



Scituate Recreation Fall Program

2011

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

RESIDENTIAL CUSTOMER
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SCITUATE RECREATION DEPARTMENT

Fall 2011 Brochure

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

OFFICE: Scituate High School
(Next to Tennis Courts and PJ Steverman Inline Rink)
Scituate, MA 02066

Hours: 8:30 a.m. to 4:30 p.m.
Mon.-Thurs.

Fri. by appointment

Phone: 781-545-8738

Fax: 781-545-6990

Website: www.town.scituate.ma.us

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director (jvitelli@town.scituate.ma.us)

Maura Glancy, Recreation Assistant (mglancy@town.scituate.ma.us)

Esther Blacker, Registrar (eblacker@town.scituate.ma.us)

Donna McLaughlin, Recreation Clerk (dmclaughlin@town.scituate.ma.us)

Paul Sharry, Field Coordinator (psharry@town.scituate.ma.us)

RECREATION COMMISSION:

Christopher Roberts, Chairman

Robert McCarry, Erik Richman, Stephen Svensen, David Smith

Associate Members: Jamie Noonan, Ralph Studley, Bruce Wait, Richard Lane

Selectmen Liaison: Shawn Harris

The Mission of the Scituate Recreation Department

“To provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate”.

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POLICIES AND PROCEDURES

1. **Due to the high demand for programs and to be fair to all Scituate Residents, registration for Scituate Residents will begin SATURDAY, October 1, 2011, 8:00 A.M. to 10:00 A.M. in Scituate Recreation's Multi-Purpose Room at Scituate High School. Should you not be able to register that day, a neighbor, friend or family member may register for you.**
2. **PLEASE NOTE: YOU MAY REGISTER NO MORE THAN TWO FAMILIES, INCLUDING YOUR OWN. Your registration will not be processed until we receive full payment and a COMPLETED registration form.** Mail- in registration will be accepted starting October 5, 2011. Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
3. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause. We otherwise maintain a **NO -REFUND** policy.
4. All fees are payable in advance to Town of Scituate. A person is registered only when a check or cash and a registration form is received in the Recreation Office.
5. **No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.**
6. **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.
7. **Need financial assistance...just ask!**
8. Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.

9. **Registration for non-residents will begin October 10, 2011.** Out of town people may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee. If a program starts before the non-resident's registration date, we will allow the non-resident to register for that program.
10. The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs shall be at the registrant's own risk.

**FALL REGISTRATION WILL TAKE PLACE IN THE
RECREATION MULTI-PURPOSE ROOM AT
SCITUATE HIGH SCHOOL
SATURDAY, OCTOBER 1, 2011
FROM 8:00 A.M. TO 10:00 A.M. (NO EXCEPTIONS)**

**(Mail-in registrations will be processed starting October 5, 2011)
THE OFFICE WILL BE CLOSED
MONDAY & TUESDAY, OCTOBER 3 & 4, 2011
(SO WE MAY PROCESS THE WEEKEND'S REGISTRATION.
WE WILL RE-OPEN WEDNESDAY, OCTOBER 5, 2011.)**

IMPORTANT NOTICE:

***UNTIL FURTHER NOTICE, SCITUATE RECREATION WILL
BE SHARING THEIR MULTI-PURPOSE ROOM WITH
THE SCITUATE HIGH SCHOOL STUDENTS WEEKDAYS
FROM
10:15 A.M. TO 12:30 P.M.
THE HIGH SCHOOL WILL BE UTILIZING THE SPACE AS A
CAFETERIA.
DUE TO THIS WE WILL NOT BE RUNNING RECREATION
PROGRAMS DURING THAT TIME SLOT***

PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: The Little People program has been offered for twenty-two years as an opportunity for two and three year old children, along with a parent or caregiver, to share in music, dance, arts and crafts, unstructured play and new friendships. Younger siblings always welcome!

Classes are appropriate for ages 2 & 3.

All classes take place in the Little People room, which is opposite the tennis courts at SHS.

