

Scituate Recreation

~CATCH THE SCITUATE SPIRIT~

Online Registration

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



REVISED Summer Program 2020

Registration: Thursday, June 18th at 6:30AM-
please note time

RECREATION DEPARTMENT LOCATION:

327 First Parish Rd.

Scituate, MA 02066

**Please note Main Entrance has moved to back of building*

Monday-Thursday, 8:30 am - 4:30 pm

Friday, 8:30am - 11:45 am

Phone: 781-545-8738

MAIL: 600 Chief Justice Cushing Hwy.

Scituate, MA 02066

RECREATION STAFF

Maura Glancy, **Director** - mglancy@scituatema.gov
Nick Lombardo, **Assistant Director** - nlombardo@scituatema.gov
Kevin Devin, **Field Coordinator** - kdevin@scituatema.gov
Jennifer Geoghegan, **Registrar** - jgeoghegan@scituatema.gov
Sarah Inferrera, **Clerk** - sinferrera@scituatema.gov
Caitlin Fitzmaurice, **Office Staff** - recreation@scituatema.gov

RECREATION COMMISSION

Jennifer McMellen, **Chairman**
David Mahery, Sheila McCourt,
Michael Connor & Matt Chase

Selectmen Liaisons:

Tony Vegnani

POLICIES AND PROCEDURES

• **SAILING/SUMMER PROGRAM REGISTRATION OPENS Thursday, June 18, 2020 – 6:30AM at**

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

• **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. WE USE EMAIL FOR PROGRAM UPDATES, NOTICES AND CANCELLATIONS.**

• The Recreation Department will be available to help with registration concerns during our regularly scheduled hours.

1) Mail-in registrations for residents will be accepted starting Friday, June 19th. Check or money order should be made payable to Town of Scituate.

2) When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins. If this is a problem, please call and make an appointment to work out a payment plan.

3) 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.

4) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.

5) **REFUND POLICY:** If notification of withdrawal is 2 weeks prior or more to start of program, a full refund will be issued (*minus a \$15 processing fee for each program under \$150. Any programs \$150 + will be subject to a 10% processing fee*). If notification is less than 2 weeks prior to start of program, a credit will be applied to your recreation account minus the appropriate processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the program has begun, we maintain a NO REFUND policy.

6) No confirmations are sent. Please note all information on your calendar. Please call us to confirm your mail-in or drop-off registrations.

7) Proper behavior in Recreation programs is expected at all times. We reserve the right to excuse a participant from Recreation programming as necessary.

8) 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.

9) Extreme weather and power outages may result in program cancellations. Notification is not always possible.

10) Children under the age of 12 years must be checked in with the director by parent/guardian before drop-off to any Recreation program.

COVID 19 GUIDELINES & RESTRICTIONS:

When registering online, parent or guardian will be asked to acknowledge and agree with the current COVID 19 guidelines in order to complete registration. **PLEASE BRING A MASK FOR EVERY PROGRAM. MASKS ARE required to be worn at all times when six feet social distancing is not possible.**

Scituate Recreation is dedicated to following all MA state guidelines/restrictions to provide safe programming to all participants

REVISED SAILING 2020

Sailing Director: Capt. Madde Vachon

Online Registration Opens Wednesday, June 18 at 6:30 AM

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

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner.

All participants are expected to wear a MASK, sneakers & bring their own Flotation Device (C.G. approved life jacket).

ALL SAILING PROGRAMS MEET MONDAY thru THURSDAY. IF RAINING, PROGRAM TIME SLOT COULD BE CANCELLED. THIS WILL BE DONE BY EMAIL. Please make sure you have an updated email address on file. (Friday will be used as a rainy day make up if necessary).

MERCURY (Recommended Ages 8 +). FEE: \$160. 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 program can be taken for multiple years. Morning and afternoon sessions offered for each week.

MORNING CLASSES, 8:30am – 11:30am / **AFTERNOON CLASSES**, 1:00pm – 4:00pm

WEEKS OFFERED: 7/6, 7/7, 7/8, 7/9 * 7/13, 7/14, 7/15, 7/16 * 7/20, 7/21, 7/22, 7/23 * 7/27, 7/28, 7/29, 7/30 * 8/3, 8/4, 8/5, 8/6 * 8/10, 8/11, 8/12, 8/13

420'S (Ages 11-18, Grouped accordingly). FEES: \$325. This course is designed for both beginner and intermediate 420 sailors. The two week Session will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats.

