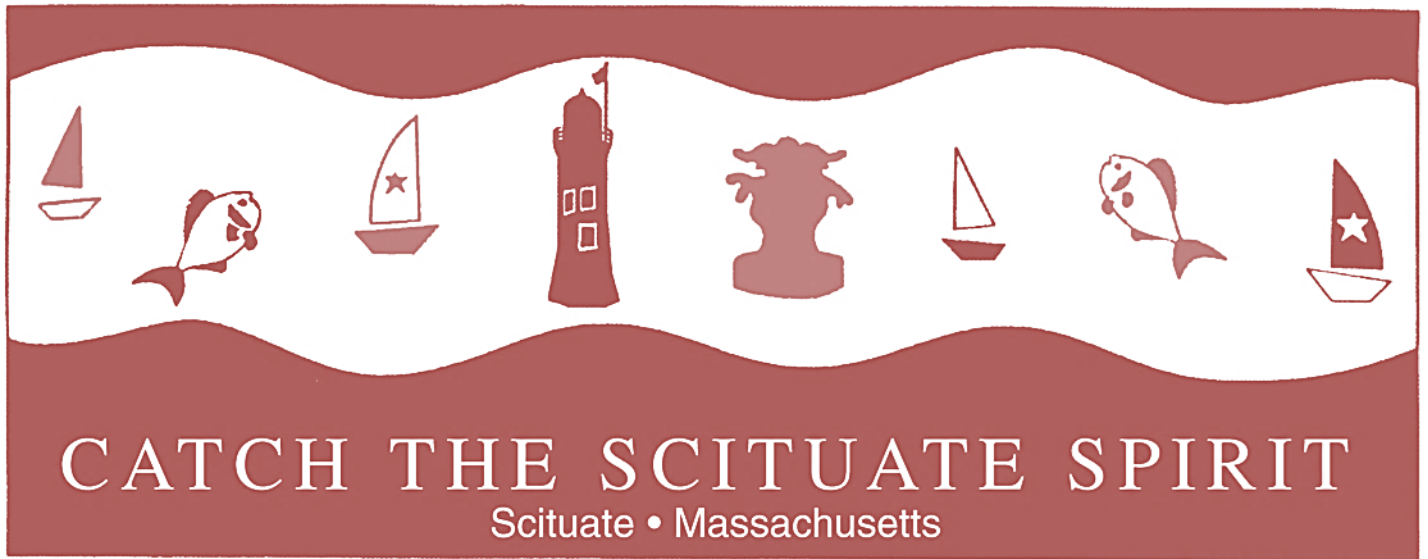


Scituate Recreation Winter Program 2020

Online Registration

www.scituatema.gov/recreation-department



Scituate Recreation Department Office
327 First Parish Road
Scituate, MA 02066

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

ECRWSS
RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS

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

Monday-Thursday, 8:30 am - 4:30 pm
Friday, 8:30am - 11:45 am
Phone: 781-545-8738

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, **Recreation Clerk** - sinferrera@scituatema.gov
Caitlin Fitzmaurice, **Office Staff** - recreation@scituatema.gov

RECREATION COMMISSION

Jennifer McMellen, **Chairman**
Dave Mahery, Sheila McCourt,
& Michael Connor

Selectmen Liaisons:

Shawn Harris, Tony Vegnani

TOWN OF SCITUATE RECREATION DEPARTMENT 'Like Us on Facebook'

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

POLICIES AND PROCEDURES

- WINTER PROGRAM REGISTRATION OPENS **Wednesday, December 4th – 12:00pm** at WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT
 - PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.
 - PLEASE NOTE: Programs may not run if they do not meet minimal capacity.
 - 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.
- 1) Mail-in registrations for residents will be accepted starting **Thursday, December 5th – 9:00AM** 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!
 - 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. You SHOULD call us to confirm your mail-in or drop-off registrations.
 - 7) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
 - 8) Registration for non-residents will open **Wednesday, December 11th – 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.
 - 9) 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.
 - 10) Extreme weather and power outages may result in program cancellations. Notification is not always possible.
 - 11) Children under the age of 12 years must be checked in with the director by parent/guardian before drop-off to any Recreation programs.