TUESDAY LITTLE PEOPLE 1: October 11 through December 6, 2011 from 9 a.m. to 10:30 a.m. **8 weeks.** *(No Class 11/8/11)*
(0100.201) **Fee: \$96 per child**

TUESDAY LITTLE PEOPLE 2: October 11 through December 6, 2011 from 11 a.m. to 12:30 p.m. **8 weeks.** *(No Class 11/8/11)*
(0100.202) **Fee: \$96 per child**

WEDNESDAY LITTLE PEOPLE 1: October 12 through December 7, 2011 from 9 a.m. to 10:30 a.m. **9 weeks.**
(0100.203) **Fee: \$108 per child**

WEDNESDAY LITTLE PEOPLE 2: October 12 through December 7, 2011 from 11 a.m. to 12:30 p.m. **9 weeks.**
(0100.204) **Fee: \$108 per child**

THURSDAY LITTLE PEOPLE 1: October 13 through December 8, 2011 from 9 a.m. to 10:30 a.m. **8 weeks.**
(No Class 11/24/11)
(0100.205) **Fee: \$96 per child**

THURSDAY LITTLE PEOPLE 2: October 13 through December 8, 2011 from 11 a.m. to 12:30 p.m. **8 weeks**
(No Class 11/24/11)
(0100.206) **Fee: \$96 per child**

PRE-SCHOOL PLAYTIME: Scituate Recreation Department's **Multi-Purpose Room.** Take advantage of this wonderful opportunity to spend time with your toddler as he/she experiences and explores playtime. Through a variety of different play equipment such as balls, tunnels, slides and small climbing structures; your toddler will enhance his/her gross motor skills while also building interaction skills. Group story time and music will also be included and will be beneficial in your child's ability to express him/herself through language and social skills. Different themes will be offered such as flowers, teddy bears, hearts, etc...that will also enrich your toddler's play-time experience. The class is open to children who are 19 to 36 months. Teacher: Sarah Lannon, certified fitness instructor. **9 Weeks.**
(0400.202) Mon. 10/17 – 12/12/11 from 9:00 to 10:00 a.m.

Fee: \$55 per participant

KIDS JUST LOVE CRAFTS: Little People Room at Scituate High School, next to PJ Rink. Our classes encourage parent/guardian and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. So join us for a jam-packed of ooey-gooney arts and crafts, stories, and songs. Make a mess and have some fun! Watch your child's excitement grow as they create crafts you can treasure for a lifetime. The program emphasizes creativity and teaches children to be proud of their accomplishments. Younger siblings are welcome! **8 weeks.**
(0200.201) Mon. 10/17/11 – 12/5/11 from 10:00 to 10:45 a.m.

Fee: \$68 per participant

CHILDREN & TEEN PROGRAMS

PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY: Scituate Multi Purpose Room. Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. This is a **8week** program. Leotard, tights, ballet slippers and tap shoes of any color maybe used. *(No class 11/24/11)*

Thursday 10/6 – 12/1 /11.

(0300.201) 2 Years old: 12:30 p.m. to 1:00 p.m.:

Parent and child will stretch with music, sing songs and dance, plus tumble on mats - no tap shoes.

Fee: \$40 per child

This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics.

(0300.202) 3 + 4 Years Old: 1:00 p.m. to 2:00 p.m.

Fee: \$80 per child

9-11 YEAR OLD FLAG FOOTBALL: Scituate High School, Turf Field. Flag football is a great introduction to the sport of football. Learn basic football skills and rules in a fun, non-tackle environment. Players will meet for 15 minutes of football drills followed by a 45-minute game. Two teams of ten players will be formed and the game will consist of 8 on 8 play. Open to boys and girls (no cleats, please) ages 9 to 11. Min. 20 participants. Instructor/Coach: Robert Paganetti. **6 meetings.**

(1300.201) Saturday & Sunday from 8:00 to 9:00 a.m. on: 10/8, 10/9, 10/15, 10/16, 10/22 & 10/23/11

Fee: \$40 per participant

The following programs are cosponsored by Scituate Public Schools "Live Well PEP Grant"

YOGA FOR TEENS GRADES 7-12: The Recreation's Multi-Purpose Room at Scituate High School. Gita Brown, MM, MT-BC, is offering a course for teenagers. Join us for a relaxing 45-minute class which will help you increase concentration, flexibility, coordination, and posture. Suitable for the novice as well as athletes as a cross-training device, this simple style of yoga will bring a sense of balance and awareness to your life. Please wear loose and comfortable clothing. Dressing in layers is recommended.

