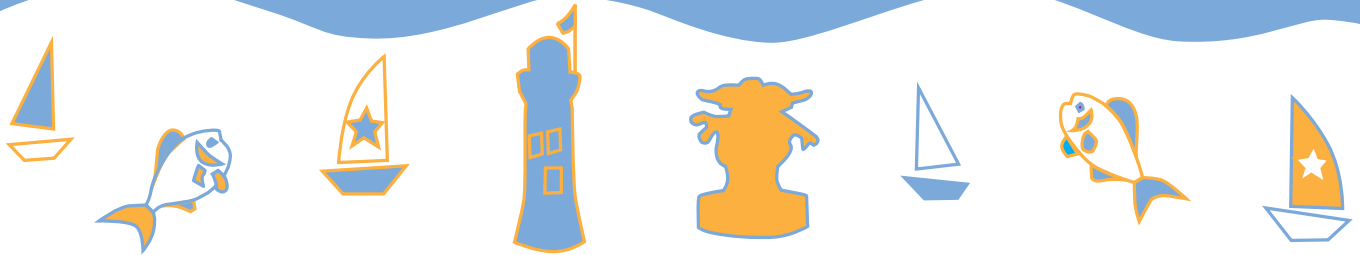


SCITUATE RECREATION 2024 Spring, Summer & Sailing Program



CATCH THE SCITUATE SPIRIT

PHONE: 781-545-8738

Scituate • Massachusetts

EMAIL: Recreation@scituatema.gov

SPRING & SUMMER

Registration opens

Tuesday, March 19

at 5:30 pm

SAILING & MARITIME ADVENTURES

Registration opens

Wednesday, March 20

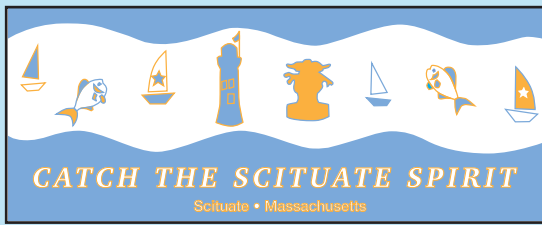
at 5:30 pm

ONLINE REGISTRATION

apm.activecommunities.com/scituaterec/home

BROCHURE WILL BE UPDATED PERIODICALLY. PLEASE CHECK BACK FOR NEW DETAILS.

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



TOWN OF SCITUATE RECREATION DEPARTMENT

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Veteran's Memorial Gym
327 First Parish Rd., Scituate, MA 02066
PHONE: 781-545-8738
EMAIL: Recreation@scituatema.gov
OPEN: Monday: 8:30am-4:30pm
Tuesday, Wednesday, Thursday: 8:00am-4:30pm
Friday: 8:30am-12:00pm

RECREATION STAFF


Nick Lombardo, *Director* – nlombardo@scituatema.gov
Shawna Burkhardt-Hansen, *Assistant Director* – sburkhardt@scituatema.gov
Kevin Devin, *Field Coordinator* – kdevin@scituatema.gov
Robin Gallagher, *Registrar* – rgallagher@scituatema.gov
Sarah Inferrera, *Recreation Clerk* – sinferrera@scituatema.gov


RECREATION COMMISSION


Michael Connor, *Chairperson*
Matt Chase, Dave Mahery, Sheila McCourt, Tracy Johnston
Select Board Liaison: Andrew Goodrich


TOWN OF SCITUATE RECREATION DEPARTMENT

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

 (781) 545-8738

 Recreation@scituatema.gov

 scituatema.gov/recreation-department

 Like Us on Facebook

SCITUATE RECREATION IS DEDICATED TO FOLLOWING ALL MA STATE GUIDELINES/RESTRICTIONS TO PROVIDE SAFE PROGRAMMING TO ALL PARTICIPANTS.

Registration Dates & Details SPRING & SUMMER PROGRAMS REGISTRATION OPENS



Tuesday, March 19th at 5:30 PM

apm.activecommunities.com/scituaterec/home



SAILING & MARITIME PROGRAMS REGISTRATION OPENS

Wednesday, March 20th at 5:30 PM

REGISTRATION DATES & DETAILS

- **SPRING/ SUMMER PROGRAM REGISTRATION OPENS** Tuesday, March 19, 2024–5:30pm at WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT. **SPRING/SUMMER MAIL-IN REGISTRATIONS** for residents will be accepted starting Wednesday, March 20, 2024–12:00pm. Check or money order should be made payable to: Town of Scituate.
- **SAILING/MARITIME ADVENTURES REGISTRATION OPENS** Wednesday, March 20, 2024–5:30pm **SAILING/MARITIME MAIL-INS** will be accepted Thursday, March 21, 2024 – 9:00am.
- **Non-Resident Spring program registration opens** Tuesday – March 26, 2024 – 9:00am
- **Non-Resident Sailing + Summer program registration opens** Wednesday – April 3, 2024 – 9:00am. 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.
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. PLEASE MAKE SURE YOU HAVE AN UPDATED EMAIL ADDRESS ON FILE FOR EACH FAMILY MEMBER IN YOUR PROFILE. WE USE EMAIL FOR PROGRAM UPDATES, NOTICES AND CANCELLATIONS.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration. 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.

POLICIES AND PROCEDURES

- 1) 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.
 - 2) Need financial assistance...Just ask! We will be happy to schedule an appointment with the director &/or assistant director up to 10 days prior to registration.
 - 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 for programs under \$150. Programs \$150 + will be subject to a 10% processing fee). If notification is less than 2 weeks prior to start of class, a credit will be applied to your recreation account minus the appropriate processing fee. Notification for withdrawal must be 48 business hours before the start of the program and received in writing; emails will be accepted. We maintain a NO REFUND policy within 48 business hours of the program start date and once it has begun. Waitlists do not negate this policy.
 - 5) No confirmations are sent. Please note all information on your calendar. Please call us to confirm your mail-in or drop-off registrations.
 - 6) Proper behavior in Recreation programs is expected at all times. We reserve the right to excuse a participant from Recreation programming as necessary.
 - 7) 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.
 - 8) Extreme weather and power outages may result in program cancellations. Notification is not always possible.
 - 9) Children under the age of 12 years must be checked in with the director by parent/guardian before drop-off to any Recreation program.
- After May 22nd there will be NO refunds issued for any Sailing or Summer Essential Programs.

TABLE OF CONTENTS

CHILDREN'S & TEENS' PROGRAMS

PAGES 3-4

Mr. C's Soccer.....	Pg. 3
Little Kickers Soccer.....	Pg. 3
Mini Sports.....	Pg. 3
Little People Program.....	Pg. 3
Tot Shots Pre-K Basketball.....	Pg. 3
Kids Swim.....	Pg. 3
Beginner's Tumbling.....	Pg. 4
On Your Toes.....	Pg. 4
Special Olympics of MA.....	Pg. 4
Kids Karate.....	Pg. 4
Kids Karate 2.....	Pg. 4
Juniors Karate.....	Pg. 4
C.O.R.S.E. Programs	Pg. 4
Homeschool Art Class.....	Pg. 5
Drawing Your Own Animated Characters.....	Pg. 5
Teen Art Workshop.....	Pg. 5
Basketball Fundamentals.....	Pg. 5
Guitar for Kids.....	Pg. 6
Guitar for Kids – Level 2.....	Pg. 6
Wrestling Clinic.....	Pg. 6
LEGO Spike Essentials.....	Pg. 6
LEGO Spike Prime.....	Pg. 6
NEW! SPEED School.....	Pg. 6
NEW! After School Outdoor Adventures with NSRWA.....	Pg. 6
Kids' Test Kitchen.....	Pg. 6

APRIL BREAK PROGRAMS

PAGE 5

Outdoor Adventures
Home Alone Safety for Kids
Babysitter Safety Training
Kids' Test Kitchen



EMPLOYMENT OPPORTUNITIES

Completed applications **must be dropped off in person** to the Recreation Department or mailed in via USPS. Applications received after the deadline will be marked as LATE.

COUNSELORS, DIRECTORS, INSTRUCTORS

We are accepting summer employment applications through Tuesday, March 5, 2024.

Applications are available in the office and online at <http://www.scituatema.gov/recreation-department>

INCOMPLETE APPLICATIONS WILL NOT BE ACCEPTED.

SCITUATE LIFEGUARD POSITIONS

We will be accepting applications through Thursday, March 28, 2024.

REQUIREMENTS: Lifeguard & Waterfront Certifications & applicants must be 16 years old. If you have any questions, please contact the Scituate Rec Department at (781) 545-8738. PREPARE EARLY, find a Lifeguard and Waterfront Course over the winter! Contact the Rec. Department for Course opportunities. *INCOMPLETE APPLICATIONS WILL NOT BE ACCEPTED.*

See page 11 for the Summer Programs Listing 

ADULT PROGRAMS

PAGE 7-9

Unlimited Indoor Cycling.....	Pg. 7
Knitting for Adults.....	Pg. 7
Painting Seasonal Landscapes.....	Pg. 7
Adult Drawing Class.....	Pg. 7
NEW! Pottery Handbuilding Class.....	Pg. 7
Exercise Yoga Ball Workout.....	Pg. 7
Morning Flow Yoga.....	Pg. 7
Evening Restorative.....	Pg. 7
Hatha Yoga.....	Pg. 7
Intro to Pickleball.....	Pg. 8
Pickleball Skills and Drills.....	Pg. 8
Zumba.....	Pg. 8
Cycle Circuits Combo.....	Pg. 8
Restore the Core.....	Pg. 8
Adult Tennis.....	Pg. 8
Stroller Fit.....	Pg. 8
Tai Chi.....	Pg. 8
Adult Karate.....	Pg. 8
Women's Over 30 Adult Basketball.....	Pg. 8
Men's Over 30 Basketball.....	Pg. 8
NEW! Safe Foraging for Mushrooms.....	Pg. 9
NEW! Intro to Safe Cultivation of Edible Mushrooms in Logs.....	Pg. 9
NEW! Intro to Safely Growing a Culinary Mushroom.....	Pg. 9

WIDOW'S WALK ADULT GOLF PROGRAMS

PAGE 9

Introductory Clinic
intermediate Full Swing
Short Game Series

SAFETY COURSES

PAGE 9

A.H.A. Heart Saver CPR/AED
A.H.A. BLS Provider CPR/AED

SAILING 2024

PAGE 10

Mercury (Ages 8 +)
420's (Ages 11-18)
Adult Sailing
CORSE Maritime Adventures

MAIL-IN REGISTRATION/WAIVERS.....LAST PAGE

COMMUNITY SERVICE OPPORTUNITIES

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

If so, stop by the Rec Department and pick up a community service application or visit <http://www.scituatema.gov/>.

The Rec Department has many great opportunities for you to give back to our community. An informational session will be held on Community Service opportunities with the Rec Dept.

Interviews will be held the first week of May.

PLAN AHEAD: spots are limited.

DEADLINE: Thursday, March 7, 2024.

SPRING
EVENTS

29th Annual
Easter Egg Hunt

FREE

NO
REGISTRATION
REQUIRED

Saturday, March 30th
at 9:30 AM

at Widows walk Golf Course

Most appropriate for children's ages 3-6.
Not a drop off, must be accompanied by adult/
guardian. Bring your basket and get ready for FUN
and a surprise visitor!