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 & Field Permitting for: The Seventeen Athletic Fields, Tennis Courts, PJ Steverman In-Line Skating Rink + Skate Park, Veteran's Memorial Gym, Morrill Memorial Bandstand on Cole Parkway, Basketball Courts at Kazlousky Park. **Permit request forms are available at the Scituate Recreation Office or Online www.scituatema.gov/recreation-department.**

For more information please contact Scituate Recreation Office 781-545-8738

Summer 2020 Employment Opportunities

COUNSELORS, DIRECTORS, INSTRUCTORS: We are accepting summer employment applications through **Thursday, January 31, 2020**.

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

SCITUATE LIFEGUARD POSITIONS: We will be accepting applications through **Thursday, March 5, 2020**. Requirements: Lifeguard & Waterfront Certifications & must be 16 years old. If you have any questions, please contact the Scituate Recreation Department at (781) 545-8738. **PREPARE EARLY**, find a Lifeguard and Waterfront Course over the winter! Contact the Rec. Department for Course opportunities.

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 Recreation Department and pick up a community service application. The Recreation 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:** Due to the high volume of late applicants, applications. Deadline will be **Thursday, March 12, 2020**.

Seeking Preschool Open Gym Leader

Tuesdays from 9:00am-11:00am: January 7th – March 17th. This is a parent/child open playtime at the Veteran's Memorial Gym. Interested candidates should contact the Recreation Department.

CHILDREN & TEEN PROGRAMS

LITTLE PEOPLE PROGRAM (Ages 2-3): Little People Room at 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 a parent or caregiver, share in music dance, arts & crafts, as well as unstructured play. Instructors: Kelly Lee & Kelly Arevian. 10 weeks (NO CLASS 1/20, 2/17, 2/20).

Mondays: Jan. 6 – Mar. 23 --- 9:00am – 10:15am / 10:30am – 11:45am

Thursdays: Jan. 9 – Mar. 19 --- 9:00am – 10:15am / 10:30am – 11:45am

FEE: \$115/session

TOT SHOTS PRE-K BASKETBALL (Ages 3 ½+): Veteran's Memorial Gym. This 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 players progress. Young athletes will also be introduced to the concept of sportsmanship and a "team" atmosphere while enjoying basketball with their new friends. Coach: Keven James (NO CLASS 3/15). 6 weeks.

Session 1: Sundays: Jan 5 – Feb. 9 --- 11:15am – 12:00pm / 12:15pm – 1:00pm (6 weeks)

FEE: \$65/session

Session 2: Sundays: Mar. 1 – April 5 --- 11:15am – 12:00pm / 12:15pm – 1:00pm (5 weeks)

FEE: \$55/session

SCITUATE LITTLE SHOOTERS (Gr. K-1): Jenkins Elementary School Gym (First Parish entrance). Returning for its 5TH year! This is a fun instructional basketball program for boys and girls in Kindergarten-1st grade. *This program is for Scituate Residents Only.* Each child will be randomly assigned to a team (*No Special Requests*). They will meet one hour per week. The first 30 minutes will be basic instructional drills followed by a 30 minute basketball game. The primary goal is for the kids to have fun while learning the great game of basketball. Little Shooters is run by volunteers and parent participation in coaching is essential to the program (*No coaching experience necessary*). For those children requiring special assistance, please sign up through the CORSE Foundation (see below). **MANDATORY COACHES MEETING: MONDAY, JAN. 6 -6:30 pm – LOCATION: Scituate Recreation Dept –YOU MUST ATTEND IF YOU PLAN ON COACHING.** (Snow Date: Tuesday, JAN. 7). 8 weeks (NO CLASS 2/15, 2/22). **Saturdays: Jan. 11 – March 14 --- 10:00 – 11:00am, 11:15am- 12:15pm, 12:30 – 1:30pm. (Teams' game times will vary weekly according to assigned schedule).**

FEE: \$55

CORSE PROGRAMS

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

ALL-STARS KARATE (Gr. 1-8): Room A102 at Rec Dept. This programs' 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 in. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. The program is open to Grades 1-8. Instructor: Dan Reynolds.