8 weeks. (No Class 11/8/11)

(1500.204) Tuesdays: 10/11/11 – 12/6/11 from 2:30 to 3:15 p.m.

Fee: FREE (must register)



Teen ZUMBA The Recreation's Multi-Purpose Room at Scituate High School. Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? This course is a fast forward fusion of the Zumba program's moves, Salsa, Cumbia, Reggaeton, Hip Hop and more. The workout designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumba groove. Watch their energy and fitness levels soar! Grades 7 – 12. **8 weeks. (No Class on 11/24/11)**

(6000.201) Thursdays: 10/13/11 – 12/8/11 from 3:00 to 4:00 p.m.

Fee: FREE (must register)

SCITUATE STATIONARY CYCLING for GRADES 7 -12: Scituate Recreation Multi-Purpose Room at Scituate High School. 45 minutes of high-energy group exercise designed especially for teens, which incorporates music, camaraderie and visualization, followed by 15 minute cool down & stretching. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. Instructor will accept music requests weekly. Instructor: Ellen Burke. **8 weeks. (No Class 11/11/11 or 11/25/11)**

(3900.208) Fridays: 10/14/11 – 12/16/11 from 3:45 to 4:45 p.m.

Fee: FREE (must register)

ALL STARS RUNNING: Gates School Track and Field. This program will teach your child the fundamentals of running in a non-competitive, organized and fun-filled approach. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. (This program will provide facilitative assistance for children with special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend.) Ellen Burke, certified in Special Education, will coach this program. Program is open to children in K through grade 8. *We ask that you register your child well in advance. 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.* **6 weeks.**

(1004.203) Sundays: 10/9/11 – 11/13/11 from 10:00 to 11:00 a.m.

Fee: \$50 per participant

ALL STARS KARATE: Scituate Recreation's Multi-Purpose Room. A karate program designed to meet the physical, cognitive, social, and emotional needs of its participants. Students who participate in a karate program exhibit increased mobility, memorization and self-esteem. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. *(This program will provide facilitative assistance for children with special needs.*

Students who would enjoy a less formal martial arts curriculum are also encouraged to attend.) Program is open to children in grades 1-8. We ask that you register your child well in advance. If you register your within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing. **8 weeks.**

(1014.201) Wednesdays: 10/19/11 – 12/14/11 from 5:30 to 6:30 p.m.

Fee: \$80 per participant

WRESTLING CLINIC: SHS Small Gym. Do your boys have some pent-up energy they are dying to use? Or at least you're dying to have them use? Have them come to Wrestling: a fun and safe way to fulfill one's drive and become skilled at the sport of champions. Whether you are a beginner or have had training ... this is an excellent opportunity to learn for the first time or continue to sharpen your

skills in our fun-to-learn clinic. There will be two sessions, one for younger, inexperienced students in Grades 1 through 5; and one for older and/or more experienced wrestlers in Grades 6 through 8 (or for younger guys, who have taken the introductory clinic a couple of times). Wrestlers in both sessions will be separated according to size and ability. Each session will build upon the last and each night students will go home learning a new skill and having had a great time. Grades 1-5 inexperienced wrestlers will be from 6:30 to 7:15; Grades 6 through 8 (and more experienced wrestlers) will be from 7:15 to 8:15 PM. Coach: Martin Geoghegan. **5 weeks.**

Mondays: 10/17/11 – 11/14/11

(1700.201) Grades 1 – 5 from 6:30 to 7:15 p.m.

(1700.202) Grades 6 – 8 from 7:15 to 8:15 p.m.

Fee: \$35 per participant

SPORT OF FENCING: The Recreation's Multi-Purpose Room at Scituate High School. This instructional course will be offered to boys and girls, ages 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport.

Footwork, blade work, and booting skills will be taught. Instructor: Jim Mullarkey. **9 weeks.** *(No Class 11/24/11)*

Thursdays: 10/13/11 – 12/15/11

(1600.201) Beginner (no experience) from 4:45 to 5:45 p.m.