NEW!

The Scituate Recreation Department and the
Scituate Bicycle Committee present to you...

**Pedal for the Planet:
Bicycle Slo Roll**
Saturday, April 20th

Registration ONLY \$5
per participant!

SIGN IN:
10:30 am



Join the Rec Department and Scituate Bike committee to celebrate Earth Day
with a Bicycle Slo Roll on Saturday, April 20th!

The Slo Roll leaves Scituate Recreation Department at 11:00 am and rolls down
First Parish to Peggotty Beach where there will be Earth Day activities, Food trucks,
Bicycle safety tips, and a beach to visit! Bring your helmet, water bottle, and bike
in the very first Scituate Bicycle Slo Roll!

*Any participant in elementary school (5th grade) or younger must be accompanied by an adult.



**MR. C's INSTRUCTIONAL YOUTH SOCCER hosted by
SOUTH SHORE SELECT SOCCER (Entering K-1):**

Scituate Community Turf #2

Scituate Recreation, in cooperation with South Shore Select (SSS) Soccer Club, will host this instructional soccer clinic originally created by Mr. C. This program is for children (Scituate Residents) entering Kindergarten and 1st Grade-Fall 2024. Please note: Game times vary each week between 12:30-1:30pm-Boys Only; 1:45-2:45pm-Girls Only. The clinic will be under the direction of SSS Soccer with support of parent/guardian volunteer coaches. Please consider signing up to help. Participants should wear shin guards and sneakers. Teams & schedules are released the Wednesday prior to program start date following coaches meeting. 5 weeks. Rain date: June 1. Instructor: "Mr C"

Saturdays: April 20 - May 18 (June 1 Rain Date) FEE: \$65
MANDATORY COACHES MEETING: Thursday, April 11th at 6:00 pm

LITTLE KICKERS SOCCER (Ages 2-4): Recreation Field (Veteran's Gym if rain)

This program is for children not eligible for Mr. C's Soccer. South Shore Select (SSS) Soccer Club is offering this beginners soccer clinic. The program provides opportunities for children ages 2 to 4 to engage in a variety of soccer games. Classes are designed to create self-confidence, promote physical fitness, and help develop motor skills. Participants should wear sneakers and shin guards. 5 weeks. Instructors: South Shore Select (SSS) Soccer Club

Mondays: Session 1: April 22 - May 20, 9:00am-9:45am FEE: \$75/session
Session 2: April 22 - May 20, 10:00am-10:45am
Fridays: Session 1: April 26 - May 24, 9:00am-9:45am FEE: \$75/session
Session 2: April 26 - May 24, 10:00am-10:45am

NEW! MINI SPORTS (Ages 2-4) with IJE:

Cudworth Field/ Veterans Gym (weather)

Mini sports is a unique program that blends sports specific movements, games, and exercises to develop essential skills needed for different types of sports and physical activity. This season student athletes will receive training in various seasonal sports/ games, physical education lessons, and our SPA program that includes Speed, Plyometrics, and Agility. 5 weeks.

Tuesdays: April 23 - May 21, 9:00am-10:00am FEE: \$105



LITTLE PEOPLE PROGRAM (Ages 2-3): A101 @ Rec Dept.

The Little People program has been offered successfully for over twenty-five years! This is a great opportunity for friendships to evolve as children ages 2-3, along with one parent or caregiver (No siblings) share in music dance, arts & crafts, as well as unstructured play. 8 weeks (NO CLASS 4/17). Instructors: Kelly Arevian & Colleen Noonan.

Wednesdays: April 3 - May 29

Session 1: 9:00am-10:15am

FEE: \$110/session

Session 2: 10:30am-11:45am

FEE: \$110/session

TOT SHOTS PRE-K BASKETBALL (Ages 3 1/2 +):

Veteran's Memorial Gym @ Rec Dept.

This co-ed Pre-K introduction to basketball is designed to familiarize young athletes with basketball terminology while enhancing motor and social skills. It encompasses a "Building Blocks" style of teaching that allows drills to build onto one another as the player's progress. Young athletes will also be introduced to the concept of sportsmanship and a "team" atmosphere while enjoying basketball with their new friends. Please bring your own basketball (labeled with name). 6 weeks (NO CLASS 4/14, 4/19, 4/20) Coach Keven James.

Fridays: April 5 - May 17 - 6:00pm-7:00pm

FEE: \$65/session

Saturdays: April 6 - May 18 - 7:45am-8:45am

FEE: \$65/session

Sundays: April 7 - May 19 - 7:45am-8:45am

FEE: \$65/session

KIDS SWIM (Ages 3-5): Scituate Racquet & Fitness Club

BEGINNER: Ratio 1 instructor to 3-4 students. SKILLS LEARNED: Blow bubbles with mouth and nose; Fully submerge face and head in the water; Front float with support; Back float with support; Enter and exit the water independently; Push off the wall and paddle for 5 strokes independently. 5 weeks (NO CLASS 4/16, 4/18).

Tuesdays: April 2 - May 7, 9:30am-10:00am

FEE: \$138/session

Thursdays: April 4 - May 9, 9:30am-10:00am

FEE: \$138/session

BEGINNER'S TUMBLING with MISS TRACEY (Ages 4-6): A102 @ Rec Dept.

Children will learn the basics stretching, drills, mat tumbling, somersaults, back rolls, cartwheels and bridges. Props included are hula hoops, bean bags, and streamers! 8 weeks. No Class 5/18) 8 weeks.

Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB.

Saturdays: April 6 – June 1, 11:00am–12:00pm

FEE: \$95

ON YOUR TOES with MISS TRACEY (Ages 2-6): A102 @ Rec Dept.

Come and join Miss Tracey for this beginner's dance program where participants will learn the basic movements while following along to music. CLOTHING SUGGESTIONS: Leotard tights, ballet slippers and tap shoes (No tap shoes for 2-year old's). 8 weeks. *Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB.*

Saturdays: April 6 – June 1 (No class 5/18)

Age 2 (with parent): 9:30am–10:00am

FEE: \$55

Ages 3-6: 10:00am–11:00am

FEE: \$95

SPECIAL OLYMPICS of MASSACHUSETTS (SOMA) TRACK & FIELD

at Community Track and Field (Turf 1)

Program for Children over 8 who have been identified with a learning disability or special needs, Middle School and Adults. We welcome Peer Role Models to act as "unified partner" to assist SO athletes with training and competition. Program includes training in wheelchair, 25m assisted walk, 50m–800m 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, a water bottle and a desire to run, jump, throw and have fun. Parent participation is welcome! *Margie Carr and Vinny Harte – SOMA Certified Track and Field / Athletics Coaches.* Volunteers needed; High School Students and Adults. **Contact Facilitator Mary Beth Fassnacht and Lauren Sears if interested: ldssoma22@gmail.com and mbfsoma22@gmail.com**

DATES: March 23- June 1

Saturdays 4:00–5:00pm & Sunday 9:00–10:00am



KARATE

Room A102 @ Rec Dept.

INSTRUCTOR:

Dan Reynolds, Karate and Jiu Jitsu Black Belt

KIDS KARATE (Age 6-8):

FEE: \$96 / session

For the beginning student, this is a fun, structured introduction to the art of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, exercises and playful games based on the fundamental principles of the art. 8 weeks. (NO CLASS 4/15, 4/19, 5/27)

Mondays: April 1 – June 3, 4:30pm–5:30pm

Fridays: April 5 – May 31, 4:30pm–5:30pm

NEW! KIDS KARATE 2 Black Belt Club (Ages 6+): FEE: \$96

For the returning student, having been promoted to yellow belt or above in Kids Karate 1. This class further explores the principles and techniques introduced in the beginner class. Instructor approval required for enrollment in class. (NO CLASS 4/16). 8 Weeks.

Tuesdays: April 2 – May 28, 5:00pm–6:00pm

JUNIOR'S KARATE (Age 9-13):

FEE: \$96

Mixed marital art (age appropriate). Following traditional Kung Fu / Karate. Incorporating striking, grappling, self-defense techniques, and fitness. 8 weeks (NO CLASS 4/17).

Wednesdays: April 3 – May 29, 4:30pm–5:30pm

CORSE PROGRAMS

Note: No Refunds issued 2 weeks prior to start of all programs due to staffing requirements



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 NAUTICAL MILE: Scituate Community Turf #3 (Softball)

Veterans Gym at Rec Dept. will be used for inclement weather.

Our very popular Nautical Mile program is back for the Winter, 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. 6 weeks. (NO CLASS 2/18) *Instructor: Erin Culbert.*

Sundays: April 7 – May 19

FEE: \$60/ session

Pre-K: 1:00pm – 1:30pm Gr. 1-8: 1:45pm–2:45pm

*Last Day May 19 will run 10:00-10:30am (Pre-k-K) / 10:45am–11:45am (Gr.1-8)

ALL-STARS KARATE (Gr. 1-8): Room A102 @ Rec Dept.

This program's 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. 6 weeks (NO CLASS 4/15). *Instructor: Dan Reynolds, a Karate and Jiu Jitsu black belt.*

Mondays: April 8 – May 20, 5:45pm–6:30pm

FEE: \$60

HOMESCHOOL ART CLASS (Ages 6-13): Room A103 @ Rec Dept

Immerse yourself in the study of artistic techniques and art history. Each class will have a dedicated artist and artistic technique that our artist will learn and practice. Each class has a dedicated art project that students will bring home the following class period upon finishing. Dress for a mess! Though most of the art mediums are washable, stains may happen. Please contact Mrs. Kowal if you cannot attend a class at Beebleartcenter@gmail.com. 8 weeks (NO CLASS 4/18) *Instructor: Melissa Kowal.*
Thursdays: Dates April 4 – May 30, 11:00am-12:30pm **FEE: \$145**

TEEN ART WORKSHOP (Grd. 6-8): Room A103 @ Rec Dept.

Join Paul Papadonis, an experienced local art educator, for adventures in art making with many different media. Have fun experimenting with watercolors, acrylic on canvas, paper sculpture, collage, mix media, stencil printmaking, and oil pastels. Take this opportunity to make art in a relaxed and creative atmosphere. An iPad or cell phone is recommended for class use, but not required. Supplies included in program rate. *Instructor: Paul Papadonis.* Limited to 8 participants. 6 weeks (NO CLASS 4/17).
Wednesdays: April 3 – May 15, 5:00pm-6:00pm **FEE: \$89**

DRAWING YOUR OWN ANIMATED CHARACTERS (Entering Grd.6-8):

Room A103 @ Rec Dept.

What makes your favorite animated characters come to life? How are they drawn? What makes them so interesting and just plain fun to look at? Spend time drawing with the goal of inventing your own original animated characters. Learn to draw them in action, running, jumping, falling. Capture their emotions happy, angry, scared. Students will create their characters with markers or colored pencils and develop finished drawings of their invented characters. 6 weeks. (NO CLASS 4/17). *Instructor: Paul Papadonis*
Wednesdays: April 3 – May 15, 4:00pm-5:00pm **FEE: \$89**

BASKETBALL FUNDAMENTALS (Grd. 5-9 - Grouped accordingly):

Veteran's Memorial Gym @ Rec Dept.

