABLE TO PURCHASE AT THE RESTAURANT. **Fee: $50 per code**
(1416): February 26, 2015 from 6:30 pm to 9:00 pm & (1417): March 19, 2015 from 6:30 pm to 9:00 pm

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. **8 weeks**
(No class 2/20/15) (1391): Fridays: January 9 - March 6, 2015 from 12:00 pm - 1:00 pm **Fee: $105**

JIU-JITSU FOR SELF DEFENSE: **Scituate Recreation's Multi-Purpose Room**. Since 1925, the Gracie Family has dedicated their lives to developing the most effective system of self-defense the world has ever known. Today, the Gracie Jiu-Jitsu stands alone in its ability to empower anyone -- regardless of age, gender, or athletic ability. This class is tailored for beginners with no prior experience in martial arts**. Instructor Dan Reynolds is a Certified Gracie Jiu-Jitsu Instructor through Gracie Academy World Headquarters in Torrance, CA. 8 classes.** **Fee: $65**
(1390): Fridays: January 9 – Feb 27, 2015 from 7:00 pm to 8:00 pm

ZUMBA: **Monday: Scituate Recreation's Multi-Purpose Room/Thursday: Scituate Harbor Community Building**

The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. ***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 2/16, 2/19/15)**
***(1418): In the MPR, Mondays: January 5 – March 9, 2015 from 6:30 pm to 7:45 pm (9 weeks) Fee: $60**
(1419): In the SHCB, Thursdays: January 8 – Feb 26, 2015 from 10:15 am to 11:15 am (7 weeks) Fee: $45

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

Instructor: Sarah Lannon. 10 weeks.
(1392): Thursdays: January 8 - March 12, 2015 from 8:45 am - 9:45 am
(1393): Sundays: January 11 - March 15, 2015 from 8:00 am - 9:00 am **Fee: $60 per code**

SCITUATE STATIONARY CYCLING

Scituate Recreation's Multi-Purpose Room at Scituate High School.
Get in shape the FAST and AFFORDABLE way! Our cycling program offers the best, certified instructors on **state of the art Schwinn cycles** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (***We DO meet holidays and vacation week)***

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

CRANK OF DAWN (12 weeks) Fee: $100 per code
(1420): Monday 1/5– 3/23/15, 5:45 am to 6:45 am: Maggie
(1421): Tuesday 1/6 – 3/24/15, 5:45 am to 6:45 am: Maggie

SPIN (12 weeks) Fee: $100
(1422): Wednesdays 1/7 – 3/25/15, 9:15 am to 10:15 am: Maggie

SCITUATE CYCLESTRONG (12 weeks) Fee: $100
(1423): Fridays 1/9 – 3/27/15, 9:15 am to 10:30 am: Maggie

CHAIN REACTION (12 weeks) Fee: $100
(1424): Wednesday 1/7 – 3/25/15, 4:00 pm to 5:00 pm: Erin

CYCLE 60 (12 weeks) Fee: $100
(1425): Thursday 1/8 – 3/26/15, 6:00 am to 7:00 am: Nicole

THE ULTIMATE MIX OF CYCLE AND BALL CLASS (12 Weeks) Fee: $100
(1426): Monday 1/5 – 3/23/15, 9:00 am to 10:00 am: Sarah

BEGINNER CYCLE CLASS (12 Weeks) Fee: $80
(1427): Monday 1/5 – 3/23/15, 5:30 pm to 6:15 pm: Sarah

INTERVAL CYCLING (12 Weeks) Fee: $100 per code
(1428): Monday 1/5 – 3/23/15, 6:30 pm to 7:30 pm: Sarah
(1429): Wednesday 1/7 – 3/25/15, 6:30 pm to 7:30 pm: Sarah

THE ZONE (12 weeks) Fee: $100
(1430): Saturday 1/10 –3/28/15, 7:30 am to 8:30 am: Alternates

BOOT CAMP FITNESS CLASS: All levels of fitness welcome! Scituate High School Track. Cardio and muscular conditioning drills and outdoor fitness games. Medicine balls, jump ropes, lunges, squat thrusts, bleachers and hills are all utilized for interval training. Learn how exercise can be FUN in this total body workout! We meet rain or shine - bring your water! **Instructors: Jen Rooney and Suzy Murray. 10 weeks. (No class 1/19, 2/16, 2/18, 2/21/15)**

Fee: $55 per code

(1431): Mondays:
1/5 – 3/23/15, 6:00 am – 7:00 am

(1432): Wednesday:
1/7 – 3/18/15, 6:00 am – 7:00 am

(1433): Saturdays:
1/10– 3/21/15, 7:30 am – 8:30 am

ADULT YOGA: Scituate Harbor Community Building. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 7 Weeks. (No Class 2/19/14)**