(1600.202) Intermediate (1 yr or less) from 5:45 to 6:45 p.m.

(1600.203) Intermediate II (1 yr or more) from 6:45 to 7:45 p.m.

Fee: \$100 per participant

CHILDREN'S YOGA FOR GRADES 3 – 6: Scituate Recreation Multi-Purpose Room. Instructor: Gita Brown, MM, MT-BC, is offering an **8-week** Yoga for Kids program. Come and enjoy a fun and engaging class! Yoga is a natural, healthy and fun way to promote strength, flexibility and coordination. Learn fun yoga poses, concentration and relaxation techniques, and feel good about yourself.

Wardrobe suggestions: Layered comfortable clothing (i.e. sweatshirt and tee, shorts or sweatpants and socks). *(No Class 11/8/11)*

(1500.201) Tuesdays: 10/11/11 – 12/6/11 from 3:45 to 4:30 p.m.

Fee: \$60 per participant

CO-ED INSTRUCTIONAL GYM BASKETBALL: Scituate High School, Large Gym. This 5-week basketball clinic for Grades 4 through 6 will teach the fundamentals of ball handling, shooting, defense and good sportsmanship. Drills and games keep it challenging and fun. Coach: Matt Poirier and Staff. **5 weeks**
(1800.201) Wednesdays: 10/12/11 – 11/09/11 from 5:15 to 6:15 p.m.
Fee: \$35 per participant

CO-ED FUNDAMENTALS OF BASKETBALL: Scituate High School Large Gym. This program specifically intends to teach the fundamentals of basketball and full court play. If you want to become a player and are willing to work, this is the clinic for you! Please bring your own ball. Open to grades 7 through 12 (students will be divided into age appropriate groups) Coach: Matt Poirier and Staff. **5 weeks.**
(2200.201) Wednesdays: 10/12/11 – 11/09/11 from 6:30 to 7:30 p.m.
Fee: \$35 per participant

CO-ED SHOOTING CLINIC: Scituate High School, Large Gym. Grades 7 through 12 can prepare for the upcoming winter recreation and travel basketball season with this 5-week program designed to improve individual shooting skills through drills and competition. Each week will focus on teaching proper technique of one of the following: Lay-ups, jump shots, 3 point/outside set shot, and free throws followed by competitive shooting at game speed. Coach: Matt Poirier and Staff. **5 weeks.**
(1850.201) Wednesdays: 10/12/11 – 11/09/11 from 7:30 to 8:30 p.m.
Fee: \$35 per participant

FALL OPEN GYM: Gates School Gymnasium. The goal of the open gym is to give middle school and high school kids a chance to play full-court pick-up basketball using the beautiful facilities of Scituate High School. While the open gym would not be a skills type of a clinic, Coach Jordan and Coach Eromin will direct the basketball being played. The expectations from the coaches would be that players play up-tempo basketball, make the time worthwhile, and to have fun. The open gym would also be capable of having multiple courts going at the same time dependent on the numbers of players that show up. This would be a great chance for kids to organize and play basketball themselves without a referee or uniforms. Playing pick-up basketball is what serious basketball players do all the time to become better, this open-gym would be a wonderful opportunity for Scituate kids. Open for grades 9th – 12th. **6 weeks.**
Mondays: October 17, 2011 – November 21, 2011
(2201.201) Grades 9 - 12 from 7:30 to 9:00 p.m.
Fee: \$35 per participant

GUITAR WORKSHOPS WITH MATT BROWNE:
Little People Room at SHS. A one- hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques. Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. All students require a guitar: electric (with working amp) or acoustic. Lesson worksheets will be provided. Min. 8 / Max. 10 students.
8 weeks. (No Class 11/8/11)
Tuesdays: 10/11/11 – 12/6/11
(2600.201) 8 – 12 year olds from 4:15 to 5:15 p.m.
(2600.202) 13 year olds and up from 5:30 to 6:30 p.m.
(2600.203) Adults from 7:00 to 8:00 p.m.
Fee: \$85 per participant

HALLOWEEN CREATIVE 'KRAFT TIME': Recreation Department/Little People Room at Scituate High School.