MORNING CLASSES, 8:30am – 11:30am / **AFTERNOON CLASSES**, 1:00pm – 4:00pm

Session 1 --- 7/6, 7/7, 7/8, 7/9, 7/13, 7/14, 7/15, 7/16 **Session 2 ---** 7/20, 7/21, 7/22, 7/23, 7/27, 7/28, 7/29, 7/30

Session 3 --- 8/3, 8/4, 8/5, 8/6, 8/10, 8/11, 8/12, 8/13





REVISED SUMMER 2020 CHILDREN'S PROGRAMS

***Most programs will be held outside**

MORNING ADVENTURE PROGRAM: Jenkins Elementary School. Director: Andrew Barlow and his staff will facilitate this program.

(Ratio: 5:1). **This program is for children entering 1st through 3rd Grade.** Come join your friends this summer for four half days per week! Each day will be filled with music, social distancing games, dramatic play and arts and crafts. Participants should bring a MASK, nut-free snack and water bottle. Fee includes t-shirt.

Monday – Thursday --- 9:00am - 12:00pm. One 5 week session, July 6 – August 6

FEE: \$350/participant

YOUNG PEOPLE DAY PROGRAM: Recreation Department. Director: Jessica Whittier and her staff will facilitate this program (Ratio:

5:1). **This program is for children entering 3rd through 5th Grade.** Come join your friends this summer for four half days per week! Each day will be filled with music, social distancing games/sports, charade type games and arts and crafts. Participants should bring a MASK, nut-free snack and water bottle. Fee includes t-shirt.

Monday – Thursday --- 9:00am - 12:00pm. One 5 week session, July 6 – August 6

FEE: \$350/participant

SUMMER BLAST GAMEDAY PROGRAM: New Gates Middle School. Director: Kathleen McCarthy and her staff will facilitate this

program (Ratio: 5:1). Come join us weekly and spend time with your friends to participate in fun backyard games while promoting social distancing. **This program is for students entering Grades 6, 7, or 8. Each week will feature one backyard game tourney.** Each session will be unique. Games and activities will include: Corn Hole, Whiffle ball (homerun derby style), Soccer (steal the bacon so no contact), Football combine, Hockey combine and Ultimate Frisbee/ Frisbee golf. Participants should bring a MASK, nut-free snack and water bottle. Fee includes t-shirt. Register for Monday /Wednesday OR, Tuesday /Thursday. Program runs 9:30am – 12:00pm.

Session 1 - Monday/Wednesday, July 6 – August 5

Session 2 - Tuesday/Thursday, July 7 – August 6

FEE: \$200/session

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

This particular summer, for the safety of your child and due to COVID-19 minimum requirements for health guidelines for our recreational programs and staffing configurations, we will need to set special parameters for participants: the child participant must be independently ambulatory and mobile, have basic daily living skills for feeding, toileting and changing of clothes, and have the abilities to understand and follow directions, be able to request assistance and have basic verbal skills to communicate with staff and peers. Masks will be required at all camps so all children will be expected to wear them for the duration of the session. We will return to our original parameters once COVID restrictions are lifted.

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 (2 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 2:1 (student to staff) ratio, unless otherwise designated.

This 2:1 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 ULTIMATE SUMMER ADVENTURES: at RECREATION DEPARTMENT OPEN TO AGES 8-15: PARTICIPANTS WILL BE GROUPED INTO TWO SEPARATE PROGRAMS ACCORDING TO APPROPRIATE AGE LEVELS; ONE FOR YOUNGER PARTICIPANTS AND THE SECOND FOR OLDER PARTICIPANTS. Ratio 2:1 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 while practicing social distancing. This program will be a combination group activities including sports, gym activities, arts & crafts, etc. Participants should bring a MASK, snack, extra drinks and sun lotion. Fee includes t-shirt.

Monday – Thursday: August 10 - August 13 --- 9:00am - 11:30am FEE: \$160

Soccer Clinic (Entering Gr. 1-5): Recreation Fields. Director: Deb Beal and her staff will run this fun instructional 2 week soccer clinic (Ratio 5:1). Participants will be taught the fundamentals of soccer while promoting social distancing. Skills/drills include: dribbling, kicking, passing, trapping, goal tending and basic soccer rules. Participants will be grouped by age and/or ability. Please pack a MASK, soccer ball, nut-free snack and water bottle. Fee includes t-shirt.

SESSION 1: Monday & Wednesday: July 13 – July 22 --- 10:00am – 12:00pm (Grades 1-3)

SESSION 2: Tuesday – Thursday: July 14 – July 23 --- 10:00am – 12:00pm (Grades 4-5)

FEE: \$80

NAUTICAL MILE TRACK CLUB (Entering Gr. 3-9): Scituate High School Track/Turf. Director: Brian Stewart will lead this track program designed to prepare runners of all skill levels and abilities while social distancing (Ratio 5:1). The program will help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. Participants should bring a MASK and water bottle. Fee includes t-shirt. 3 weeks (*No rain make-ups*).