8 weeks. (NO CLASS 2/17) Mondays: Jan. 27 – Mar. 23 --- 6:15pm – 7:00pm

FEE: \$80

SCITUATE LITTLE SHOOTERS (CORSE Gr. K-1): Jenkins Elementary School Gym (First Parish entrance), DESCRIPTION ABOVE. Little Shooters is run by volunteers, if your child receives special education services (504, IEP, DCAP) through Scituate Public Schools facilitated assistance can be coordinated through the generosity of the CORSE Foundation. Please register using the CORSE registration code. Deadline for accommodation is Wednesday, December 19, 2019. Scituate Residents only. 8 weeks (NO CLASS 2/15, 2/22).

Saturdays: Jan. 11 – Mar. 14 (Team game times will vary weekly according to assigned schedule)

FEE: \$55

BEGINNER'S TUMBLING W/ MISS TRACEY (Ages 4-6): Room A102 at 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! Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 8 weeks. (NO CLASS 2/15, 2/22)

Saturdays: Jan. 11 – Mar. 14 --- 9:30am – 10:30am

FEE: \$85

ON YOUR TOES W/ MISS TRACEY (Ages 2 – 5): Room A102 at 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). Instructor: Tracey O'Brien, certified by Test to Teach. Member of DMA and DTCB. 8 weeks. (NO CLASS 2/15, 2/22)

Saturdays: Jan. 11 – Mar. 14: Age 2-3 --- 10:30am – 11:00am

FEE: \$45

Ages 3-5 --- 11:00am – 12:00pm

FEE: \$85/session

PRE-SCHOOL SWIMMING (Ages 3-5): Scituate Racquet and Fitness Club. Beginner: Ratio 1 instructor to 3-4 students. Child is not comfortable putting their face in the water or is afraid of going in the water. Adv. Beginner: Ratio 1 instructor to 5 students. Child is comfortable in the water and is starting to swim independently on front and back. 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. 6 weeks. (NO CLASS 2/18, 2/20)

Beginner: Jan. 14- Feb. 25 --- Tuesdays: 10:30am – 11:00am, Thursdays: Jan. 16-Feb. 27 --- 12:30pm – 1:00pm

Adv. Beginner: Jan. 14- Feb. 25 --- Tuesdays: 12:30pm – 1:00pm, Thursdays: Jan. 16- Feb. 27 --- 10:30am – 11:00am

FEE: \$138/session

FENCING (Ages 8 & Up): Rm A102 at Rec Dept. The instructional course will be offered to students who want to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. Fencing equipment is provided. Please wear sneakers and long pants are advisable. Instructor: Jim Mullarkey. 10 weeks. (NO CLASS 2/20).

Thursdays: Jan. 9 – Mar. 19: Beginner --- 5:00 pm – 6:00 pm/Intermediate I – 6:00 pm – 7:00 pm

Intermediate II – 7:00 pm – 8:00 pm

FEE: \$120/session

GUITAR FOR KIDS (Ages 8-12): Room A103 at 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 electrics please) and pick. 8 weeks (NO CLASS 2/19).

Wednesdays: Jan. 8 – Mar. 4 --- 5:00pm – 6:00pm

FEE: \$95

THE SHORT FUSE THEATRE PROJECT (Ages 9-13). The Who Done It? Mystery Theatre Edition

Join The Short Fuse Theatre Project this Winter for a *3 week intensive workshop* where we will focus on interactive theatre / and audience participation experience. Actors will be assigned a character & will interact with our audience members to help them guess Who Done It & Solve The Mystery. Interactive theatre is a presentational or theatrical form of work that breaks the "fourth wall" that traditionally separates the performer from the audience both physically and verbally. The audience is given the opportunity to interact with the main characters in the show and ask actors questions. No auditions, *all roles will require actors to be open to public speaking and performing/answering clue type questions to our show guests. This is a 3 day intensive acting workshop.* We will be encouraging actors to raid their closets, for things they own or can borrow, to come up with their characters costumes. There will be time in between workshop rehearsals to memorize your characters story. Co-Directors: Erica McDermott and Kristin Swan.

"THE WHO DONE IT? MYSTERY THEATRE EDITION.

Rehearsal Sundays (Harbor Community Building): Jan. 12 & Jan. 26 --- 3:00pm – 5:00pm (NO REHEARSAL 1/19, 2/2)

Performance Sunday (GAR Hall), Feb. 9 --- Actors arrive at GAR HALL AT 2:30pm, doors open to audience at 3:30,

show begins at 4pm and ends by 5pm.