This program intends specifically to teach BOYS AND GIRLS 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. Bring your own ball and a great attitude! Students will be divided into age appropriate groups. 6 weeks (NO CLASS 4/18). *Coach: Keven James.*
Thursdays: April 4 – May 16, 6:00-7:00pm **FEE: \$65**

APRIL BREAK PROGRAMS



NEW! OUTDOOR ADVENTURES WITH NSRWA (Ages 9-13)

Looking to get your youth outside and into an adventure during April break?

The North and South Rivers Watershed Association is excited to partner with Scituate Recreation to offer a fun, exciting, and educational week of outdoor adventures! Fishing, Geocaching, Survival Skills, Nature Games, and Outdoor Discovery! All equipment and transportation provided. Meet at the Scituate Recreation Department office each afternoon at 1:00pm. Drop off and Pick up will be at the Rec.

Tuesday-Friday, April 16-19, 1:00pm-4:00pm

FEE: \$179

Week's Itinerary:

- Tuesday:** Geocaching at Higgins-MacAllister Preserve
- Wednesday:** Fishing at Jacobs Pond
- Thursday:** Survival Shelter Building at Crosbie Family Preserve
- Friday:** Nature Games and Forest/Stream Discovery at Bates Lane Conservation Area in Scituate

HOME ALONE SAFETY FOR KIDS (Grades 4-6)

@ Rec Dept.

FEE: \$60

This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/ kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic class is serious business made fun. Please bring a pen/pencil to class. This class covers real life situations, like Amber Alert, kidnappings and first aid, which maybe overwhelming to the sensitive child. *Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M of South Shore Safety (www.southshoresafety.com).*

Thursday: April 18, 9:30am-12:pm

BABYSITTER SAFETY TRAINING COURSE (Grades 5-8) @ Rec Dept.

FEE: \$60

When parents entrust their most treasured gifts to a babysitter, remember that they will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. Kids who are trained in Babysitter Safety will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages, from accidents to tantrums. This class covers child development, basic first aid, feeding, changing diapers, safe marketing and much more. Certificate of Completion included. Please bring a doll/stuffed animal to class. *Instructor: Bette Antonellis, LPN, CTTS-M of South Shore Safety (www.southshoresafety.com)*

Thursday: April 18, 12:30pm-3:00pm

KIDS' TEST KITCHEN: @ Rec Dept.

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! In this 3-hour intensive, young eaters, working together, will prepare 2 recipes whose key ingredients are known to be really good for us! We'll focus a bit more on learning practical cooking skills, while finding fun ways to enjoy the flavors of the season. We will use every second of our time together! Along with cooking and tasting, which will be the emphasis, we'll also take short breaks to expel some energy and flex our brain muscles. Just like our classic model, students will be provided with the focal ingredients or a sample of the finished dish, along with the printed recipe card, so they can show off for you at home! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.



Grs. K-2 Tuesday: April 16, 10:00am - 1:00pm
Grs. 3-5 Wednesday: April 17, 10:00am - 1:00pm
FEE: \$79 / Day

**Please clearly disclose all food allergies and/or dietary restrictions upon registration.*

GUITAR for KIDS (Age 8-12): Room A203 @ Rec Dept.

Join instructor Kevin Griffin for an introduction to the guitar. This beginner class starts at tuning and stringing the guitar and will help students learn strum patterns, chords and notes with many exciting and enjoyable learning techniques. Please bring your own acoustic guitar (no electric please) and pick. Also, Thank you to the PJT Memorial Foundation for their donation of 3 acoustic guitars. If your child needs to use a guitar for the program please inform us before sign up. 8 weeks (NO CLASS 4/17).

Wednesdays: April 3 – May 29, 4:30pm–5:30pm FEE: \$110

GUITAR for KIDS – LEVEL 2 (Age 8-12): Room A203 @ Rec Dept.

Instructor Kevin Griffin continues where he left off in Guitar for Kids. Students will continue learning open chords and strum patterns and begin to learn bar chords and basic song structures. Taking beginning guitar is not necessary but a student taking guitar 2 should have some experience with playing. Please bring your own acoustic guitar (no electric please) and pick. Also, Thank you to the PJT Memorial Foundation for their donation of 3 acoustic guitars. If your child needs to use a guitar for the program please inform us before sign up. 8 weeks (NO CLASS 4/17).

Wednesdays: April 3 – May 29, 5:45pm–6:45pm FEE: \$110

WRESTLING CLINIC (Grd. 3-5 - Grouped accordingly):

Room A102 @ Rec Dept.

An introduction to basic wrestling in a fun, fast-paced environment. Tailored toward the first-time wrestler, the program focuses on learning the fundamentals of wrestling with the purpose of developing basic skills through the use of exciting exercises, games and core strengthening. Participants will be matched by grade, weight and skill level. Let's have fun! 6 weeks (NO CLASS 4/18). Instructor: Rick Moskowitz

Thursdays: April 4 – May 16, 5:45–6:45pm FEE: \$65

LEGO Spike Essentials – Ages 6-9: Room A203 @ Rec Dept.



Get ready to embark on a "Great Adventure" with LEGO robotics and coding. You'll construct a variety of modes of transportation that include motors, light sensors, sounds, and light blocks. Then you will use icon blocks to interact with your ferry, bus, boat, and more! 6 weeks.

Thursdays: April 25 – May 30, 4:30pm–5:30pm FEE: \$139

LEGO Spike Prime – Ages 10-14: Multi-Purpose Room @ Rec Dept.

Spike Prime participants will collaborate with a partner and will delve into the world of scratch-based coding. You'll learn how to use motors, sensors, lights, and sounds to manipulate and move your robot. Individualized challenges will be given based on levels of experience. 6 weeks.

Thursdays: April 25 – May 30, 4:30pm –5:30pm FEE: \$139

NEW! SPEED SCHOOL: (Grades 3-8):

Cudworth Field/Veterans Gym (weather)

At the heart of IJE, its student-athletes, and coaches, lies speed school—a foundational program that introduces many of our current and former student athletes to IJE and our SPA Training methodology. This program is designed to equip student athletes with the foundational skills required to excel in our training philosophy known as SPA – Speed-Plyometrics-Agility. Coined by IJE founder Ricky Igbani, this philosophy blends speed mechanics, drills, and movements with explosive plyometrics and COD/agility training. 5 weeks.

Thursdays: April 25 – May 23, 4:00pm–5:00pm (Gr. 3-5) FEE: \$105
 April 25 – May 23, 5:00pm–6:00pm (Gr. 6-8)



NEW!



AFTER SCHOOL OUTDOOR ADVENTURES with NSRWA (Ages 9-13): Scituate Rec Department

Looking to get your kids outside and into an adventure this Spring? The North and South Rivers Watershed Association is excited to partner with Scituate Recreation to offer several fun, exciting, and educational afterschool outdoor adventure sessions! Fishing, Geocaching, Survival Skills, Nature Games, and Outdoor Discovery!

All equipment and transportation provided. Meet at the Scituate Recreation Department office each afternoon at 4:00pm. 4 weeks. (Make up day 5/30) Drop off and Pick up will be at the Recreation Office.

Tentative Itinerary:

- May 2: Geocaching at Higgins-MacAllister Preserve
- May 9: Fishing at Jacobs Pond
- May 16: Survival Shelter Building at Crosbie Family Preserve
- May 23: Nature Games and Forest/Stream Discovery at Bates Lane Conservation Area in Scituate
- May 30: Make up day TBD

Thursdays: May 2 - May 23, 4:00pm – 5:30pm FEE: \$135

KIDS' TEST KITCHEN (K-2nd & 3rd-5th grade): @ Rec Dept.

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Lessons are planned to celebrate seasonal produce as much as possible. Spring brings longer, busier days! Let the kids help plan and prep dinner. We'll work to boost their confidence in the kitchen so you can enjoy meal prep together, or maybe – maybe – you can step aside and watch! At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. Each session arrives with fresh new recipes and ideas to inspire your healthy eater! 5 weeks. **Please clearly disclose all food allergies and/or dietary restrictions upon registration.*



Thursdays: May 2 – May 30 FEE: \$140
 Grades K-2: 4:00pm–5:00pm
 Grades 3-5: 5:30pm–6:30pm

KNITTING for ADULTS (Beginner):

Room A103 @ Rec Dept.

Learn how to knit or improve on your methods! Techniques include: how to cast on, knit & pearl, stockinette stitch, garter stitch, and more! NO experience necessary. Please provide your own equipment and supplies. This class is taught for Beginners-slowly, with patience and guidance throughout (Intermediate students welcome to refresh skills & ask questions). Beginners will need a pair of US size 13 bamboo needles, 14" long and one skein bulky weight acrylic yarn. Bulky weight states #5 on the label of the skein (approximately 7oz. solid color of your choice). Children 10 and up are welcome to register but MUST be accompanied by parent/guardian. 8 weeks (NO CLASS 4/16). *Instructor: Lisa Howell.*

Tuesdays: April 2 – May 28, 5:15pm - 6:45pm

FEE: \$58



PAINTING SEASONAL LANDSCAPES, FLORA & FAUNA IN

WATERCOLOR OR ACRYLIC (Teens 14+ & Adults): Rm. A103 @Rec Dept.

Take this opportunity to capture the aesthetic beauty of the past summer and fall seasons in their colorful glory. Bring in your photographs on electronic media or printed and Paul will guide you in the painting process. The emphasis of the class will be on basic drawing, technique and working compositions. Students will be taken through the painting process in stages developing their paintings in a step by step manner. Paul will work with you at your own artistic level in a small class and relaxed environment. Each participant will make a single finished painting that will be their own completed original work. 6 Weeks (NO CLASS 4/17). *Instructor: Paul Papadonis, experienced art educator.*

Wednesdays: April 3 – May 15, 7:00pm - 9:00pm

FEE: \$99

NEW! ADULT DRAWING CLASS (Ages 16 and up): @Rec Dept.