Mondays & Wednesdays: July 6 – July 22 --- 5:30pm - 6:45pm

FEE: \$50

BASKETBALL CLINIC: SHS GYM and KAZLOUSKY COURTS Director: Matt Poirier and assistants will lead this instructional clinic for both boys and girls (Ratio 5:1). It is for any player who wants to learn, practice and improve all aspects of their game while social distancing. Basic individual offensive and defensive skills will be taught. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a MASK, basketball and water bottle. Fee includes t-shirt.

SESSION 1: (Entering Gr. 3 & 4) Monday & Wednesday: July 20 – July 29 ---- 9:00am – 10:30am

SESSION 2: (Entering Gr. 5 & 6) Tuesday & Thursday: July 21 – July 30 --- 11:00am – 12:30pm

SESSION 3: (Entering Gr. 7 & 8) Monday & Wednesday: July 20 – July 29 --- 11:00am – 12:30pm

FEE: \$80

BASEBALL CLINICS: New SHS Baseball Turf. Director: Varsity Baseball Coach, Craig Parkins along with the Scituate High School baseball coaches will run the clinic. Our Baseball clinics are committed to the proper training and fundamentals of the great game of Baseball while social distancing (Ratio 5:1). 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! Please bring a MASK, personal baseball equipment, nut-free snack and water bottle. Fee includes t-shirt.

SESSION 1: (Entering Gr. 2-3) Monday – Thursday: August 10-13--- 8:30am – 11:30am

SESSION 2: (Entering Gr. 4-6) Monday – Thursday: August 17-20 ---8:30am-11:30am

SESSION 3: (Entering Gr. 7-9) Monday – Thursday: August 10-13 ---12:00pm-3:00pm

FEE: \$73

FIELD HOCKEY CLINIC (Entering Gr. 5-9): Cushing Field. Directors: Andy Barlow & Amanda Kruggel. 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 5th through 9th grade (Ratio 5:1). Participants will develop basic Field Hockey skills and techniques along with learning the rules of the game while social distancing. Participants will need to bring MASK, field hockey stick, shin guards, cleats, a mouth guard and water bottle. 3 weeks.

Tuesdays + Thursdays: July 28 – August 13 ---- 6:00pm-7:00pm

FEE: \$60

INTRODUCTORY JUNIOR GOLF PROGRAM (Ages 8-14): Widow's Walk. Director: Ian Kelley, Golf Pro. This is an introduction to golf touching on rules and etiquette while using social distancing. 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. Participants should bring a MASK, clubs and water bottle. Student: Teacher ratio- 8:1.

Tuesdays, 11:15am – 1:00pm --- Session 1: July 7, 14, 21 (Rain date, July 28) / Session 2: August 4, 11, 18 (Rain date, August 25)

FEE: \$64/session

INTERMEDIATE JUNIOR GOLF PROGRAM (Ages 9-15): Widow's Walk. Director: Ian Kelley, Golf Pro. This program is a continuation of the introductory program with a more technical instructional approach using social distancing. 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 while building skill level. Prerequisite: Successful completion of an Introductory Junior Program with an above average level of skill. Participants should bring a MASK, clubs and water bottle. Student: Teacher ratio- 8:1.

Tuesdays, 9:00am – 10:45am ---Session 1: July 7, 14, 21 (Rain date, July 28)

Session 2: August 4, 11, 18 (Rain date, August 25)

FEE: \$64/session

SUMMER ART TIME! (Entering Gr. 1-3): Rec Dept. Director: Caitlin Fitzmaurice. Come and join us for some summer craft fun with proper social distancing (Ratio 5:1). 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. Participants should bring a MASK, nut-free snack and water bottle.

Monday – Thursday: August 17 – August 20 --- 9:30am – 12:00pm

FEE: \$95

NEW! SUMMER INSPIRATIONS PAINTING WORKSHOP (6-8 grade) Room A103 Rec Dept. Director: Paul Papadonis, an experienced local art educator, will lead this 4 day art making class featuring acrylic painting on canvas using proper social distancing. 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. Participants should bring a MASK and water bottle. An I Pad or Cell phone is recommended, but not required. (All electronics will be monitored closely by the instructor.) *Limited to 8 participants.*

Monday - Thursday: July 27 – July 30 ---9:30am – 12:00pm

FEE: \$100

ADULT PROGRAMS

SCITUATE REC CYCLING UNLIMITED

Postponed until fall 2020.