FEE: \$125



RAPE AGGRESSION DEFENSE (RAD), SELF DEFENSE CLASS: Multi-Purpose Room at Rec Dept. The Scituate Police Department will be hosting this 5 week class. Join other teens and women to be empowered and prepared for life through self-defense. This class is designed to develop and enhance the options of self-defense as viable considerations to the woman in an attack situation. Skills taught include: risk awareness, risk recognition, defensive postures, strikes and risk avoidance, which is 90% of self-defense. No equipment or prior experience necessary. *This class is open to females 15 years and older.* 5 weeks. Instructors: Scituate Police

Thursdays: Jan. 9 – Feb. 6 --- 7:30pm – 9:30pm

FEE: \$5

NEW! SIGN LANGUAGE (Ages 6 & up*): Recreation Dept. This program introduces the fundamentals of ASL and readies signers for conversational sign. Enjoy a journey into Deaf culture and learn to sign without offending. This highly regarded program offers students a chance to learn ASL without the pressure of homework or exams. Certificate of completion and professional development will be awarded at the last class. Instructor: Marrienne Molinari. 4 weeks. **Children under 13 must be accompanied by a registered parent/guardian.*

Wednesdays: Jan 22. – Feb. 12 --- 6:00pm – 8:00pm

FEE: \$95

PAN GAI NOON (Half Hard Half Soft) MARTIAL ARTS: Room A102 at Rec Dept.

The Pan Gai Noon School has been in Scituate for over 30 years!
Under the direction of Dan Reynolds & Jim Duffey, honoring the master creator Sifu Cole Hawkins.

CHILDREN'S KARATE (Age 6-8). 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. 11 weeks (NO CLASS 1/20, 2/17). **Mondays: Jan. 6 – Mar. 30--- 5:00pm – 6:00pm** FEE: \$113

JUNIOR'S KARATE (Age 9-13). Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating striking, grappling, self-defense techniques, & fitness. 11 weeks (NO CLASS 2/19).
Wednesdays: Jan. 8 – Mar. 25 --- 5:00pm – 6:00pm FEE: \$113

KARATE (Adults & Teens Age 14+). 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! 11 weeks (NO CLASS 2/19). **Wednesdays: Jan. 8 –Mar. 25---6:00pm– 7:15pm** FEE: \$128

TAI CHI (Adults): Multi-Purpose Room at 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 over time. Progression helps with relaxation, circulation health, body balancing and posture. Tai Chi is beneficial for your mind, body and spirit. Instructor: Jim Duffey. 11 weeks (NO CLASS 2/18).
Tuesdays: Jan. 7 – Mar. 24 ---6:30pm – 7:45pm FEE: \$128

NO SCHOOL & HOLIDAY CLASSES

HOME ALONE SAFETY FOR KIDS (Gr. 4-6): Room A103 at Rec Dept.

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 and interactive three-hour class is serious business made fun. Bring a beverage and nut free snack. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M
Tuesday, Feb.18 --- 9:00am-12:00pm FEE: \$60

BABYSITTER SAFETY TRAINING COURSE (Gr. 5-8): Room A103 at Rec Dept.

When parents choose to leave their children with a babysitter, they are looking for someone who is mature and fully prepared to handle emergency situations. Children want their babysitter to be lots of fun and creative. This interactive, hands-on, three-hour class will help prepare your son or daughter to be the best babysitter on the block! This class covers: Infant and child care, Child development, Basic first aid and Choking rescue for infants and children, Injury prevention, How to handle emergencies, Troubleshooting, Healthy hints for meals and snacks, Safe marketing. Registered participants will have a fun homework assignment to be completed prior to the class. Bring a beverage and nut free snack. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M.
Tuesday: Feb. 18 --- 1:00pm – 4:00pm FEE: \$60