Join local art educator Paul Papadonis and learn important concepts and techniques of drawing. Enjoy a fun and relaxing environment where you can focus and learn valuable drawing skills. A supply list will be provided. 6 weeks.(NO CLASS 4/15)

Mondays: April 1 – May 13, 7:00pm - 9:00pm

FEE: \$99

NEW! POTTERY HANDBUILDING CLASS: Hatherly School Art Room

This course is designed for the beginner and intermediate students (Ages 18+) and is limited to 10-12 participants. This class will introduce students to the following techniques to use for making their projects, slab building, slump molds, pinch and coil methods. Projects may include making ornaments, mugs, bowls, small dishes, planters and bird houses! A variety of decorative and finishing techniques will be available to students. All materials included Clay, glazing and firing is built into the class cost! 4 weeks. *Instructor: Laura Berton & Jessica Curtis*

Wednesdays: April 24 – May 15, 6:00pm - 8:00pm

FEE: \$135

EXERCISE YOGA BALL with WEIGHT TRAINING:

Scituate Harbor Community Building

This is a fun but challenging workout offering a variety of different strength, balance, core, cardio, posture, flexibility, and coordination moves. Yoga ball is an amazing tool for the spine and offers great lower back support while strengthening the core. Stay fit and healthy all while having fun! Weights, bands, blocks and smaller weighted balls are also used with the exercise yoga ball. 9 & 10 weeks. (No class 4/18, 4/21, 6/9, 6/13). *Instructor: Sarah Lannon*

Sundays: April 7 – June 16 — 8:00am - 9:00am

(9 wks) FEE: \$72

Thursdays: April 4 – June 20 — 9:00am - 10:00am

(10 wks) FEE: \$80

MORNING FLOW YOGA: Scituate Harbor Community Building

Begin your day with centering and warm ups, then move to a flow sequence utilizing the breath. Sun salutations are included, and asanas may be held slightly longer in this class to maximize the stretch. It will include abdominal strengthening and standing sequences. Floor work includes hip openers and gentle backbends. The class ends with a cool down period setting you up for the final pose - savasana. Leaving you to start your day with a positive mindset and intention for your day. All levels. 10 weeks. Recommended props: 2 blocks, strap, and blanket. *Instructor: Gayle Hedstrom*

Tuesdays: April 2 – June 4, 8:15am - 9:15am

FEE: \$80

EVENING RESTORATIVE YOGA: Scituate Harbor Community Building

Transition your day with Evening Gentle Yoga. This class will use a combination of postures, and stretches along with the breath to develop flexibility and relaxation. A soft flow sequence utilizing the breath. Move through some salutations, and asanas often with props such as blocks or belts to access or assist a posture, allowing you to maximize a stretch. Utilizing an awareness of proper alignment brings balance, strength and calmness. Ending with a deep relaxing extended period. 10 weeks. *Instructor: Gayle Hedstrom*

Thursday: April 4 – June 6, 6:15pm - 7:15pm

FEE: \$80

HATHA YOGA: Scituate Harbor Community Building (Back Room)

Hatha yoga is for everyone and anyone who wants to balance body, mind and spirit. This class will focus on stretching and strengthening your body, slowing down, releasing stress and improving focus. This class is for all levels; beginners through experienced yogis are welcome. 10 weeks. *Instructor: Lynne Monaco, RYT-500*

Friday: April 5 – June 7, 8:30am - 9:30am

FEE: \$80

UNLIMITED INDOOR CYCLING CLASSES FOR THE SPRING SESSION!

BEST PRICES IN TOWN!

SCITUATE REC CYCLING UNLIMITED

Multi-Purpose Room @ Rec Dept & A202 last 3 weeks of session

ONLY \$130 / 12 Weeks

Register under our Cycling Program title "Scituate Rec Cycling Unlimited"

Get in shape the FAST and AFFORDABLE way - under \$2 per class! Our cycling program offers the best, certified instructors on NEW Keiser bikes, along with our traditional Schwinn cycles, accompanied by motivating music. Cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.



MONDAYS:	April 1 – June 17	8:30am – 9:30am	Michelle
MONDAYS:	April 1 – June 17	6:15pm - 7:15pm	(no 5/27) Sarah
TUESDAYS:	April 2 – June 18	5:45am - 6:45am	Ellen
WEDNESDAYS:	April 3 – June 19	8:30am - 9:30am	Michelle
WEDNESDAYS:	April 3 – June 19	6:30pm - 7:30pm	Sarah
THURSDAYS:	April 4 – June 20	5:45am – 6:45am	(no 4/18) Ellen
THURSDAYS:	April 4 – June 20	4:30pm - 5:30pm	Sarah & Tara
FRIDAYS:	April 5 – June 21	5:45am – 6:45am	Ellen
FRIDAYS:	April 5 – June 21	9:00am - 10:00am	Maggie
SATURDAYS:	April 6 – June 22	8:30am - 9:30am	Alternates: Stacy & Ellen

Instructors: Maggie Cadigan, Sarah Lannon, Ellen Burke, Stacy Styles, Michelle Gregory, Beth Yonce, Carol Tremblay, Tara Harmon, Erin Culbert

INTRO TO PICKLEBALL: Veterans Memorial Gym @Rec Dept.

Learn the basic rules, how to stay injury free, how to serve and return, court positioning, how and where to hit your best shot. Learn to dink and volley. Exposure to the importance and strategy of playing at the net. The hardest part, learn to keep score! Your own paddle is not required, limited extra paddles available. clinics with a minimum of 2 people. Space limited. 1 Week. *Instructor: Sylvie Franzini*

Monday: April 22 & Wednesday: April 24 — 11:00am - 12:30pm FEE: \$69
Monday: May 6 & Wednesday: May 8 — 11:00am - 12:30pm FEE: \$69

PICKLEBALL SKILLS & DRILLS: Veterans Memorial Gym @Rec Dept.

First Day, practice intentional dinking and volleying at the net. Practice serving and returning consistently with accuracy. Day 2, practice ground shots and drop shots with intention and accuracy. The last half hour of each session will be a coached game using the skills practiced. Must have prior pickleball experience and knowledge to participate. 1 Week. *Instructor: Sylvie Franzini*

Monday: April 29 & Wednesday: May 1, 11:00am - 12:30pm FEE: \$69
Monday: May 13 & Wednesday: May 15, 11:00am - 12:30pm FEE: \$69

ZUMBA® (Age: 18+): Movement Studio @ NEW Gates Middle School

Zumba® is a dance fitness class designed for everyone. We will dance to Latin and World rhythms like meringue, salsa, reggaeton, cumbia, soca, dancehall, and bhangra! This class is designed to incorporate low intensity and high intensity songs for maximum calorie burn. Cues, progressions, and modifications will be offered. We will work on cardio, muscle conditioning, flexibility, balance, and coordination while having fun! Zumba® brings people together for an awesome dance fitness party. Come join us! 11 weeks. (NO CLASS 2/20). *Instructor: Sarah Dolan*

Tuesdays: April 2 - June 11, 6:00pm - 7:00pm FEE: \$88

CYCLE CIRCUITS COMBO: Multi-Purpose Room @Rec. Dept.

A fun way to get a full body workout. Cardio segments on a stationary bike alternating with strength training using a variety of gear including weights, medicine balls, kettlebells, steps, ladders and more. The one-hour class will fly by as you hit every muscle and get your heart rate going! All levels welcome. Participants should bring a yoga mat and water bottle. 10 weeks. *Instructor: Beth Yonce*

Tuesdays: April 2 - June 4, 9:15am - 10:15am FEE: \$80
Wednesdays: April 3 - June 5, 6:00am - 7:00am FEE: \$80

RESTORE THE CORE: Scituate Harbor Community Building

This progressive, Pilates-style mat class focuses on proper breathing technique and form and function of your core muscles, 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. Bring yoga mat and water. (No class April 23 & 26, May 10 & May 14). Please note SUBJECT TO CHANGE FOR DATES OFF. 8 weeks. *Instructor: Denyce Holley, NASM Certified Personal Trainer.*

Tuesdays: April 9 - June 11, 6:30pm - 7:30pm FEE: \$64/session
Fridays: April 5 - June 14, 8:30am - 9:30am FEE: \$64/session

ADULT TENNIS: Scituate Racquet & Fitness Club

uring 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 4/19).

Fridays: April 5 - May 31
Session 1: 12:00pm - 1:00pm (beginner/ Low Intermediate)
Session 2: 1:00pm - 2:00pm (intermediate) FEE: \$118/session

STROLLER FIT-EXERCISE WITH YOUR BABY:

Rotating Outdoor Locations in Scituate

This unique exercise experience accommodates both moms and babies with strong neck control - stroller-aged toddlers. Each class is 60 minutes: a warm-up, segments of cardio, body-toning exercises, restorative core and flexibility training. Set/Reps are performed to popular nursery rhymes, ABCs, 123s and children's songs to keep the children involved. It's functional training for all fitness levels and exposure to a healthy lifestyle for the little ones. Children must stay secured in their strollers at all times for safety. No worries, if the child gets fussy, transitional exercises are designed for this very reason. Participants will need their own resistance equipment (<https://www.amazon.com/SPRI-Xertube-Resistance-Exercise-Medium/dp/B00067E4P4>), a beach towel/mat in stroller, water and comfortable clothing/athletic shoes. 5 weeks (NO CLASS 5/13, 5/27). Rain date: 6/27. *Instructor: Denyce Holley, NASM Certified Personal Trainer*

LOCATIONS: Week 1 - Scituate Lighthouse
 Week 2 - Town Common (Elephant Fountain)
 Week 3 - Rec. Department Tennis Courts
 Week 4 - Scituate Harbor (meet at Scit Harbor Parking Lot)
 Week 5 - AJ MacEachern Park on Driftway

Mondays: April 29 - June 10, 9:30 am - 10:30 am FEE: \$40

TAI CHI (Adults): Room A102 @ Rec Dept.

This class is recommended for individuals 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. 10 weeks. *Instructor: Jim Duffey*



Tuesdays: April 2 - June 4, 6:30pm - 7:45pm FEE: \$125

KARATE (Adults): Room A102 @ Rec Dept.

Mixed Martial Arts, combined with classical Karate/Kung Fu training; that builds strength, stamina and energy. This class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Shaolin Kung Fu 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. *Instructor: Danny Reynolds*

Wednesdays: April 3 - June 5, 6:00 pm - 7:00 pm FEE: \$110

NEW! OVER 30 WOMENS BASKETBALL: Veteran Memorial Gym @ Rec Dept.

This program offers adults 30+ an opportunity to play the sport they love in a fun and friendly group. Please register at gym when you arrive. Checks payable to "Friends of Scituate Recreation."

Wednesdays: September - June 5, 7:00pm - 9:00pm
 FEE: \$50 / Fall, Winter, Spring

OVER 30 MENS BASKETBALL: Veteran Memorial Gym @ Rec Dept.

This program offers adults 30 + an opportunity to play the sport they love in a fun and friendly group. Please register at the Gym when you arrive. Checks payable to "Friends of Scituate Recreation."

Tuesdays & Thursdays: September - June 6, 7:15 pm - 9:00 pm
 FEE: \$100 / Fall, Winter & Spring

NEW
FOR SPRING!!

Foraging, Cultivating and Growing Mushrooms Workshops

Instructor:
Sally Rossi-Ormon

INTRODUCTION TO SAFE FORAGING FOR MUSHROOMS

FEE: \$58

Room A203, Upstairs next to Gym

If you have ever been interested in foraging for mushrooms but were too intimidated by the idea of identifying which mushrooms are safe to handle and eat, this class is for you. Beginners are welcome! In this 6 session class you will learn the principles used for the safe foraging of mushrooms. Included in these classes will be proper identification of edible and medicinal mushrooms, foraging techniques including equipment, and resources for establishing identification. Understand the environmental conditions necessary for mushroom growth including forestry, geology and by season. Proper handling, cleaning, processing and storage for cooking, medicinals and crafting will be demonstrated. Course will conclude with a guided local 2 hour foraging and identification hike. 6 weeks

Wednesdays: April 3 - May 8
6:30pm - 8:00pm



INTRODUCTION TO SAFE CULTIVATION OF EDIBLE MUSHROOMS IN LOGS

FEE: \$40

This workshop will meet outside at Scituate's Community Garden at Teak Sherman Memorial Park at 595 Route 3A, across from Saint Lukes church.

A one day hands-on workshop on how to successfully grow delicious Oyster and Shitake mushrooms in logs. In this workshop you will learn the types of wood most suitable to grow each species of mushroom, use the tools and the techniques needed for proper inoculation (seeding) of logs using plugs and a mushroom starting medium (spawn). Learn to create the conditions needed to grow and have a successful mushroom flush and harvest. Each participant will bring home a successfully inoculated mushroom log.