(1394): Thursdays: January 8 – February 26, 2015 from 9:00 am - 10:00 am **Fee: $58**

GENTLE POWER YOGA: Scituate Harbor Community Building. This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration.
Instructor: Leslie Payne, CYT. 7 weeks. (No class 2/17, 2/19/15) **Fee: $58 per code**
(1395): Tuesday mornings: January 6 – February 24, 2015 from 8:15 am - 9:15 am
(1396): Thursday evenings: January 8 – February 26, 2015 from 7:00 pm - 8:00 pm

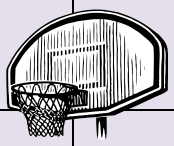
PILATES: Scituate Harbor Community Building. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Please bring a mat.
7 weeks (No class 2/18/15) Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.
(1397): Wednesdays: January 7 – February 25, 2015 from 7:00 pm - 8:00 pm **Fee: $50**

RISE AND SHINE BARRE CLASS: Scituate Harbor Community Building. For a fun yet challenging morning workout, give Barre a try! Barre combines the best elements of dance and Pilates to help you gain overall strength and flexibility, increase core strength, all while giving you a total body workout. As with Pilates, proper alignment and technique are always monitored. Spine safety is a focus, so no tucking for squats or unnecessary repetitions here - just a safe, challenging workout at the Barre (a folding chair) and on the mat. Pilates Circles will also be used to add resistance. Please bring a mat and some water. **7 weeks (No class 2/19/14) Instructor: Jane McGovern, PMA-CPT.**
(1398): Thursdays: January 8 – February 26, 2015 from 7:00 am to 8:00 am **Fee: $50**

RESTORE THE CORE: Scituate Harbor Community Building. This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment, This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. **7 weeks. (No class 2/16, 2/17, 2/20/15)**
Instructor: Denyce Holley, AFAA Certified
(1399): Tuesdays: January 6 – February 24, 2015 from 9:30 am - 10:30 am **Fee: $50 per code**
(1400): Fridays: January 9 – February 27, 2015 from 8:45 am – 9:45 am
(1401): Mondays: January 5 – February 23, 2015 from 7:00 pm - 8:00 pm

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

Tuesdays		**12/02/14 - 3/10/15** 7:30 pm - 9:00 pm	**3/17/15 - 5/19/15** 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. MEN'S BBALL CHECKS PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION: **FEE: $100**
Thursdays		**12/04/14 - 3/12/15** 7:30 pm – 9:00 pm	**3/19/15 - 5/21/15** 7:00 pm – 9:00 pm	



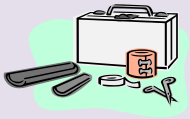
SAFETY PROGRAMS

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE:
Instructor: Ed Gibbons
(Former Scituate Assistant Harbormaster/ Current Scituate Police Officer)
(1443): DATES & LOCATION TBD **Fee: FREE (must register)**

AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.
Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.
(1434): Thursday, January 15, 2015 at 7:00 pm **Fee: $65**

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D.
Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.
(1435): Thursday, March 12, 2015 at 7:00 pm **Fee: $60**

FIRST AID: Scituate Fire Station on 149 First Parrish Rd. Instructor: Mark Donovan
(1436): Thursday, February 12, 2015 at 7:00 pm
Fee: $60



PAINT & POUR

FEBRUARY 26th

MARCH 19th

Coming this winter, Scituate Recreation has something up its sleeve for outside winter recreation for all ages.

"if we build it, will you come"?

LIKE US ON FACEBOOK FOR UPDATES

Don't Miss Out!

Sign up at the Town's website http://www.scituatema.gov/ for municipal updates, including recreation announcements.

SUMMER EMPLOYMENT

We will be accepting summer employment applications from
Thursday January 8, 2015 through Thursday, March 12, 2015.
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 26, 2015

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

PLEASE CUT OUT AND SAVE!

Activities Sponsored by Other Organizations

These are independent organizations & not under Scituate Recreation

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

(Community of Resources for Special Education)

Scituate F.A.C.T.S.	**http://scituatefacts.org/**

(Families, Adolescents and Communities Together against Substances)

WINTER PROGRAM REGISTRATION WILL OPEN
WEDNESDAY, DECEMBER 10th, 2014 at 7:00 PM
WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT

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** _____
(Entering in Fall 2014)

Street Address: _____

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

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

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

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

Name: _____ **Relationship:**_____

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

Medical Conditions (allergies, etc.): _____

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

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

Non Resident Fee - $5.00/program $_____

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

GRAND TOTAL: $_____

PLEASE CONTINUE TO OTHER SIDE

RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do herby 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 Releases 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 Releases will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact nlombardo@scituatema.gov and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed) :_____

Date:_____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF OVER18 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