LEGO MASTER BUILDER (Ages 5-10): Multi-Purpose Room at Rec Dept. You can create ANYTHING you can imagine in your mind out of LEGO blocks and bricks! Join in on the creativity and FUN and get ready to be inspired to DESIGN & BUILD! Kids will have the opportunity to use thousands of LEGOs to create anything they want as they become their own LEGO Designer for the day! The LEGOs stay but the memory will last a lifetime. Each child will go home with a framed photo of themselves taken holding their LEGO creation. Please send you child with a snack and nut-free drink. Each program is limited to 15 participants. Instructor: Diane Benson

Super Heroes & Local Heroes (Fire, Police, Doctors, Nurses, etc.) - Wednesday, February 19 --- 9:00am - 12:00pm FEE: \$60

AMERICAN GIRL DOLL CREATE & PLAY (Ages 5-10): Multi-Purpose Room at Rec Dept. Bring your special friend (an American Girl Doll or your favorite stuffed friend/animal) for 3 fun-filled hours of crafts and play! Everything you make you will TAKE HOME! All items made will lead to several hours of continued play and enjoyment at home! Please send your child with a nut-free snack and drink. Program is limited to 15 participants. Instructor: Diane Benson

Wednesday, February 19 --- 12:45pm - 3:45pm FEE: \$60

WINTER CRAFT WORKSHOP (Grades K-2): Rec Dept. Come join us for some winter craft fun! Grades K – 2 will enjoy designing a variety of hands-on craft items. 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. Instructor: Caitlin Fitzmaurice.

Thursday: Feb. 20 --- 9:30am – 12:30pm FEE: \$35

ADULT PROGRAMS

SCITUATE REC CYCLING UNLIMITED: Room A203 at Rec Center UNLIMITED INDOOR CYCLING CLASSES FOR THE ENTIRE WINTER SESSION!

Register under our Cycling Program title "Scituate Rec Cycling Unlimited" 11 Weeks. FEE: \$95

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Ellen Burke

Mondays: Jan. 6 – Mar. 16 --- 5:30pm - 6:30pm, Sarah- beginner/low intermediate

Mondays: Jan. 6 – Mar. 16 --- 6:30pm - 7:30pm, Sarah

Tuesdays: Jan. 7 – Mar. 17 --- 5:45am - 6:45am, Maggie

Wednesdays: Jan. 8 – Mar. 18 --- 8:30am - 9:30am, Maggie

Wednesday: Jan. 8 – Mar. 18 --- 6:30pm - 7:30pm, Sarah (No Class 2/19)

Thursdays: Jan. 9 – Mar. 19 ---5:45am – 6:45am, Ellen

Thursdays: Jan. 9 – Mar. 19 --- 6:30pm - 7:30pm, Erin

Fridays: Jan. 10 – Mar. 20 --- 9:00am - 10:00am, Maggie

Saturdays: Jan. 11 – Mar. 21 --- 8:30am - 9:30am, Alternates

EXERCISE BALL WORKOUT w/ WEIGHTS: Scituate Harbor Community Building*. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. Instructor: Sarah Lannon. 10 weeks (NO CLASS 2/20, 2/23). *Classes move to Rec Dept. if SHCB has to close.

Thursdays: Jan. 9 – Mar. 19 --- 9:00am – 10:00am / Sundays: Jan. 5 – Mar. 15 --- 8:00am - 9:00am

FEE: \$65/session

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. Please bring yoga mat and water to class. Instructor: Denyce Holley, AFAA Certified. *Classes move to Rec Dept. if SHCB has to close. 10 Weeks. (NO CLASS 1/20, 2/17, 2/18, 2/21).

Mondays: Jan. 6 – Mar. 23 ---7:00pm – 8:00pm / Tuesdays: Jan. 7 – Mar. 17 --- 9:30am – 10:30am

Fridays: Jan. 10 – Mar. 20 --- 8:45am – 9:45am

FEE: \$65/session

GENTLE POWER YOGA: Scituate Harbor Community Building*. This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration. Instructor: Leslie Payne, CYT. 10 weeks. (NO CLASS 2/18, 2/20). *Classes move to Rec Dept. if SHCB has to close.

Tuesdays: Jan. 7 – Mar. 17 - 9:00 – 10:00am / Thursdays: Jan. 9 – Mar. 19 --- 6:00pm – 7:00pm

FEE: \$65/session

NEW! THERAPEUTIC YOGA: Scituate Harbor Community Building*. This class takes you through and breaks down the soft flows of yoga. Class will begin mindfully with breath work to quiet the mind and gentle stretching to relieve common joint pain. The class will then transition into standing postures to align the body and create strength around the joints. Class will end with relaxation; shivasana. Modifications will be offered. This class is geared to all levels. Instructor: Kathleen Picardi, RYT 200hr. 10 weeks (NO CLASS 2/20). *Classes move to Rec Dept. if SHCB has to close.

Thursdays: Jan 9th thru March 19th 9:45am-10:45am

FEE: \$65

ZUMBA (Age: 18+): Movement Studio at Gates. 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!

Instructor: Sarah Dolan. 10 weeks (NO CLASS 2/18) Tuesdays: Jan. 7- Mar. 17 -- 6:30pm-7:30pm

FEE: \$65

PAN GAI NOON: ADULT KARATE & TAI CHI. Please see Pan Gai Noon section on page 5 for class descriptions and times.

NEW! TOTAL BODY WORKOUT PLUS NUTRITION: Multi-Purpose Room at Rec Dept. This class combines elements of strength, cardio, and core exercises that work the entire body. Modifications available- all levels welcome! 45 minutes of direct instruction followed by 15 minutes of nutritional advice. Instructor: Maria Stewart, certified group exercise & nutritional coach. 8 weeks (NO CLASS 2/18).

Tuesdays: Jan. 7 – Mar. 3 ---6:15pm – 7:15pm

FEE: \$55

NEW! 25 / 10 / 10 WORKOUT: Multi-Purpose Room at Rec Dept. The class begins with 25 minutes of Strength training followed by 10 minutes of Cardio and finishes with 10 minutes of Abdominal work. Instructor: Maria Stewart, certified group exercise & nutritional coach. 8 weeks (NO CLASS 2/19). **Wednesdays: Jan. 8th – Mar. 4th --- 9:30am – 10:15am**

FEE: \$55

ADULT PICKLEBALL: Veteran's Memorial Gym at Rec Dept. This is one of the fastest growing sports in the U.S. Pickleball is a combination of tennis, badminton, and ping pong. The game should be played at your own skill level, make it fun or competitive! Gym will be open for the novice to advanced players. Come meet new people and exercise too! Space is limited. Paddles are available but limited. It is open play (singles & doubles) come and go as you please during the 2-hr period. 12 weeks. **WINTER SESSION DATES: Jan. 7 – Mar. 26**

Tuesday session --- 4:00pm - 6:00pm / Thursday session --- 9:30am-11:30am / Sunday session --- 9:00am – 11:00am

FEE: \$20

ADULT TENNIS: Scituate Racquet and Fitness Club. During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. 8 weeks. (NO CLASS 2/21).
Fridays: Jan. 10 – Mar. 6 --- Session 1: 12:00pm – 1:00pm/ Session 2: 1:00pm – 2:00pm FEE: \$108/session

OVER 35 BASKETBALL: Veteran's Memorial Gym at Rec Dept. This program offers adults the opportunity to play the sport they love in a fun and friendly group. The program dates follows the school calendar and does not run during vacations, holidays, or on snow days. Please register at gym when you arrive. Please make checks payable to 'Friends of Scituate Recreation'
Tuesdays & Thursdays: Dec. 3 – Mar. 5 --- 7:00pm - 9:00pm / Mar. 10 – May 21 --- 7:00pm - 9:00pm FEE: \$100/year

NEW! SIGN LANGUAGE: Recreation Dept. This program introduces the fundamentals of ASL and readies signers for conversational sign. Enjoy a journey into Deaf culture and learn to sign without offending. This highly regarded program offers students a chance to learn ASL without the pressure of homework or exams. Certificate of completion and professional development will be awarded at the last class. Instructor: Marrienne Molinari. 4 weeks.
Wednesdays: Jan 22. – Feb. 12 --- 6:00pm – 8:00pm FEE: \$95