Saturday: April 27 (rain date Apr 28)
9:00am - 12:00pm



INTRODUCTION TO SAFELY GROWING A CULINARY MUSHROOM

FEE: \$40

This workshop will meet outside at Scituate's Community Garden at Teak Sherman Memorial Park at 595 Route 3A, across from Saint Lukes church.

A one day outdoor hands-on workshop on how to create a successful culinary mushroom garden in your outdoor gardens. Mushrooms and their fungal network are an intricate part of successful compost and garden soil health. In this workshop, using mushroom (seeding) spawn, you will learn to create the best growing conditions for two outstanding culinary mushrooms, Oyster and Wine cap mushrooms. Discover the best growing practices using growing mediums of straw and wood chips and how they are sourced and processed for garden use. In as little as 3 months harvest the delicious fruits of your labor. No garden? No problem! We'll also learn to grow these mushrooms easily in "take home" bucket gardens. Each participant will bring home a successfully inoculated starting bucket for at home use and growing.

Saturday: May 4 (rain date May 5)
9:00am - 12:00pm

Widow's Walk Adult Golf Programs

DIRECTOR: Ian Kelley

INTRODUCTORY CLINIC (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. This course is tailored to the beginner golfer.

Student/Teacher ratio - 6:1.
Tuesday: April 30 - May 28
10:00-11:00am
FEE: \$110/session



INTERMEDIATE FULL SWING (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, & Review.

Student/Teacher ratio - 6:1.
Thursdays: May 2 - May 30
4:30-5:30pm
FEE: \$110/session

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, Trouble Chips & Review.

Student/Teacher ratio - 6:1.
Tuesdays: April 30 - May 28
11:00am-12:00pm
FEE: \$110/session



Safety Courses

Please note: this class will not run without reaching minimum capacity.

Instructor: SMD Associates

Programs will be held at the Scituate Fire Station, 149 First Parish Rd.



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

This class is appropriate for nurses, doctors, EMT's, and nursing students. Defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two-year certification. Two Spring courses available:

Saturday: April 6, 8:30am
Saturday: June 8, 8:30am

FEE: \$75
FEE: \$75

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D

Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification.

Saturday: May 18, 8:30am

FEE: \$75

Sailing 2024

Online Registration for RESIDENTS Opens: **Wednesday, March 20th at 5:30 PM**
NON-RESIDENT Online Registration Opens: **Wednesday, April 3 at 9:00 AM**

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 & bring/wear a Flotation Device (C.G. approved life jacket).

DIRECTOR:
Kevin MacEachern

MERCURY (Recommended Ages 8+)

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. Your choices are morning or afternoon sessions for each week.

MORNING Sessions times: 8:00am – 11:00am

AFTERNOON Sessions times: 12:00pm – 3:00pm

Weeks 1, 3, 4, 5, 6, 7 – FEE: \$215/week

Week 2 – FEE: \$165

- Week 1 — 6/24, 6/25, 6/26, 6/27
- Week 2 — 7/1, 7/2, 7/3 (Mon, Tues, Wed)
- Week 3 — 7/8, 7/9, 7/10, 7/11
- Week 4 — 7/15, 7/16, 7/17, 7/18
- Week 5 — 7/22, 7/23, 7/24, 7/25
- Week 6 — 7/29, 7/30, 7/31, 8/1
- Week 7 — 8/5, 8/6, 8/7, 8/8



CLASSES RUN MONDAY – THURSDAY

With the exception of the week of July 4th (Check dates). We will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday.

420'S (Ages 11-18, Grouped accordingly)

This course is designed for both beginner and intermediate 420 sailors. The two-week session (with the exception of the first week) will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats. Your choice is Morning or Afternoon Sessions.

MORNING Sessions times: 8:00am – 11:00am

AFTERNOON Sessions times: 12:00pm – 3:00pm

- | | |
|---|--------------------|
| Session 1 — ONE WEEK ONLY 6/24, 6/25, 6/26, 6/27 | FEE: \$215/session |
| Session 2 — 7/1, 7/2, 7/3, 7/8, 7/9, 7/10, 7/11
(Mon, Tues., Wed the week of July 4th) | FEE: \$329/session |
| Session 3 — 7/15, 7/16, 7/17, 7/18, 7/22, 7/23, 7/24, 7/25 | FEE: \$369/session |
| Session 4 — 7/29, 7/30, 7/31, 8/1, 8/5, 8/6, 8/7, 8/8 | FEE: \$369/session |

ADULT SAILING



FEE: \$149 Each Session

It's sailing time! Learn the basics of sailing and seamanship in our Cape Cod Mercury's! The program is 6 hours, 2 meeting experience for you. Whether you are just starting out in a sailboat or you're looking for a small boat experience, each class will be

tailored to the sailors' skill level. Participants must be able to swim 100 yards and are expected to wear sneakers and a Coast Guard approved life jacket. All Sailing Programs Meet Rain or Shine.

Wednesdays & Friday

- Week 1: June 19 and June 21 -4:30pm – 7:30pm
- Week 2: June 26 and June 28 -5:45pm – 8:45pm
- Week 3: July 10 and July 12 -5:45pm – 8:45pm
- Week 4: July 17 and July 19 -5:45pm – 8:45pm
- Week 5: July 24 and July 26 -5:45pm – 8:45pm
- Week 6: July 31 and August 2 -5:45pm – 8:45pm
- Week 7: August 7 and August 9- 5:45pm – 8:45pm

Saturday Adult Sailing **

- Session 1: June 15 and June 22 – 8:30am – 11:30am
- Session 2: June 29 and July 6 – 8:30am – 1:30pm
- Session 3: July 13 and July 20 – 8:30am – 11:30am
- Session 4: July 27 and August 3 – 8:30am – 11:30am

FOR ALL SAILING PROGRAMS
Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & bring/wear a Flotation Device (C.G. approved life jacket).

CORSE ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA (Ages 6-22):

Scituate Maritime Center

FEE: \$145 per time slot

DUE TO THE POPULARITY OF THIS CAMP, certain amounts of slots are reserved for children receiving special education services (on an IEP, 504 or DCAP plan) until June 1. After June 1st, it is a first come, first serve basis for registration. You may sign up for one or both weeks.

Week 1: July 15 – July 18

Monday – Thursday

- 1. 9:30am – 11:00am
- 2. 11:15am – 12:45pm
- 3. 1:30pm – 3:00pm
- 4. 3:15pm – 4:45pm

Week 2: July 22 – July 25

Monday – Thursday

- 1. 9:30am – 11:00am
- 2. 11:15am – 12:45pm
- 3. 1:30pm – 3:00pm
- 4. 3:15pm – 4:45pm

See C.O.R.S.E. & Program description on Page 13



SAILING REFUND POLICY: PLEASE NOTE, DUE TO HIGH DEMAND THERE WILL BE NO SAILING REFUNDS ISSUED AFTER MAY 22, 2024. ALL SAILING PROGRAMS MEET RAIN OR SHINE.



SUMMER PROGRAMS REGISTRATION OPENS

Tuesday, March 19th at 5:30 PM
apm.activecommunities.com/scituaterec/home



SAILING & MARITIME PROGRAMS REGISTRATION OPENS

Wednesday, March 20th at 5:30 PM

REGISTRATION DATES & DETAILS

- **SPRING/ SUMMER PROGRAM** REGISTRATION OPENS Tuesday, March 19, 2024–5:30pm at WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT. **SPRING/SUMMER MAIL-IN REGISTRATIONS** for residents will be accepted starting Wednesday, March 20, 2024–12:00pm. Check or money order should be made payable to: Town of Scituate.
- **SAILING/MARITIME ADVENTURES** REGISTRATION OPENS Wednesday, March 20, 2024–5:30pm. **SAILING/MARITIME MAIL-INS** will be accepted Thursday, March 21, 2024 – 9:00am.
- **Non-Resident Spring program registration** opens Tuesday – March 26, 2024 – 9:00am
- **Non-Resident Sailing + Summer program registration** opens Wednesday – April 3, 2024 – 9:00am. 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.



TABLE OF CONTENTS

SUMMER ESSENTIALS

PAGE 13

- Little People Summer
- Morning Adventure
- Young People Day Program
- Summer Blast Gameday

C.O.R.S.E. (ALL-STARS) PROGRAMS

PAGE 14

- All-Stars Ultimate Summer Adventure
- All-Stars Skateboarding Clinic
- All-Stars Maritime Adventures

CHILDREN'S & TEENS' PROGRAMS

PAGES 13-17

- Family Fun Track Races.....Pg. 13
- Friday Adventures.....Pg. 13
- Reel Tight Fishing.....Pg. 14
- "The Mighty Game Week".....Pg. 14
- Nautical Mile Track Club.....Pg. 14
- Soccer Clinic.....Pg. 14
- Co-Ed Volleyball Clinic.....Pg. 15
- Summer Adventures with the NSRWA.....Pg. 15
- Kids Karate.....Pg. 15
- Kids Karate 2.....Pg. 15
- Junior Karate.....Pg. 15
- Basketball Clinic.....Pg. 16
- Donato Street Hockey.....Pg. 16
- Baseball Clinic.....Pg. 16
- Field Hockey Clinic.....Pg. 16
- STEMplay!.....Pg. 16
- Introductory Junior Golf.....Pg. 16
- Intermediate Junior Golf.....Pg. 16
- Short Fuse Theatre Project.....Pg. 17
- Drawing Animated Characters.....Pg. 17
- Teen Art Workshop.....Pg. 17
- Summer Inspirations Painting Workshop.....Pg. 17
- Summer Art Time.....Pg. 17

ADULT PROGRAMS

PAGE 18

- Unlimited Indoor Cycling.....Pg. 18
- Painting Seasonal Landscapes.....Pg. 18
- Exercise Ball Workout.....Pg. 18
- Morning Flow Yoga.....Pg. 18
- Evening Restorative Yoga.....Pg. 18
- Hatha Yoga.....Pg. 18
- Restore the Core.....Pg. 18
- Zumba.....Pg. 18
- Tai Chi.....Pg. 18
- Karate (Adults)Tai Chi.....Pg. 18
- Over 30 Women's Basketball.....Pg. 18
- Over 30 Men's Basketball.....Pg. 18

WIDOW'S WALK ADULT GOLF PROGRAMS

PAGE 18

- Introductory Clinic
- Intermediate Full Swing
- Short Game Series

SAFETY COURSES

PAGE 18

- A.H.A. Heart Saver CPR/AED
- A.H.A. BLS Provider CPR/AED

ADDITIONAL COMMUNITY SERVICES

PAGE 18

- Field, Court, Rink & Bandstand Permits
- Shared Community Links

MAIL-IN REGISTRATION/WAIVERS

LAST PAGE

Brochure will be updated periodically.
Please check back for new details.

Summer ESSENTIALS

LITTLE PEOPLE SUMMER PROGRAM: Rec Dept.