TAI CHI (Adults): Outside at Recreation Department- Door C5. Director: Jim Duffey. This class is recommended for individuals looking for more internal training with soft movements while social distancing outside (weather permitting). Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang Style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. Tai Chi is beneficial to your mind, body and spirit. Participants should bring a MASK. (5 weeks).

Tuesdays: July 21 - August 18 --- 6:30pm – 7:45pm

FEE: \$60

Welcome our NEW Director, Golf Pro, Ian Kelley

INTRODUCTORY ADULT GOLF CLINIC SERIES 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 – 8:1.

FEE: \$85

Thursdays: July 9 – August 6 (Rain date, August 13) 6:30pm – 7:30pm / Thursdays: Sept. 10 – Oct. 8 (Rain date, Oct. 15) 11:00am – 12:00pm

INTERMEDIATE ADULT GOLF FULL SWING SERIES 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.

FEE: \$105

Tuesdays: July 7 – August 4 (Rain date, August 11) 6:30pm – 7:30pm

Thursdays: July 9 – August 6 (Rain date, August 13) 5:30pm – 6:30pm / Thursdays: Sept. 10 – Oct. 8 (Rain date, Oct. 15) 10:00am – 11:00am

INTERMEDIATE ADULT GOLF SHORT GAME SERIES 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: July 7 – August 4 (Rain date, August 11) 6:30pm – 7:30pm

FEE: \$105



Social Distancing Rules Apply- Please bring a MASK and clubs

GENTLE POWER YOGA: Outside at Recreation- Door C5. Director: Leslie Payne. Join us for socially distanced yoga! You will gain strength and flexibility while finding your inner power through instruction, suggestion and demonstration. Participants should bring a MASK, yoga mat, sunscreen, sunglasses and water bottle. 5 weeks. Thursdays: July 30 – August 27 --- 6:00pm – 7:00pm

FEE: \$35

RESTORE THE CORE: Outside at Recreation- Door C5. Director: Denyce Holley, AFAA Certified. This socially distanced 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, gender and age group. Modifications are cued for every exercise. Participants should bring a MASK, yoga mat, sunscreen, sunglasses and water bottle. 5 weeks. Mondays: July 24 - August 24 --- 6:00pm - 7:00pm FEE: \$35

EXERCISE BALL WORKOUT WITH WEIGHTS: Outside at Recreation- Door C5. Director: Sarah Lannon. Tone your body, strengthen your core muscles, increase your flexibility and improve your coordination through this stability workout on your exercise ball in our outdoor socially distanced setting. Participants should bring a MASK, exercise ball, sunscreen, sunglasses and water bottle. Instructor: Sarah Lannon. 5 weeks. Sundays: July 26 -August 23 --- 8:00am - 9:00am FEE: \$35

SAFETY COURSES

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED: Scituate Fire Station, 149 First Parish Rd. Director: Mark Donovan. 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. Participants should bring a MASK. Min. 6 / Max. 10. Thursday: August 20 --- 6:30 pm FEE: \$70

AMERICAN HEART ASSOCIATION BLS PROVIDER CPR/AED: Scituate Fire Station, 149 First Parish Rd. Director: Mark Donovan. Basic Life Support training reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED; and the role of each link in the Chain of Survival. This is a two year certification. Participants should bring a MASK. Min. 6 / Max. 10 Thursday: September 17 --- 6:30pm FEE: \$70

TOWN OF SCITUATE RECREATION DEPARTMENT

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities that foster community spirit and involvement while enhancing the quality of life for all people in Scituate

The Recreation Department is responsible for staffing Lifeguard services for four beaches in the Town of Scituate: **Minot Beach, Peggotty Beach, Egypt Beach, Humarock Beach**

Field/Facility Permitting for: **Town of Scituate Athletic Fields (both grass & turf), Tennis Courts, PJ Steverman In-Line Skating Rink + Skate Park, Morrill Memorial Bandstand (Cole Parkway), Basketball Courts at Kazlousky Park and Veteran's Memorial Gym.** Applications are available in the office or online at <http://www.scituatema.gov/>.

For more information please contact Kevin Devin,
Field Coordinator at kdevin@scituatema.gov

SHARED COMMUNITY LINKS!

Scituate Sports/Activities Sponsored by Other Town Organizations

C.O.R.S.E. www.corsefoundation.org

(Community of Resources for Special Education)

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 781-544-7777 www.widowswalkgolf.com