A chance for your child to use their own creativity to make Halloween keepsakes, while working together in a group setting. The spooky treasures will be kept forever! Grades K-6.

Instructor: Cheryl Bowen-Ditomaso.

All materials are included. **2 classes.**

(1200.201) Thursdays: 10/13/11 – 10/20/11 from 4:00 to 5:30 p.m.

Fee: \$35 per participant



HOLIDAY CREATIVE 'KRAFT TIME': Recreation Department/Little People Room at Scituate High School.

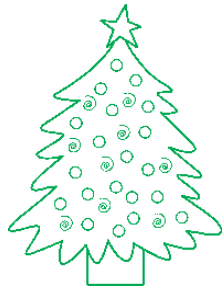
Come join us in this festive holiday craft time where your **child** can show off their creative side! In this two-week session, we will prepare for the holiday season by creating holiday-oriented ornaments, crafts and gifts that will be kept forever! Let your child take pride in their creations and have fun as well! Grades K-6.

Instructor: Cheryl Bowen-Ditomaso.

All materials are included. **2 classes.**

(1200.203) Thursdays: 12/1/11 & 12/8/11 from 4:00 to 5:30 p.m.

Fee: \$35 per participant



SCITUATE PLAYHOUSE:

Our instructor, Kathy Boluch, a Massachusetts certified teacher guides young actors through the experience of a lifetime! Meaningful direction in acting, singing and dancing culminate in one unforgettable night your child will be forever proud of!

Parents are asked to provide their children's costumes.

Please Note: No food or drink permitted in SHS Auditorium.

No Classes over Thanksgiving Break



FALL PRODUCTIONS:

“Sound of Music” A simplified version of the movie classic, with a touch of holiday celebration! Roles for 7 boys and 13 girls, grades 3-6. Limited to 20 actors.

Rehearsals: Tuesdays, 10/11/11 – 12/6/11 from 4:00 to 6:00 p.m.

(No rehearsal 11/15/11)

Location: Auditorium at Scituate High School

Dress Rehearsal: Wednesday, 12/7/11 from 5:00 to 7:00 p.m.

Final Performance: Friday, 12/9/12 at 7:00 p.m.

(1000.201)

Fee: \$150 per participant

“The Grinch” An expanded version of the Dr. Seuss cartoon special, with some extra laughs for good measure! Roles for 4 boys, 6 girls and 4 roles for either boys or girls. Grades K-2nd. Limited to 14 actors.

Rehearsals: Saturdays, 10/8/11 – 12/3/11 from 12:30 to 1:30 p.m.

in the Multi-Purpose Room at Scituate High School.

(No rehearsal 11/26/11)

Dress Rehearsal: Wednesday, 12/7/11 from 3:00 to 5:00 p.m.

in the Scituate High School Auditorium.

Final performance: Saturday, 12/10/11 at 6:00 p.m. in the Scituate High School Auditorium.

(1000.202)

Fee: \$85 per participant

PAN GAI NOON (Half Hard/Half Soft)

A series of Martial Art styles laced together to form a more complete system. The curriculum at the school is multi-faceted. In addition to our core programs of **Uechi-Ryu Karate, Box Si Lun, Praying Mantus Kung Fu**. We also offer Tai Chi Chi Kung, Meditation/Stress Management and Chi Kung energy work. The activities contain more of the listed requirements leading towards total physical fitness than almost any other single activity. We strive to make your Kung-Fu experience an enjoyable one, useful and relevant to you! ...whether your goals are exercise and getting in shape, self defense, weight loss or a workout emphasizing mind/body coordination. Sifu Cole Hawkins has been teaching martial arts since 1970 and oversees the training and development at the school. Classes are tailored to each individual age group. *Classes will be held Recreation's Multi-Purpose Room at Scituate High School*



CHILDREN'S KARATE 6-9 YEAR OLDS:

BEGINNER Less than 2 sessions

(1900.201) Mondays: 10/17 – 12/12/11 from 4:50 – 5:50 p.m. \$58 8 wk

CHILDREN'S KARATE 6-9 YEAR OLDS:

INTERMEDIATE 2 or more sessions

(1900.202) Tuesdays: 10/18 – 12/13/11 from 4:50 – 5:50 p.m. \$50 7 wk
(No Class 11/8/11)