KNITTING 101 for ADULTS (Beginner): Room A101 at Rec Dept. Learn how to knit! Techniques include: how to cast on, knit & purl, stockinet stitch, garter stitch, and more! NO experience necessary. Please provide your own equipment and supplies. You will need a pair of size 8 needles, 14" long and a skein of worsted weight yarn (approximately 7oz. solid color of your choice). This class is taught for Beginners-slowly, with patience and guidance throughout. Children 10 and up are welcome to register but MUST be accompanied by parent/guardian. Instructor: Lisa Howell. 8 weeks. (NO CLASS 2/18)
Tuesdays: Jan. 14 – Mar. 10 --- 6:30pm – 8:00pm FEE: \$58

KNITTING for ADULTS (Intermediate): Room A101 at Rec Dept. Stuck on a stitch? Or need help with an ongoing project? This intermediate level class offers previous knitters an opportunity to refresh/advance their skills and obtain assistance with ongoing projects. Instructor: Lisa Howell. 6 weeks. (NO CLASS 2/18)
Tuesdays: Jan. 28 – Mar. 10 --- 6:30pm – 8:00pm FEE: \$45

PAINTING SEASONAL LANDSCAPES IN WATERCOLOR OR ACRYLIC (Teens 16+ & Adults) Room A205 Rec Dept. Bring in your summer and/or fall photographs on electronic media or printed and be guided through 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. A supply list will be provided prior to start of class. *Limited to 10 participants.* Instructor: Paul Papadonis, Experienced Art Educator. 6 Weeks.
Tuesdays: Jan. 7 – Feb. 11 ---7:00pm – 9:00pm / Thursdays: Jan. 9 – Feb. 13 --- 10:00am – 12:00pm FEE: \$78

DIGITAL PHOTOGRAPHY - the BASICS (Adults). Multi-Purpose at Rec Dept. Everything you've ever wanted to know about camera settings, understanding exposure, and working with natural light. There will be a combination of weekly discussion, photo critique, and group shooting time. Students need to bring a digital camera with a manual mode and have access to a computer. *Limited to 12 participants.* Instructor: Andrea Skane, Professional Photographer. 4 weeks. FEE: \$50
The Basics: Mondays: Jan. 13 - Feb. 3 --- 7:00pm – 8:30pm

DIGITAL PHOTOGRAPHY – ADVANCED (Adults). Multi-Purpose at Rec Dept. Get a feel for more advanced lighting techniques using on and off camera flash, posing tips to flatter all bodies, and organizing and editing photos via Adobe Lightroom. There will be a combination of weekly discussion, photo critique, and group shooting time. Students need to bring a digital camera with a manual mode and have access to a computer. *Limited to 12 participants.* Instructor: Andrea Skane, Professional Photographer. 4 week. FEE: \$50
Advanced: Mondays: Feb. 24 – Mar. 16--- 7:00pm – 8:30pm

SAFETY PROGRAMS

FIRST AID: Scituate Fire Station, 149 First Parish Rd. Receive a 2-year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies.
Thursday, Jan. 9 --- 6:30pm *Please note: this class will not run without reaching minimum capacity. FEE: \$70

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D: Scituate Fire Station, 149 First Parish Rd. 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. Min. 6 / Max. 12. Thursday, Feb. 6 --- 6:30pm FEE: \$70

AMERICAN HEART ASSOCIATION BLS PROVIDER CPR/A.E.D: Scituate Fire Station, 149 First Parish Rd. 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. Min. 6 / Max. 12. Thursday, Mar. 5 ---6:30pm FEE: \$70

SAVE THE DATE!
Spring, Sailing & Summer Registration: Wednesday, March 18th at 6:30pm

SHARED COMMUNITY LINKS!

Scituate Sports/Activities Sponsored by Other Town Organizations: *To learn more please contact these organizations directly as they are not affiliated with the Scituate Recreation Department.* **C.O.R.S.E.** www.corsefoundation.org (Community of Resources for Special Education), **SciCoh Sharks Football/Cheerleading** www.scicohfootball.com, **Scituate Basketball Association** www.scituatebasketball.org, **Scituate Flag Football** www.scituateflagfootball.com, **Scituate Girls Softball** www.scituategirlsoftball.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, **Scituate Youth Center** 781-545-6400 www.scituateyouthcenter.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

PROGRAM WAIVERS FOR MAIL-IN REGISTRATIONS ONLY- PLEASE CUT OUT + SEND IN WITH CHECK

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

Student/Participant Name (Printed): _____