This program focuses on creative enrichment for the 3-5 year-old. This is a drop-off program; parents do not stay with their child. Participants must be toilet independent. Little People will meet from 8:45am to 11:45am each morning. Participants may choose from 2- two-day programs (three weeks in each session). The daily schedule includes water fun, arts and crafts, story time, and age appropriate games. Low participant to counselor ratios (Ratio 1:3) ensure a pleasurable environment for each child. Special performances are included each session. Each day has a different theme; no two days are the same. *Director: Erin Culbert*

Mondays & Wednesdays: 8:45am – 11:45am
Session I: June 24 – July 10 FEE: \$239/session
Session II: July 15 – July 31 FEE: \$239/session

Tuesdays & Thursdays: 8:45am – 11:45am
Session I: June 25 – July 11 (No meeting Thurs. 7/4) FEE: \$200/session
Session II: July 16- August 1 FEE: \$239/session

MORNING ADVENTURE PROGRAM: Jenkins Elementary

This program is for children entering K through 2nd Grade who are looking for a fun-filled structured day. Regular program days are full with music, games, dramatic play and arts and crafts. In addition, we are joined by special performers each session. Field trips are on Thursday unless specified on the program calendar. Each day has a different theme; no two days are the same. There will be two 3-week sessions. (Ratio 1:3) *Director: Andrew Barlow and his staff will facilitate this program.*

Mondays — Thursdays: 9:00am - 2:00 pm
Session I: June 24 – July 11 FEE: \$480/session
 Mon, Tues, Wed: 7/1, 7/2, 7/3 (NO 7/4)
Session II: July 15 – August 1 FEE: \$515/session

NO REFUNDS will be issued AFTER MAY 22nd for these programs & Sailing programs

YOUNG PEOPLE DAY PROGRAM: Rec Dept.

This program is for children entering 3rd through 5th Grade. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. In addition, there will be special performances each session. Field trips are on Wednesday unless specified on the program calendar. Each day has a different theme; no two days are the same. There will be two 3-week sessions. (Ratio 1:3) *Director: Jessica Whittier and her staff will facilitate this program.*

Mondays — Thursdays: 9:00am - 2:00 pm
Session I: June 24 – July 11 FEE: \$480/session
 Mon, Tues, Wed: 7/1, 7/2, 7/3 (NO 7/4)
Session II: July 15 – August 1 FEE: \$515/session

SUMMER BLAST GAMEDAY PROGRAM: Gates Middle School

This program is for students entering Grades 6, 7, or 8. Come join us to participate in fun backyard games and exciting field trips. Each session will be unique. We'll play competitive team games, such as Corn Hole, whiffle ball (homerun derby), Soccer (steal the bacon), Football, Street Hockey and Ultimate Frisbee / Frisbee golf, Basketball, Kan Jam. Field trips are on Tuesday & Thursday unless specified on the program calendar. (Ratio 1:3) *Director: Amanda Mendes and her staff will facilitate this program.*

Monday through Thursday: 9:00am - 2:00 pm FEE: \$225
Session I: June 24 – June 27
Session II: July 1 – July 3 Mon, Tues, Wed: 7/1, 7/2, 7/3 (NO 7/4) FEE: \$175
Session III: July 8 – July 11
Session IV: July 15 – July 18
Session V: July 22 – July 25
Session VI: July 29 – August 1



Participants should bring a nut-free snack and water bottle. Fee includes t-shirt and all activities. No meeting Thursday, July 4.

For children ages 2-10.

FAMILY FUN TRACK RACES

SHS Track/Turf

FEE: \$5 per child, per event (Nonrefundable)

Come join us for these fun, one-day running and track events! Registration is required. *Specific details on ActiveNet!* All registrants will run in at least two heats based on their age group. Race lengths (subject to change): 50M, 100M, 200M, 400M (Races vary per age group). *Event Managers/Volunteers: Emma Gray, Lindsey Morris, Kara DeLuca, Liz Hall*

Wednesdays: June 26 (weather date 6/27); July 17 (weather date: 7/18); August 21 (weather date: 8/22)

Races start at 6:00pm sharp, Check in at 5:45pm.

Please reach out if you're interested in volunteering for the events!

MUST REGISTER SEPERATELY FOR EACH DATE.

SPECIAL PROGRAMS!

FEE: \$215

FRIDAY ADVENTURES

at the Rec Dept.

For students entering Grades 1-5.

Pump up your Friday with this special summer addition of activities. Participants will enjoy activities, games, art/crafts. Participants should bring a nut-free snack, lunch and water bottle. 5 weeks. *Director: Jess Whittier*

Fridays: June 28 – August 1, 9:00am – 2:00pm



C.O.R.S.E. (ALL-STAR) PROGRAMS



Note: No Refunds issued 2 weeks prior to start of all programs due to staffing requirements

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-STAR ULTIMATE SUMMER ADVENTURES: at Rec Dept.

OPEN TO GRADES 1-8: PARTICIPANTS WILL BE GROUPED INTO TWO SEPARATE PROGRAMS ACCORDING TO APPROPRIATE AGE LEVELS; ONE FOR YOUNGER PARTICIPANTS AND THE SECOND FOR OLDER PARTICIPANTS. Participants in this one week program will enjoy a variety of activities that are geared towards facilitating fun-filled, age appropriate social interactions in a structured setting. 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.

Monday – Friday: August 12 – August 16, 8:30am – 1:30pm **FEE: \$275**

ALL-STAR SKATEBOARDING CLINIC: Scituate Skate Park

OPEN TO GRADES 1-8: This is a 4-day summer program that will introduce and/or teach basic skills. This is an integrated program for those with and without special needs, who would prefer a less competitive atmosphere. Skateboarding stimulates focus, hand-eye coordination, and offers an individual sport that children can learn at their own pace but also be social with peers. *This clinic is taught by Technical Skateshop's Bobby DePesa.*

Monday – Thursday: June 24 - June 27, 8:00am – 10:00am **FEE: \$100**

Participants: please bring your own skateboards. A bike helmet and elbow and wrist guards are required.

MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA

Scituate Maritime Center on Edward Foster Road located in the Marine Park

FEE: \$145 per time slot

Open to Ages 6-22. DUE TO THE POPULARITY OF THIS CAMP, certain amounts of slots are reserved for children receiving special education services (on an IEP, 504 or DCAP plan) until June 1. After June 1st, it is a first come, first serve basis for registration. You may sign up for one or both weeks.

During this water sports camp, athletes will build skills in adaptive windsurfing, Hawaiian outrigger canoeing, and stand-up paddling. Sailing will be included the week of July 22nd. This camp will provide specialized instructors and equipment from **AccessSport America**, www.accessportamerica.org. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time.

Registration for **MARITIME ADVENTURES** Opens **MARCH 20, 2024 at 5:30PM** along with **SAILING PROGRAMS**

	Week 1: July 15 – July 18 Monday – Thursday	Week 2: July 22 – July 25 Monday – Thursday
1.	9:30am – 11:00am	9:30am – 11:00am
2.	11:15am – 12:45pm	11:15am – 12:45pm
3.	1:30pm – 3:00pm	1:30pm – 3:00pm
4.	3:15pm – 4:45pm	3:15pm – 4:45pm

NEW!

Reel Tight Fishing

FEE: \$599/ Session

Drop off and Pick up at the Town Boat Ramp on Jericho Road

Dive into the world of aquatic excitement! This program is a weekly charter fishing experience specially designed for young fishing enthusiasts who are eager to cast their lines and reel in unforgettable memories. Geared towards kids aged 10-16, our program offers a perfect blend of fun, education, and hands-on fishing experiences.

Learning the Ropes: Expert captains and mates with local knowledge will teach basic navigation and fishing techniques, from driving the boat, casting, trolling and more, we ensure every young angler gains the essential skills to hook their first big catch.

Aquatic Exploration: Embark on thrilling aquatic adventures as participants explore diverse water ecosystems. From the North and South Rivers to the Minot Ledges and everything in between they'll discover the wonders of our local waterways while developing a profound appreciation of habitats and species.

Eco-Friendly Ethics: Instill a sense of environmental responsibility as campers learn about sustainable fishing practices and the importance of preserving natural habitats for future generations to enjoy **Fresh Catch**.

Fresh Catch: Participants will have the potential chance to bring home dinner! Try new recipes with fresh fish and lobsters caught by your camper. (All regulations and legal limitations apply).

Join us at Reel Tight Fishing for an unforgettable summer filled with laughter, learning, and the joy of reeling in the perfect catch!

Instructor: Lt. Patrick Kearney

Open to Kids
Ages 10-16

PROGRAM RUNS
7:00 AM - 11:00 AM

Week 1: June 24-27
Week 2: July 8-11
Week 3: July 22-25
Week 4: July 29-August 1

Limited spots available!



PARTICIPANTS MUST WEAR A LIFEJACKET FOR ENTIRETY OF TRIP. Please purchase one prior to start.

"THE MIGHTY GAME WEEK" (Gr K-2):

Scituate Community Turf #1

Run by the ije Company. This is a one-week collection of "backyard games" for all participants to enjoy. Games may include soccer, capture the flag, duck-duck-goose, wiffleball, handball, Tag games and much more! This program will help develop coordination, balance, hand-eye skills, and social skills (i.e.) Learn how to win & lose together while having fun). Please pack nut free snack, sunscreen and water bottle.

Mon, Tues, Wed: July 1, July 2, July 3, 8:30am – 12:00pm

FEE: \$179



NAUTICAL MILE TRACK CLUB (Entering Gr. 3rd -5th & Gr. 6th-8th):

Scituate Community Turf #1

A track program designed to prepare runners of all skill levels and abilities. The program will be designed to help improve the fitness level of young athletes. 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 to work on in both sets of skills. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning the runners. 6 weeks. Coach: Sarah Lannon

Mondays & Wednesdays: June 24 – July 31, 5:00pm – 6:00pm

FEE: \$65

CO-ED VOLLEYBALL CLINIC (Entering Gr. 3-8.): SHS Large Gym

Join us as we get pumped to bump, set and spike! Participants will have fun learning volleyball techniques and skills such as passing, setting, hitting, blocking, and more! Be ready to learn the game, work hard and have fun! Sneakers are required. NO EXPERIENCE NECESSARY. All levels welcome! Coach: Dave Stevens

Monday – Thursday: June 24 – June 27

FEE: \$89

Grades 6-9: 8:30 – 10:30am Grades 3-5: 10:45 – 12:45pm

空手道

KARATE

Room A102 @ Rec Dept.

INSTRUCTOR: Dan Reynolds, Karate and Jiu Jitsu Black Belt

KIDS KARATE (Age 6-8):

FEE: \$108

For the beginning student, this is a fun, structured introduction to the art of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, exercises and playful games based on the fundamental principles of the art. 9 weeks.

Mondays: June 24 – August 19

Session 1 – 4:30pm – 5:30pm; Session 2 – 5:30pm – 6:30pm

NEW! KIDS KARATE 2 Black Belt Club (Ages 6+):

FEE: \$108

For the returning student, having been promoted to yellow belt or above in Kids Karate 1. This class further explores the principles and techniques introduced in the beginner class. Instructor approval required for enrollment in class. 9 Weeks.

Tuesdays: June 25 – August 20, 5:00pm – 6:00pm

JUNIOR'S KARATE (Age 9-13):

FEE: \$108

Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating striking, grappling, self-defense techniques, & fitness. 9 weeks.

Wednesdays: June 26 – August 21, 4:30pm – 5:30pm



SUMMER ADVENTURES WITH THE NSRWA (Ages 10-13):

NEW!

Pick up and Drop off at Rec Dept.

Looking to get your kids outside and into an adventure during this Summer?

The North and South Rivers Watershed Association is partnering with Scituate Recreation to offer two exciting sessions of outdoor activities to local South Shore area youth ages 10-13! This 4-Day program runs Monday through Thursday, Fridays are the makeup day. Activities include Kayaking, fishing, hiking, outdoor ecology games, or geocaching. Program package includes four mornings of fun and educational outdoor activities. Participants will gain outdoor experience, develop kayak and fishing skills, discover local forest and wetland ecology, learn local history, and simply have fun while being off the screen and out in nature!

Program includes two experienced guides, including a certified American Red Cross Lifeguard and Wilderness First Responder. All equipment included. Join us as we get outside and explore places in and around our community, all while having fun and experiencing something new.

Feel free to contact brian@nsrwa.org for more information regarding Itinerary:

Monday: Fishing Jacobs Pond

Tuesday: Kayaking Jacobs Pond

Wednesday: Shelter Building and Forest Ecology at Bates Lane Conservation Area

Thursday: Geocaching at Higgins-MacAllister Preserve

Friday: Make-up Day TBD (if needed)

FEE: \$175/session

Monday – Thursday: 9:30am – 12:30pm

Session 1: July 22-25 Session 2: August 19-22



Transportation via the NSRWA Van Provided! Meet at the Scituate Recreation Dept at 845am. Address: 327 First Parish Rd. Scituate, MA. Parents/guardians will drop-off and pick-up their youth at the Rec Dept.

SOCCER CLINIC (Entering Gr. 3-9):

FEE: \$135/session

Scituate Community Turf #1

This is a one-week instructional soccer clinic. Participants will be taught the fundamentals of soccer including: dribbling, kicking, passing, trapping, goal tending and basic soccer rules. Debbie Beal and assistants will run the clinics. Participants will be grouped by age and/or ability. Please pack a nut-free snack, sunscreen and water bottle.

Instructors: Deb Beal and staff

Monday – Thursday: July 8 – July 11

8:30am – 12:00pm (Entering Grades 3-5)

Monday – Thursday: July 15 – July 18

8:30am – 12:00pm (Entering Grades 6-9)



BASKETBALL CLINIC: SHS Large Gym

This instructional clinic is for 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 nut-free lunch, water 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.*

Mon, Tues, Wed: July 1 – July 3, 8:30am – 2:30pm (entering Gr. 3 & 4) FEE: \$140/session
 Mon – Thurs: July 15 – July 18, 8:30am – 2:30pm (entering Gr. 5 & 6) FEE: \$189/session
 Mon – Thurs: July 22 – July 25, 8:30am – 2:30pm (entering Gr. 7- 9) FEE: \$189/session

DONATO STREET HOCKEY CLINIC: PJ Steverman Rink @ SHS

Ages 7-14 – grouped accordingly. Come learn from the BEST! This hockey stick handling and development clinic is coached by former Bruins player and Harvard coach Ted Donato and sons. Bring your roller blades, helmet, gloves & sticks. This is a great opportunity to acquire and improve your skills. Don't miss out!

Tuesday & Thursday: 5:30pm – 7:00pm

Session 1: July 9 – July 18 FEE: \$100/session
 Session 2: July 23 – Aug 1 FEE: \$100/session

*Rain dates Wednesday & Friday as needed

BASEBALL CLINICS: Scituate Community Turf 2

Our Baseball clinics are committed to the proper training and fundamentals of the great game of Baseball. Clinics available for students entering Gr. 2-9. 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, Craig Parkins along with the Scituate High School baseball coaches will run the clinic. Please bring a nut free snack or lunch, water bottle and a great attitude ready to play the game of baseball.

Monday – Thursday: August 5 – August 8
 Entering Gr. 2-3: 8:30am- 11:30am FEE:\$105
 Entering Gr. 7-9: 12:30pm-3:30pm FEE:\$105
Monday – Thursday: August 12 – August 15
 Entering Gr. 4-6: 9:00am-2:00pm FEE:\$165



FIELD HOCKEY CLINIC (Entering Gr. 3-9): Scituate Community Turf

This field hockey clinic run by the high school field hockey Head Coach & Assistant Coach. This 2 days per week clinic is open to all students entering 3rd through 9th grade. Participants will develop basic Field Hockey skills and techniques along with learning the rules of the game. Participants will need to bring shin guards, cleats, a mouth guard, water, and a snack. If needed, sticks will be provided. 3 weeks.

Instructors: Andy Barlow & Amanda Kent.

Tuesdays & Thursdays: July 16 – August 1 FEE: \$69/session
 Session 1: Gr. 3-5 – 4:00pm – 5:00pm
 Session 2: Gr. 6-9 – 5:00pm – 6:00pm

STEMplay! (Entering Grades 1-5): Rec Dept. FEE: \$450/week

Join us for a week of Summer STEMPlay fun! In this program, participants will cycle through a variety of STEM related activities. We will do some LEGO robotics, use a variety of online coding programs to teach participants how to develop video games and other fun coding activities, and do some fun science investigations, engineering challenges, and art projects! Each day we will get outside to play some outdoor games, too. More info can be found atstemplay.org as well as the Recreation Dept. website.

Monday-Friday, 9:00am – 2:00pm
ENGINEERING WEEK: August 5 – 9 ARTS WEEK: August 12 – 16

Widow's Walk Junior Golf Programs

INTRODUCTORY JUNIOR GOLF PROGRAM (Ages 8-14):

This is an introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching, and 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.

Tuesdays: 11:15am – 1:00pm FEE: \$99/session
 Session 1: July 2, 9, & 16 (Rain date, July 23)
 Session 2: July 30, August 6 & 13 (Rain date, Aug 20)

INTERMEDIATE JUNIOR GOLF PROGRAM (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.

Tuesday: 9:00am – 10:45am FEE: \$99/session
 Session 1: July 2nd, 9th, 16th (Rain date, July 23)
 Session 2: July 30th, August 6th & 13th (Rain date, August 20)



THE SHORT FUSE THEATRE PROJECT

Meets in Rec Dept
Multi-Purpose Room

FEE:
\$180

THE SHORT FUSE THEATRE PROJECT:

Whodunnit Edition — "The Dreamwold Heist Mystery" Ages 9-13

The "Mystery Edition" is inspired by the real historical story of Scituate's own, Thomas Lawson!! This 5 day intensive acting workshop involves mandatory rehearsals that introduce kids to the world of acting, storytelling, and problem-solving. Actors will engage in role-playing and script memorization, while working together to create and perform a mystery play in front of a live audience.

Set in 1904 here in Scituate, the actors will be thrust into the extravagant world of Thomas Lawson. Each actor will be assigned a character that was a real person that Thomas Lawson knew (a family member, an employee, a neighbor, a friend or a business owner). The actors will be given details about the character in advance and will memorize lines for a play that they will help create!! We will be encouraging actors to raid their closets, for things they own or can borrow, to come up with their characters costumes. We have props and additional accessories to help bring the characters to life. This program aims to foster creativity, teamwork, public speaking and communication skills while building scripts & blocking scenes in a playful and interactive setting, allowing children to explore their imagination while having fun.

Rehearsal Dates at the Scituate Recreation Department:

Monday, July 15, 4:30-6:30pm; Tuesday, July 16, 4:30-6:30pm;
Wednesday, July 17, 4:30-6:30pm; Thursday, July 18, 4:30-6:30pm

Doors open at 6:30pm; Show begins at 7pm

In Costume, Dress Rehearsal: Actors arrive at 5:30pm.

The Dreamwold Heist Mystery

SHOWCASE: Friday, July 19th at 7pm

Scituate Recreation Department

THE SHORT FUSE
THEATRE PROJECT

FEE:
\$220

THE SHORT FUSE THEATRE PRESENTS:

The Annual Comedy Night Edition Ages 9-13
at Scituate Rec Department

So you've got some jokes and funny stories? Now what? Come spend 3 days with The Short Fuse and perfect your very own 1 man Stand Up Comedy Performance & Showcase your own routine on stage. Actors are expected to arrive on Day 1 with a notebook containing their favorite jokes or favorite funny stories. Jumpstart your comedic journey & get the laughs you're looking for! It's not what you say... it's how you say it! We will offer techniques for pacing, holding for laughs, voice projection, stage presence, body & facial expressions, physicality, use of props & writing. Developing a strong opening & closing are key to a memorable act. There are a million ways to get a laugh from an audience. Let's figure out YOUR best way together!!

We will be accepting 16 hilarious, yet patient Actors—at times we'll be working 1:1, listening and leaning together & from other actors on stage... other times we will be playing acting & improvisation games as a group to help strengthen our skills. Bring a water bottle, notebook & a pen.

Rehearsal Dates at the Scituate Recreation Department: Tuesday, August 13, Wednesday, August 14, & Thursday, August 15 from 9:00am – 12 Noon

Show Call Time for Actors: Thursday August 15th at 6:30pm

Theater Doors open at 7pm for free general admission.

Showcase:
COMEDY NIGHT
Thursday, August 15 at 7:30pm
Scituate Recreation Department

The Arts@SCITUATE REC

DRAWING YOUR OWN ANIMATED CHARACTERS Rm A103 @ Rec Dept.

Entering Grd. 6-8. What makes your favorite animated characters come to life? How are they drawn? What makes them so interesting and just plain fun to look at? Spend time drawing with the goal of inventing your own original animated characters. Learn to draw them in action, running, jumping, falling. Capture their emotions happy, angry, scared. Students will create their characters with markers or colored pencils and develop finished drawings of their invented characters. Two weeks being offered. *Instructor: Paul Papadonis*

Monday – Thursday: 2:15pm-4:15pm

FEE: \$105/session

Session 1: July 8 – July 11 Session 2: July 15 – July 18

TEEN ART WORKSHOP Room A103 @ Rec Dept.

Grd. 6-8. Join Paul Papadonis, an experienced local art educator, for adventures in art making with many different media. Have fun experimenting with watercolors, acrylic on canvas, paper sculpture, collage, mix media, stencil printmaking, and oil pastels. Take this opportunity to make art in a relaxed and creative atmosphere. An iPad or cell phone is recommended for class use, but not required. Supplies included in program rate. Limited to 8 participants. *Instructor: Paul Papadonis*

Monday – Thursday: July 22 – July 25, 2:15pm – 4:15pm

FEE: \$105

SUMMER INSPIRATIONS PAINTING WORKSHOP Rm A103 @ Rec Dept.

Entering Grd. 6-8. Join instructor Paul Papadonis, an experienced local art educator, for a week of art making featuring acrylic painting on canvas. Your work will be centered on capturing the fun of the beach, nature and the garden. Take this opportunity to capture artistic inspirations of the Summer in a relaxed and creative atmosphere. An iPad or cell phone is recommended, but not required. (All electronics will be monitored closely by the instructor.) Limited to 10 participants. *Instructor: Paul Papadonis*

Monday – Thursday: July 29 – August 1, 2:15pm – 4:15pm

FEE: \$105

SUMMER ART TIME! @ Rec Dept.