JUNIOR'S KARATE 10-13 YEAR OLDS:

(3100.201) Wednesdays: 10/19 – 12/14/11 from 6:30 – 7:30 p.m. \$58 8 wk

TAI CHI

Classes encompass: Yang Tai Chi Chang using a balanced set of exercises to align, stretch & strengthen the body. Chi Kung breathing techniques to awaken & balance one of the core properties of tai chi your intrinsic energy * Tai Chi movement starting with stances & drills leading to long form in yang style tai chi. The movements are slow & gentle, training both the mind & body. The benefits are truly endless with this Chinese art!

(3200.102) Tuesdays: 10/18 – 12/13/11 from 6:00 – 7:30 p.m. \$100 7 wk
(No Class 11/8/11)

Adult Karate not offered this season

SAFETY PROGRAMS:

BOATING SKILLS & SEAMANSHIP CERTIFICATION

COURSE: Scituate Maritime Center on Edward

Foster Rd.: This is a Massachusetts Environmental Police and United States Coast Guard recognized course taught by the Scituate Harbor Master. This is a comprehensive 12-hour course designed for both the experienced and the novice boater. Topics include: Which Boat is for You, Equipment for Your Boat, Trailing Your Boat, Handling Your Boat, Highway Signs, The Rules You Must Follow and Navigation. Successful completion of this course also entitles 12 through 15 year-old operators to obtain the Massachusetts Environmental Police Safety Certificate allowing them to operate a motorboat without adult supervision.



Tuesday, Nov. 15 & Thursday, Nov. 17 from 6:00 to 9:00 p.m. and Saturday, Nov. 19 from 10:00 to 4:00 p.m.

(5000.201)

Fee: FREE (must register)

AMERICAN HEART ASSOCIATION HEARTSAVER

C.P.R./A.E.D.: Scituate Fire Station Headquarters: Min.6/Max 10.

Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR. Includes new text & 2- year certification card.

Instructor: Mark Donovan.

(3500.201) Wednesday, October 12, 2011 at 7:15 p.m.

Fee: \$50 per participant

AMERICAN HEART ASSOCIATION HEALTHCARE

PROVIDER CPR/A.E.D.: Scituate Fire Station Headquarters

Min. 6/Max.10. This class is appropriate for nurses, doctors, EMTs, medics and nursing students. This class covers defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two - year certification. Instructor: Mark Donovan.

(3551.201) Thursday, November 17, 2011 at 7:15 p.m.

Fee: \$55 per participant

FIRST AID: Scituate Fire Station Headquarters. Min. 6/ Max. 12. 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. Instructor: Mark Donovan **(3600.201) Wednesday, December 7, 2011 from 7:15 to 10:00 p.m.**
Fee: \$50 per participant

ADULT PROGRAMS

ADULT KARATE AND TAI CHI PROGRAMS: SEE ABOVE PAI GAI NOON INFORMATION FOR MORE DETAILS

CEILIDHE (KAY-LEE): A gathering of friends for mutual entertainment and enjoyment. Bring along a song or three, an instrument, an open heart and join in the fun. We meet the 3rd **Friday of every month from 7:30 p.m. to 10:30 p.m.** at the Recreation Department.
Fee: Free!

SCITUATE COMMUNITY TV WORKSHOP: SCTV10 Studio, Room 104 Scituate High School. If you are interested in TV production, video editing or camera operation this course is for you! SCTV10 is now installed at Scituate High School and we are offering a course for those who would like to learn more about Community Television. The Station Manager will be teaching beginner to advanced broadcasting skills to adults of all ages. You will have use of professional studio cameras, computer training stations and a broadcast control room. Workshop space is limited. **5 weeks.**
(7000.201) Thursdays: 10/20/11 – 11/17/11 from 6:30 to 8:00 p.m.
Fee: \$50 per participant

ADULT HEALTH AND FITNESS PROGRAMS

Let's challenge ourselves to foster healthier lifestyles in the Town of Scituate and set a good example for the next generation.



ZUMBA: Scituate Recreation Multi-Purpose Room at Scituate High School. The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body while combining fitness and fun. Instructor: Christine D'Ambroisa. **9 weeks.**
(3700.201) Mondays: 10/17/11 – 12/12/11 from 7:00 to 8:00 p.m.
(3700.202) Saturdays: 10/15/11 – 12/10/11 from 8:30 to 9:30 a.m.
Fee: \$50 per participant

EXCERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Do you own an exercise ball and don't know how to use it? Then come sign up for a motivating, challenging one-hour resistance-training workout. 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. All levels welcome. Please bring your own exercise ball. You will see results!! Instructor: Sarah Lannon. **9 weeks.** (No Class 11/24/11 or 11/25/11)
(4410.201) Sundays: 10/16/11 – 12/11/11 8:00 to 9:00 a.m.
(4410.202) Thursdays: 10/13/11 – 12/15/11 8:45 to 9:45 a.m.
(4410.203) Fridays: 10/14/11 – 12/16/11 4:30 to 5:30 p.m.
Fee: \$50 per participant

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. Also covered will be basic strategies for doubles and singles play, all levels are welcome. 1:4 teacher/ student ratio. **8 weeks.** (No class 11/11/11 or 11/25/11)
(8000.201) Fridays: 10/14/11 – 12/16/11 from 12:00 to 1:00 p.m.
Fee: \$90 per participant

NOT YOUR AVERAGE BOOT CAMP: ALL LEVELS OF FITNESS WELCOME

Scituate High School Track. This is an interval-training program that includes cardiovascular as well as muscular conditioning drills and outdoor fitness games. Utilizing medicine balls, jump ropes, lunges, squat thrusts, jacks, push ups, bleachers and running/walking. This is guaranteed to improve your strength and endurance. Bring your running shoes & water. You will inspire and be inspired by others. Learn how exercise can be **FUN** in this total body workout! Drop-ins welcome for \$10 with a Registration form. Instructors: Jen Rooney and Suzy Murray. **10 weeks.**

- (3800.201) Mondays: 10/10/11 – 12/19/11 6:00 – 7:00 a.m.**
- (3800.202) Wednesdays: 10/12/11 – 12/14/11 6:00 – 7:00 a.m.**
- (3800.203) Thursdays: 10/13/11 – 12/15/11 6:00 – 7:00 a.m.**
- (3800.204) Fridays: 10/14/11 – 12/16/11 9:30 – 10:30 a.m.**
- (3800.205) Saturdays: 10/15/11 – 12/17/11 7:30 – 8:30 a.m.**

Fee: \$55 per participant

YOGA FOR ADULTS:

Recreation Department/Little People Room at Scituate High School. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. All experience levels and body types welcome! Please wear loose and comfortable clothing and bring a yoga mat. Instructor: Gita Brown. **8 Weeks.** (No Class 11/25/11)

- (4400.201) Mondays: 10/17/11 – 12/5/11 from 8:45 to 9:45 a.m.**
- (4400.202) Fridays: 10/21/11 – 12/9/11 from 8:45 to 9:45 a.m.**

Fee: \$50 per participant



ADULT BASKETBALL

(3750.201) MEN’S OVER 35 BASKETBALL: Gates Junior High School. Tuesday and Thursday nights, schedule below.

<u>Tuesdays</u>	<u>9/20/11 – 11/15/11</u> 7:00-9:00 p.m. 10 Weeks	<u>12/13/11 – 3/13/12</u> 7:30 p.m. - 9:00 p.m.	<u>3/20/12-5/22/12</u> 7:00-9:00 p.m.
<u>Thursday</u>	<u>9/22/11 – 11/17/11</u> 7:00 –9:00 p.m.	<u>12/15/101– 3/15/12</u> 7:30 – 9:00 p.m.	<u>3/22/12 – 5/24/12</u> 7:00 – 9:00 p.m.

Please note:

In addition to cancellations noted here, this program follows the School Calendar and does not run during school vacations, on holidays or on snow days.

Fee: \$100 per participant

(3700.201) MEN’S UNDER 35 BASKETBALL:Gates Junior High School. Monday night, schedule below.

<u>Monday</u>		<i>Will begin in January</i>
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Please note:

In addition to cancellations noted here, this program follows the School Calendar and does not run during school vacations, on holidays or on snow days.