Entering Grd. 1-3. Come and join us for some summer craft fun! Grades 1-3 will enjoy designing a variety of 'hands on' craft items. Each day of the 4-day workshop will focus on a different theme. All of the unique and fun projects offered, are a wonderful way to encourage your child's creative abilities and to develop manual dexterity. The program is designed to foster imagination and creativity, in an enjoyable atmosphere, while indulging in beads, paint, glitter, glue and more! All supplies included. Bring a nut free snack and water bottle. *Instructor: Caitlin Fitzmaurice*

Monday – Thursday: August 19 – August 22

FEE: \$125/session

Session 1: 9:30am – 12:00pm Session 2: 1:00pm – 3:30pm

PAINTING SEASONAL LANDSCAPES, FLORA & FAUNA IN WATERCOLOR OR ACRYLIC (Teens 14+ & Adults): Rm. A103 @Rec Dept.

Take this opportunity to capture the aesthetic beauty of the past summer and fall seasons in their colorful glory. Bring in your photographs on electronic media or printed and Paul will guide you in the painting process. The emphasis of the class will be on basic drawing, technique and working compositions. Students will be taken through the painting process in stages developing their paintings in a step by step manner. Paul will work with you at your own artistic level in a small class and relaxed environment. Each participant will make a single finished painting that will be their own completed original work. 6 Weeks. Instructor: Paul Papadonis, experienced art educator.

Wednesdays: June 26 – July 31, 7:00pm – 9:00pm FEE: \$99

EXERCISE YOGA BALL with WEIGHT TRAINING: Scituate Harbor Community Building
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Sarah Lannon

Sundays: June 23 – August 25, 8:00am – 9:00am (10 weeks) FEE: \$80

Thursdays: June 27 – August 29, 9:00am – 10:00am (9 weeks) FEE: \$72

MORNING FLOW YOGA: Scituate Harbor Community Building
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Gayle Hedstrom

Tuesdays: June 18 – August 20, 8:15am – 9:15am FEE: \$80

EVENING RESTORATIVE YOGA: Scituate Harbor Community Building
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Gayle Hedstrom

Thursday: June 20 – August 22, 6:15pm – 7:15pm FEE: \$80

HATHA YOGA: Scituate Harbor Community Building (Back Room)
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Lynne Monaco, RYT-500

Friday: June 21 – August 23, 8:30am – 9:30am FEE: \$80

RESTORE THE CORE: Scituate Harbor Community Building
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. (No Class July 16 & 19, August 13 & 16).
Instructor: Denyce Holley, NASM Certified Personal Trainer.

Tuesdays: June 25 – August 27, 6:30pm – 7:30pm (8 weeks) FEE: \$64/session

Fridays: April 5 – June 14, 8:30am – 9:30am (7 weeks, No 7/5) FEE: \$56/session

ZUMBA® (Age: 18+): Multi-Purpose Room @ Rec Dept
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Sarah Dolan

Tuesdays: TBD FEE: \$TBD

TAI CHI (Adults): Room A102 @ Rec Dept.
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Jim Duffey

Tuesdays: June 25 – August 20, 6:30pm – 7:45pm FEE: \$125

KARATE (Adults): Room A102 @ Rec Dept.
SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Danny Reynolds

Wednesdays: June 26 – August 21, 6:00 pm – 7:00 pm FEE: \$105

OVER 30 WOMEN'S BASKETBALL: Veteran Memorial Gym @ Rec Dept.

This program offers adults 30+ an opportunity to play the sport they love in a fun and friendly group. Please register at gym when you arrive. Checks payable to "Friends of Scituate Recreation."

Wednesdays: June – August, 7:00pm – 9:00pm FEE: \$25 / summer

OVER 30 MEN'S BASKETBALL: Veteran Memorial Gym @ Rec Dept.

This program offers adults 30+ an opportunity to play the sport they love in a fun and friendly group. Please register at the Gym when you arrive. Checks payable to "Friends of Scituate Recreation."

Tuesdays & Thursdays: June – August, 7:00 pm – 9:30 pm FEE: \$40 / summer

UNLIMITED INDOOR CYCLING CLASSES – THE ENTIRE SUMMER SESSION!

SCITUATE REC CYCLING UNLIMITED

Room A202 @ Rec Dept.

ONLY \$109 (10 weeks)

Register under our Cycling Program title "Scituate Rec Cycling Unlimited"

Please note: If summer enrollment is low, class schedule will be adjusted.

Please register as soon as possible.

Get in shape the FAST and AFFORDABLE way – under \$2 per class! Our cycling program offers the best, certified instructors on NEW Keiser bikes, along with our traditional Schwinn cycles, accompanied by motivating music. Cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.



MONDAYS:	June 24 – Aug 26	8:30am – 9:30am	Michelle
	June 24 – Aug 26	6:15pm – 7:15pm	Sarah
TUESDAYS:	June 25 – Aug 27	5:45am – 6:45am	Ellen
WEDNESDAYS:	June 26 – Aug 28	8:30am – 9:30am	Michelle
	June 26 – Aug 28	6:30pm – 7:30pm	Sarah
THURSDAYS:	June 27 – Aug 29	5:45am – 6:45am	Ellen
	June 27 – Aug 29	4:30pm – 5:30pm	(no 4/7) Sarah & Tara
FRIDAYS:	June 28 – Aug 30	5:45am – 6:45am	*BONUS CLASS* Ellen
	June 28 – Aug 30	9:00am – 10:00am	Maggie
SATURDAYS:	June 29 – Aug 31	8:30am – 9:30am	Alternates: Stacy & Ellen

Instructors: Maggie Cadigan, Sarah Lannon, Ellen Burke, Stacy Styles, Michelle Gregory, Beth Yonce, Tara Harmon, Carol Tremblay, Erin Culbert



Widow's Walk Adult Golf Programs

DIRECTOR: Ian Kelley



INTRODUCTORY CLINIC (Ages 18+):

SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

Thursdays: July 11 – Aug 8, 5:30pm – 6:30pm
(Rain date: August 15)

FEE: \$110/session

INTERMEDIATE FULL SWING (Ages 18+):

SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

Tuesdays: July 2 – 30, 4:30pm – 5:30pm
(Rain date: August 6)

FEE: \$110/session

SHORT GAME SERIES (Ages 18+):

SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

Tuesdays: July 2 – 30, 5:30pm – 6:30pm
(Rain date: August 15)

FEE: \$110/session

Please note: this class will not run without reaching minimum capacity.

Instructor: SMD Associates

Programs will be held at the Scituate Fire Station, 149 First Parish Rd.



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

This class is appropriate for nurses, doctors, EMT's, and nursing students. Defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two-year certification. Two Spring courses available:

Saturday: June 8, 8:30am

Saturday: September 21, 8:30am

FEE: \$75

FEE: \$75

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D

Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification.

Saturday: August 24, 8:30am

FEE: \$75

Additional Community Services



ADDITIONAL RECREATION SERVICES

The Recreation Department is responsible for Lifeguard Service for the beaches in the Town of Scituate: Minot Beach, Peggotty Beach, Egypt Beach, and Humarock Beach. In addition, the Recreation Department supervises Field Permitting for the: 23 Athletic Fields & facilities, Tennis Courts, PJ Steverman In-Line Skating Rink + Skate Park, Veteran's Memorial Gym, Morrill Memorial Bandstand on Cole Parkway, and Basketball Courts at Kazlousky Park.

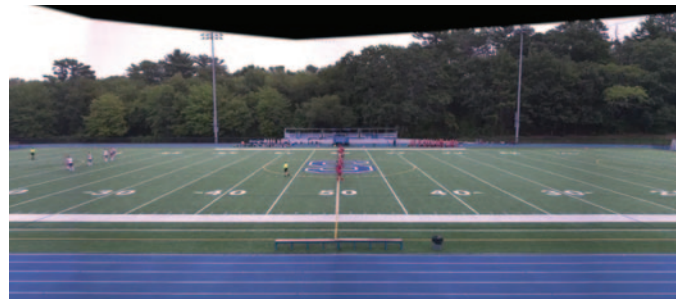
FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS:

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 Kevin Devin at kdevin@scituatema.gov.

SHARED COMMUNITY LINKS!

Scituate Sports/Activities Sponsored by Other Town Organizations

(C.O.R.S.E.) Community of Resources for Special Education		www.corsefoundation.org
Scituate Youth Center	781-545-6400	www.scituateyouthcenter.com
SciCoh Sharks Football/Cheerleading		www.scicohfootball.com
Scituate Basketball Association		www.scituatebasketball.org
Scituate Flag Football		www.scituateflagfootball.com
Scituate Girls Softball		www.scituategirlssoftball.com
Scituate Knights of Columbus	781-545-9829	www.kofc3716.org/
Scituate Little League		www.scituelittleleague.org
Scituate Lacrosse		www.scituelacrosse.com
Scituate Racquet & Fitness Club	781-545-1184	www.srfclub.com
Scituate Soccer Club		www.scituatesoccerclub.com
South Shore Peer Recovery Softball		www.southshorepeerrecovery.com
South Shore Seahawks		www.southshoreseahawks.org
South Shore Senior Softball League	781-545-8722	www.scituatema.gov/council-on-aging
Widows Walk Golf	781-544-777	www.widowswalkgolf.com



TOWN OF SCITUATE RECREATION DEPARTMENT OFFICE

Veteran's Memorial Gym, 327 First Parish Rd., Scituate, MA 02066 • 781-545-8738
Recreation@scituatema.gov

OPEN: Monday: 8:30am-4:30pm; Tuesday, Wednesday, Thursday: 8:00am-4:30pm;
Friday: 8:30am-12:00pm



(781) 545-8738



Recreation@scituatema.gov



scituatema.gov/

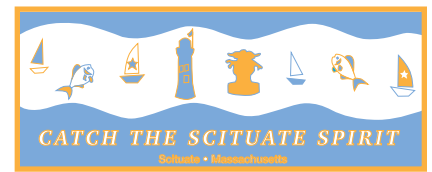


Like Us on Facebook

TOWN OF SCITUATE RECREATION DEPARTMENT

PROGRAM WAIVERS FOR MAIL-IN REGISTRATIONS ONLY

PLEASE PRINT OUT BOTH PAGES & SEND IN WITH CHECK



PLEASE PRINT CLEARLY

PARTICIPANT NAME: _____ MEDICAL CONDITIONS: _____
EMAIL ADDRESS: _____ PHONE: _____
ADDRESS: _____ TOWN: _____ STATE: _____ ZIP: _____
EMERGENCY CONTACT- NAME: _____ RELATIONSHIP: _____ PHONE: _____
SELECTED PROGRAMS FOR ENROLLMENT: _____

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.

DATE: _____ PARTICIPANT SIGNATURE: _____

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 Releases") 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 recreation@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.

DATE: _____ PARTICIPANT SIGNATURE: _____

FOR MORE INFORMATION, CONTACT US AT: 781-545-8738 or Recreation@scituatema.gov

MAIL: 600 Chief Justice Cushing Hwy, Scituate, MA 02066 • OFFICE: Veteran's Memorial Gym, 327 First Parish Rd., Scituate, MA 02066 • scituatema.gov

OPEN: Monday: 8:30am-4:30pm; Tuesday, Wednesday, Thursday: 8:00am-4:30pm; Friday: 8:30am-12:00pm