Fee: \$75 per participant

SCITUATE STATIONARY CYCLING:

Scituate Recreation Multi Purpose Room at Scituate High School.

Get in shape the fast and affordable way! Our cycling program offers the best -certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. **10 Weeks.**

Fee: \$75.00 (we do meet holidays and vacation week.) Instructors: Maggie Cadigan, Sarah Lannon, & Ellen Burke

(3900.201) Monday 10/17 – 12/19/11 5:45 AM to 6:45 AM Maggie
(3900.202) Monday 10/17 – 12/19/11 6:30 PM to 7:30 PM Sarah
(3900.209) Tuesday 10/18 – 12/20/11 5:45 AM to 6:45 AM Maggie
(3900.203) Wed. 10/19 – 12/21/11 9:15 AM to 10:15 AM Maggie
(3900.210) Wed. 10/19 – 12/21/11 4:00 PM to 5:00 PM Ellen
(3900.204) Wed. 10/19 – 12/21/11 6:30 PM to 7:30 PM Sarah
(3900.205) Thurs. 10/20 – 12/22/11 5:45 AM to 6:45 AM Sarah
(3900.206) Friday (*) 10/21 – 12/23/11 9:15 AM to 10:30 AM Maggie
(*)Muscle Spin = get your cardio PLUS strength and ab work out to top off this 75 minute class.
(3900.207) Sat. 10/22 – 12/24/11 7:30 AM to 8:30 AM:Alternate

Don't Miss Out!

Sign up at the Town's website

(www.town.scituate.ma.us)

*for municipal updates,
including recreation announcements.*

New!

*WINTER BROCHURE WILL BE MAILED OUT
TO ALL SCITUATE RESIDENTS
THE WEEK OF NOVEMBER 14, 2011.*

*WINTER REGISTRATION WILL BE ON-LINE
THERE WILL BE MORE INFORMATION TO FOLLOW*

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

www.town.scituate.ma.us

For more information please email psharry@town.scituate.ma.us

DON'T MISS OUT...

We will be accepting summer employment applications starting Monday, January 2, 2012 through March 15, 2012.

Interviews will be scheduled for April.

**Jobs include lifeguards, recreation counselors
and sailing instructors.**

Applications are available in the office and on line at

www.town.scituate.ma.us

www.PJStevermanGolf.com

**16th Annual PJ Steverman Golf Classic
A benefit for the Friends of Scituate Recreation**

Will be held Friday, September 16, 2011

Widow's Walk: 1:00 p.m. shotgun

***River Club: 6:00 p.m., Dinner, Silent &
Live Auction and Raffle***

Foursome: \$500.00

Hole Sponsorship: \$175.00

Dinner Ticket only: \$40.00

*For more information, please call,
781-545-5321 or 781-545-8738*

PLEASE CUT OUT AND SAVE!
Activities Sponsored by Other Organizations
PLEASE Use Phone Numbers Listed Below:
*These are independent organizations &
not under Scituate Recreation*

Scituate Adult Evening School	781-545-8750
Scituate Community Christmas	781-545-7108 scituatecommunitychristmas.com
Scituate Chamber of Commerce	781-545-4000 Elaine Bongarzone
Scituate Knights of Columbus	781-545-9829
Scituate Little League	www.scituelittleleague.org
Scituate Lacrosse	www.scituelacrosse.com
Scituate Soccer Club	617-365-5951 Peter Martin
Scituate Traveling Softball	gsm99@comcast.net Gary Meyerson
Scituate Youth Football	www.scicohfootball.com
Scituate Youth Cheerleading	www.scicohfootball.com
Scituate Youth Travel Basketball	www.scituatebasketball.org
Scituate Youth Center	781-545-6400 Bob Drew
South Shore Senior Softball League	781-545-5441 Kevin McLaughlin
South Shore Seahawks	www.southshoreseahawks.org
C.O.R.S.E. (Community of Resources for Special Education)	www.corsefoundation.org Tracy Johnston

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and/ or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

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

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

Of Student/Participant Name (Printed) _____

Date: _____

**RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT
(IF OVER 18 MUST FILL OUT)**

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED