



NEW! On-Line Registration ~ www.town.scituate.ma.us/rec

Scituate Recreation Winter Program

2012

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

**RESIDENTIAL CUSTOMER
SCITUATE MA**

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

PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. YOU MAY ACCESS THE WEBSITE TO INPUT FAMILY DATA AND VIEW WINTER OFFERINGS STARTING MONDAY, NOVEMBER 28, 2012.

It's easy

Do it all online!

It's now easier than ever to join in the fun! You can register for programs and activities, reserve facilities, renew your passes, and more -- all at <https://activenet20.active.com/scituaterel/>

It's ...

- Fast! No more line ups.
- Easy! Programs are just a few clicks away.
- Timely! With anytime, around the clock access.
- Convenient! Registration from the comfort of home.
- Secure! Your account information remains private and safe.

"You can now access our up-to-date program information 24 hours a day, 7 days a week. This new online registration system truly shows our commitment to delivering the best customer service possible. It also means that we can spend more time where it really matters ... with you!"

- Jennifer M. Vitelli, MBA, CPRP
Recreation Director

Where to find Internet Access

If you do not have access to the Internet from home, our local library offers internet access (must have library card or picture i.d.):

Public Library - Free Access

85 Branch Street
[Scituate, MA](http://Scituate.MA)

Hours:

Monday-Thursday, 10-8;

Friday & Saturday, 9-5;

October-April, Sunday, 1:30-5



step one

To get started, one adult member of the family must request a private online account. It's easy, just follow these steps-by-step instructions.

1. Go to www.registrationste.com
2. Request a new online account
3. Enter your account information, including your email address (so that you can receive program updates)
4. Select a private Login Name and Password – and type a Question and Answer that you will remember (keep all this information private)
5. Hit the "Submit" button

Your request will take up to 24 hours to process. Once your online account is active, you can add family members and view your account details. You are ready to go!

step two

From the same website, you can then register for any activity. It's easy, simply:

1. Select the "Register" button in the top-right
2. Click on an activity name and hit "Add to My Cart"
3. Login with your Login ID and Password
4. Specify the enrollment number and hit "Checkout"

step three

5. Select the family member(s) who will participate in the activity and answer any questions or add comments
6. Hit "Continue" twice to confirm your order (note: a small convenience fee is applied to your order)
7. Click "OK" on the security notice, complete your credit card payment (American Express, MasterCard, or Visa), and hit "Continue" (note: you can print your receipt)

That's it, you're registered and will receive an email confirmation!

With your online account, it takes just a few clicks to:

Register Online go!

- Search for activities by location, category, date...
- View details and number of available spaces
- Register for activities, programs, and events
- Reserve facilities
- Renew your passes and memberships
- View your personal and family calendars
- Update your account
- Print Receipts
- Receive email updates
- And more ...

All of these options are available in the top-right navigation bar. Visit www.registrationste.com and click away to explore your options today!

Secure Online Transactions

Our online registration system is brought to you by The Active Network – one of the most reputable marketing and technology solutions providers in the market. So you can be assured of the highest level of trust and security. **Being part of The Active Network means you can have peace of mind that:**

1. Your personal information is kept private. Personal information collected on the registration web site is stored in a secure database that is not available to the public. You can also help protect your information by safeguarding your account password and login name. Keep this information in a private location and create a question to which only you know the answer – so only you can use this information to get access to your account should you forget your password.
2. Your credit card information remains safe. The Active Network brings you the convenience of credit card payments using American Express, MasterCard, or Visa. Credit card numbers are encrypted in a secure database and registration information supplied is transmitted using the most secure technology in the market – the same that is used by leading online retailers, banks, and insurance companies. So you can be confident that your payment information is safe.

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

OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

Monday-Thursday, 8:30 a.m. to 4:30 p.m.

Friday by appointment

781-545-8738 (phone)

781-545-6990 (fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director

Maura Glancy, Recreation Assistant

Esther Blacker, Registrar

Donna McLaughlin, Recreation Clerk

Paul Sharry, Field Coordinator

RECREATION COMMISSION:

Christopher Roberts, Chairman

Robert McCarry, Erik Richman,

Stephen Svensen, David Smith

Associate Members: *Eric Donovan, Jamie Noonan,*

Ralph Studley, Bruce Wait, Richard Lane

Selectmen Liaison: *Shawn Harris*

POLICIES AND PROCEDURES

- WINTER PROGRAM REGISTRATION WILL OPEN **MONDAY, DECEMBER 12 AT 7:00 P.M. AT www.town.scituate.ma.us/rec**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. YOU MAY ACCESS THE WEBSITE TO INPUT FAMILY DATA AND VIEW WINTER OFFERINGS STARTING MONDAY, NOVEMBER 28, 2012.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 p.m. to 8:30 p.m. however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1. Mail-in registration will be accepted **starting December 13, 2011** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- 2. **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
- 3. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause. We otherwise maintain a **NO - REFUND** policy.
- 4. All fees are payable in advance to Town of Scituate. A person is registered only when they have registered On-line or 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. **Need financial assistance...just ask!**
- 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 begin December 19, 2011.** 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

TABLE OF CONTENTS:

Page 4:

- Little People Programs
- Pre-School Playtime
- Call from the North Pole

Page 5:

- All Stars Basketball
- All Stars Karate
- Yoga Play for Kindergartners
- Yoga for Elementary School Kids
- Sport of Fencing
- Guitar Workshops with Matt Browne

Page 6:

- Yoga for Teens
- Jump into Double Dutch
- Teen Zumba
- Stationary Cycling
- R.A.D (Rape Agression Defense Systems)

Page 7:

- Scituate Playhouse
- Pan Gai Noon
 - Adult (Executive) Kung Fu
 - Tai Chi - Internal Arts

Page 8:

- Pan Gai Noon
 - Children's Kung Fu
 - Beginner
 - Intermediate
 - Juniors Kung Fu 10-13 Years Old
- Babysitting Course
- Creative Craft Workshop
- Harry Potter Legoland

Page 9:

- Spa Science
- Scituate Playhouse - Drama Bootcamp
- Ceilidhe
- Adult Zumba
- Exercise Ball Workout with Weights
- Not your Average Boot Camp
- Adult Yoga

Page 10:

- Adult Tennis
- Stationary Cycling
- Mixed Martial Arts Conditioning Class
- American Heart Association Heart saver C.P.R./A.E.D.
- American Heart Association Healthcare Provider C.P.R./A.E.D.
- First aid
- Boating Skills & Seamanship Certification

Page 11:

- Lifeguarding Classes

Page 12:

- Field Permit Information
- Application Information
- Community Service Applications
- Other Organizations

Page 14:

- Registration Form

PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: The Little People program has been offered for twenty-one 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.

NO CLASS DURING FEBRUARY VACATION WEEK

TUESDAY LITTLE PEOPLE 1:

January 3 through March 13, 2012 from 9:00 a.m. to 10:30 a.m.
(116) **Fee: \$120 per child.**

TUESDAY LITTLE PEOPLE 2:

January 3 through March 13, 2012 from 11:00 a.m. to 12:30 p.m.
(117) **Fee: \$120 per child.**

WEDNESDAY LITTLE PEOPLE 1:

January 4 through March 14, 2012 from 9:00 a.m. to 10:30 a.m.
(118) **Fee: \$120 per child.**

WEDNESDAY LITTLE PEOPLE 2:

January 4 through March 14, 2012 from 11:00 a.m. to 12:30 p.m.
(119) **Fee: \$120 per child.**

THURSDAY LITTLE PEOPLE 1:

January 5 through March 15, 2012 from 9:00 a.m. to 10:30 a.m.
(120) **Fee: \$120 per child.**

THURSDAY LITTLE PEOPLE 2:

January 5 through March 15, 2012 from 11:00 a.m. to 12:30 p.m.
(121) **Fee: \$120 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 playtime experience. The class is open to children who are 19 to 36 months. Teacher: Sarah Lannon, certified fitness instructor. **8 weeks (No class 2/20/12)**

Mondays: 1/23 through 3/ 19/12 from 9:00 to 9:45 a.m.
(101) **Fee: \$55 per child**

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. These are **8 week programs**. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color.

Thursdays: 1/12/12 through 3/8/12 (no class 2/23/12)

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

(127) **Age: 2, from 12:30 p.m. to 1:00 p.m. Fee: \$40 per participant**

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

(131) **Ages: 3-5 from 1:00 p.m. to 2:00 p.m. Fee: \$80 per participant**

CALLS FROM THE NORTH POLE:

What could be more special than phone a call from the jolly elf himself! On December 15, 2012 special long distance calls will be made between 6:00 p.m. to 6:30 p.m. from the North Pole directly to your child in Scituate. While there is no charge for this service, a special information sheet must be filled out and returned to the Recreation Department by December 12, 2012. The information sheets will be available beginning at the Recreation Department November 28th. Calls will be limited so, pick up your form early. These calls are most appropriate for children aged 3 to 8. Only one attempt to reach each child will be made.



CHILDREN & TEEN PROGRAMS

ALL-STARS BASKETBALL Wampatuck Gymnasium. Participants will be taught the fundamentals of basketball through basic drills. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive, well-organized game will be played every week. (This program will provide facilitative assistance for children with special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend.) 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 assure proper staffing. **5 weeks (No class 1/28/12)**

Saturday mornings: 1/7/12 – 2/11/12

(183) 8:00 a.m. - 9:00 a.m. Grades K-3

(184) 9:10 a.m. - 10:10 a.m. Grades 4-8 Fee: \$80

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. Programs are designed to help children improve: balance and coordination; strength, physical and motor skills; awareness and attention and patience and determination and self-defense. *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 maybe delayed one week to ensure proper staffing.*

8 weeks (No class 2/24/2012)

(103) Fridays: 5:30 p.m. to 6:30 p.m. 1/6/12 – 3/2/12 Fee: \$80

YOGA PLAY FOR KINDERGARTNERS Scituate Recreation Multi-Purpose Room. Come join us for a delightful class of movement, breathing, music, and relaxation. Yoga enhances energy, strength, stamina, relaxation, and concentration. Your child will learn simple yoga poses that are fun, develop body awareness and promote a calm and energized child! Class is 45 minutes long, just bring your imagination and loose, comfortable clothing! Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher.

8 weeks (No class 2/21/12)

(100) Tuesdays: 1/10 – 3/6/12 from 1:30 p.m. to 2:15 p.m. Fee: \$60.00

YOGA FOR ELEMENTARY SCHOOL KIDS Scituate Recreation Multi-Purpose Room. Ages: Elementary School Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 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).

8 weeks (No class 2/21/12)

(104) Tuesdays 1/10/12 – 3/6/12 from 3:45 p.m. to 4:30 p.m. Fee: \$60.00

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. 10 weeks (No class 2/23/12)

Thursdays 1/5/12 through 3/15/12

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

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

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

Fee: \$120.00

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 for children ages 7 years to 12 years old. Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the south shore schools.

8 Weeks (No Class 2/21/12)

(111) Tuesdays: 1/10/12 – 3/6/12 from 4:30 to 5:30 p.m.

Fee: \$85 per participant

“LIVE WELL PEP GRANT”

**The following programs are cosponsored by Scituate Public Schools
NO CLASSES FEBRUARY VACATION except for R.A.D. Class**

YOGA FOR TEENS GRADES 7-12:

The Recreation’s Multi-Purpose Room at Scituate High School.

Instructor: Gita Brown, MM, MT-BC see gitabrown.com for more information about your teacher.

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 2/21/12)**

(105) Tuesdays: 1/10/12 – 3/6/12 from 2:30 to 3:15 p.m.

Fee: FREE (must register)

JUMP IN TO DOUBLE DUTCH with National Coach Patti Travers and her State Tournament team of Middle School girls

Location: Recreation’s Multi-Purpose Room, Scituate High School.

We are a competitive Double Dutch team who will teach the ins and outs of double dutch jump roping. Our mission is to share the sport of Double Dutch with others while encouraging physical activity, teamwork and fun. In conjunction with the Red Auerbach Youth Foundation we believe in the value of sports and athletics to the healthy development, both physical and emotional, of children. We will use the Go Girl Go Curriculum as well to discuss how a healthy body leads to a healthy mind!! **8 weeks (No class 2/22/12)**

(107) Wednesdays: 1/11/12 – 3/7/12 from 2:45 p.m. to 3:45 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 are at it? This course is a fast forward fusion of the Zumba program’s moves, Salsa, Cumbia, Reggaeton, Hip Hop and more. This work-out is 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 2/23/12)**

(108) Thursdays: 1/12/12 -3/8/12 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: TBD 8 weeks (No Class 2/24/12)**
(109) Fridays: 1/13/12 – 3/9/12 from 3:45 to 4:45 p.m.

Fee: FREE (must register)

**R.A.D. (Rape Aggression Defense Systems) for GRADES 7 & 8
CO-SPONSORED BY THE SCITUATE POLICE DEPARTMENT**

Sgt. Gilmartin, Scituate Police Department will instruct this program. The intent of this program is to offer an affordable, accessible, realistic program that would specifically address the self-defense needs of women. The program is based on the philosophy that everyone has a right to learn to defend themselves. Unlike many marital arts and defensive tactics schools that tend to focus primarily on the physical contact aspects, the RAD program stresses risk reduction, and combines that with avoidance strategies. Other subjects such as confrontational dynamics, principles of physical defense, postures of conflict, personal weapons of the body and selected target areas of an aggressor are also explored. **Limited to 20**

(112) Tuesday 2/21/12 & Wednesday 2/22/12 from 8:00 a.m. to 2:00 p.m.

Fee: FREE (must register)

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.

“OLIVER” *The musical adaptation of Charles Dickens' classic “Oliver Twist.” This is a singer's musical, with amazing songs and “character acting” opportunities for all. Limited to 20 actors, Grades 3-6.*

Rehearsals: Tuesdays: 1/3/12 – 3/13/12 5:00 to 7:00 p.m.

(No Class Tues 2/21)

Location: Auditorium and Cafeteria at Scituate High School

Dress Rehearsal: Thursday, 3/15/12, 5:00-7:00 p.m.

Final Performance: Saturday, 3/17/12 at 7:00 p.m.

(135)

Fee: \$160 per child

“THE LITTLE RASCALS” *Based on the 1994 movie, our young actors will relive the pratfalls of Spanky, Alfalfa, Buckwheat, the aristocratic Waldo, the enchanting Darla and her sisters! Limited to 15 actors, Grades K-2nd*

Rehearsals: Saturdays, 1/7/12 – 3/3/12 from 12:30 p.m. to 1:30 p.m.

(No Class Saturday 2/25)

Location: Multi-Purpose Room at Scituate High School

Dress Rehearsal: Thursday, 3/15/12, 3:00 –5:00 p.m.

Final Performance: Friday, 3/16/12 at 7:00 p.m.

(138)

Fee: \$110 per child

“BREAKTHROUGH AUDITIONS” This weekly class is designed to turn jumpy nerves to steel! For those actors interested in conquering their audition questions and fears, this is the challenge you need!

Limited to 12 actors, Grades 2-6

Rehearsals: Saturdays, 1/7/12 – 3/3/12 from 11:00 a.m. to 12:00 p.m.

(No Class Saturday 2/25)

Location: Scituate Recreation Multipurpose Room

(144)

Fee: \$95 per child

**SEE FEBRUARY VACATION WEEK PAGE 9 FOR
NEW! SCITUATE PLAYHOUSE DRAMA BOOTCAMP!**

Pan Gai Noon (Half Hard Half Soft)

KUNG FU + TAI CHI

The Pan Gai Noon School has been in Scituate for 27 years under the direction of Sifu Cole Hawkins. We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern Shoalin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience. There are classes for all ages 6+ boy or girl as well as seniors. Please see class description.



ADULT (EXECUTIVE) KUNG FU

Choose the option of one class per week or two for the man or woman wanting more than just a gym workout. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Some ‘cardio boot camp’ and equipment training is incorporated for total fitness. Self defense and personalized training you can practice at home. **11 weeks**

(153) Wednesdays 1/11/12-3/28/12 (No Class 2/22/12) 6:30-8:00 PM

(177) Fridays 1/13/12-3/30/12 (No Class 2/24/12) 6:30-8:00 PM

Fee: 1 class/week: \$132 2 classes/week: \$240

TAI CHI – INTERNAL ARTS

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

11 weeks (No Class 2/21/12)

(157) Tuesdays 1/10/12-3/27/12 from 6:00-7:30 p.m. Fee: \$165

CHILDRENS KUNG FU 6-9 YEAR OLDS I

For the beginning student, a fun, structured introduction to the formal training of Kung Fu. Development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks (No class 1/16/12 and 2/20/12)**

(161) Mondays: 1/9/12-3/26/12 from 4:50 p.m.-5:50 p.m. Fee: \$80

CHILDRENS KUNG FU 6-9 YEAR OLDS II

This class is structured for the beginning student after a session or two who has achieved one stripe or better. This class is more directed towards individual training or small group training. Individuals will be given more directed training as they progress. **11 weeks (No class 2/21/12)**

(162) Tuesdays: 1/10/12-3/27/12 from 4:50 p.m.-5:50 p.m. Fee: \$88

JUNIORS KUNG FU 10-13 YEAR OLDS

Age appropriate training from beginner to advanced with more directed instruction as student progresses. **11 weeks (No class 2/22/12)**

(166) Wednesdays: 1/11/12-3/28/12 from 5:30 p.m.-6:30 p.m. Fee: \$88

DECEMBER & FEBRUARY VACATION WEEK SPECIALS!!

FUN WITH THE BEANTOWN JUMPERS

Scituate High School Small Gym We are a competitive Double Dutch team from Boston, Quincy and Pembroke. Our team members include girls & boys who are in Grade 2 to Grade 8. Our mission is to share the sport of Double Dutch with others while encouraging physical activity, teamwork and fun. In conjunction with the Red Auerbach Youth Foundation we believe in the value of sports and athletics to the healthy development, both physical and emotional, of children. Bring a water bottle and wear comfortable clothing (no jeans).

(171) Wednesday: 12/28/11 10:00 a.m.-12:00 p.m. Fee: \$15

BABYSITTING COURSE: Location: TBD in SHS. This three-hour course is designed to assist 5th-7th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. The class will include a question & answer session with the Scituate Police and Fire Department. Kim Cleary, a Registered Nurse & a mother of three, teaches this class.

(164) Tuesdays: 2/21/12 from 9:00 a.m.—12:00 p.m. Fee: \$15

CREATIVE CRAFT WORKSHOP: Little People Room at SHS. Join Dalby Farm owner Cheryl Bowen-DiTomasso and her team for three fun filled days at SHS. Whether we are painting, building, cutting or pasting our workshop will provide the perfect environment for your child to develop their creative side. Each day of the workshop will focus on a different theme. All materials & supplies included. Please send your child with a peanut-free snack and drink.

(172) Tues. through Thurs: 2/21/12-2/23/12 from 9:30 a.m. to 12:00 p.m. Fee: \$75

HARRY POTTER LEGOLAND

Scituate Recreation's Multi-Purpose Room This program will be centered around everything Harry Potter and LEGO!! Join the team from Event-FULL!, LLC (www.event-full.net) and participate in building/creating LEGO structures based on ideas that you have created in your own mind! Each participant will have the opportunity to work with hundreds of thousands of LEGOs and Harry Potter LEGO Characters!!! This program fosters both individual creativity as well as teamwork/cooperation skills while having FUN with friends! The LEGOs stay with us, but the experience is yours forever! Each child will go home with a framed picture of themselves and what they create as well as a creative hands-on *magical science experiment* they will experience during the workshop. Please send your child with a nut-free snack and drink.

Program is limited to 30 participants. Grades K – 4.

(180) Thursdays: 2/23/12 from 9:00 a.m.-12:00 p.m. Fee: \$40

SPA SCIENCE **Scituate Recreation's Multipurpose Room** It's school vacation!!!.... time to relax and treat yourself!! Join the team from Event-FULL! LLC (event-full.net) and explore the mystery and science behind making your own perfume, creating bath fizzles and more!! Experience what it's like to be a real scientist...mixing, experimenting, observing, and creating! You will take home and pamper yourself with self-made spa potions. **Ages: 6-12**

Please bring a nut-free snack and drink. Class is limited to 30 girls.

(129) Thursday: 2/23/12 from 1:00 p.m.-4:00 p.m. Fee: \$40

SCITUATE PLAYHOUSE "DRAMA BOOT CAMP"

Location: Scituate High School: TBD Turn a cold and wintry February vacation into your white-hot Broadway moment on stage! Show to be determined, based on registration. **Limited to 20 actors, Grades 6-9**

(160) Tuesday through Friday: 2/21/12-2/24/12 from 9:00 a.m.-3:00 p.m. Fee: \$135

R.A.D. (Rape Aggression Defense Systems)

PLEASE SEE PEP GRANT PROGRAM, PAGE 6

ADULT PROGRAMS

ADULT KUNG FU AND TAI CHI PROGRAMS: SEE PAGE 8

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**.

ADULT HEALTH AND FITNESS PROGRAMS

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**

10 weeks. (No class on 1/16/12, 2/20/12 and 2/23/12)

(141) Mondays: 1/9 – 3/26/12 from 7:00 p.m. to 8:00 p.m.

(143) Saturdays: 1/ 21– 3/31/12 from 8:30 a.m. to 9:30 a.m. Fee: \$55

EXERCISE 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 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 10 weeks (No class Friday 2/24, Sunday 2/26)

(152) Sundays: 1/8/ – 3/18/12 from 8:00 a.m. to 9:00 a.m.

(150) Thursdays: 1/5 – 3/8/12 from 8:45 a.m. to 9:45 a.m.

(151) Fridays: 1/6-3/16/12 from 4:15 p.m. to 5:15 p.m. Fee: \$55

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 exercises. 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, jump rope and water. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! Layer up, this is an indoor/outdoor program. Drop-ins welcome \$10 with a Registration form.

10 weeks. Instructors: Jen Rooney and Suzy Murray

(168) Wednesdays: 1/4 – 3/7/12 from 6:00 a.m. to 7:00 a.m.

(170) Saturdays: 1/7 – 3/10/12 from 7:30 a.m. to 8:30 am

(174) Mondays: 1/9 – 3/12/12 from 6:00 a.m. to 7:00 a.m. Fee: \$55

ADULT YOGA

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, MM, MT-BC** see gitabrown.com for more information about your teacher.

8 weeks (No class 1/16, 2/20, 2/24)

(128) Mondays: 1/9 –3/12/12 from 8:45a.m. to 9:45 a.m. Fee: \$50

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, and 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.**

8weeks (No class 2/24)

(158) Fridays: 1/13 – 3/9/12 12:00 p.m. to 1:00 p.m. Fee: \$90

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 fitnessability.

12 weeks (We DO meet holidays and vacation week.)

Instructors: Maggie Cadigan, Sarah Lannon Fee: \$90

- (179) Monday 1/2 – 3/19/12 5:45 a.m. to 6:45 a.m.: Maggie**
(155) Monday 1/2 – 3/19/12 6:30 p.m. to 7:30 p.m.: Sarah
(159) Tuesday 1/3 – 3/20/12 5:45 a.m. to 6:45 a.m.: Maggie
(167) Wed. 1/4 – 3/21/12 9:15 a.m. to 10:15 a.m.: Maggie
(169) Wed. 1/4 – 3/21/12 4:00 p.m. to 5:00 p.m.: Sarah
(173) Wed. 1/4 – 3/21/12 6:30 p.m. to 7:30 p.m.: Sarah
(175) Thurs. 1/5 – 3/22/12 5:45 a.m. to 6:45 a.m.: Sarah
(176) Friday 1/6 – 3/23/12 9:15 a.m. to 10:30 a.m.: Maggie
(178) Saturday 1/7 – 3/24/12 7:30 a.m. to 8:30 a.m.: Alternates

MIXED MARTIAL ARTS CONDITIONING CLASS

This is a total body conditioning class focused on increasing strength, speed, endurance and flexibility. The workouts are based on the same type of constantly varied, high intensity, functional training used by professional MMA athletes to prepare for competition. No experience is necessary and there is no contact or sparring in the class. Participants will learn basic punch and kick combinations and use them as a part of training as well as a variety of body weight, kettle bell, and medicine ball exercises. All workouts can be scaled to fit any level of fitness, beginners are welcome. Come and have fun while learning the basics of a new and exciting sport. Instructor: Dan Reynolds 10 weeks. (No class 1/16/12 and 2/20/12)

(132) Mondays: 1/9/12- from 6:00 p.m. to 7:00 p.m. Fee: \$55.00

SAFETY PROGRAMS

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. (If you are a healthcare provider, see below). Includes new text and 2- year certification card.

Instructor: Mark Donovan

(134) Thursday: 1/26/12 at 7:15 p.m. Fee: \$50

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.

(136) Thursday: 2/16/12 at 7:15 p.m. Fee: \$55

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

(137) Wednesday: 3/7/12 at 7:15 p.m. Fee: \$50

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE:

Location: 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, Trailering 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 motor-boat without adult supervision.

(182) Tuesday March 13 & Thursday March 15 from 6:00 to 9:00 p.m. and Saturday March 17, 2011 from 10:00 – 4:00 p.m. Fee: Free

LIFEGUARDING CLASSES

ONLY ONE OF EACH CLASS OFFERED BEFORE THE SUMMER

Once certification requirements are complete, all lifeguard applicants must still apply & interview for a lifeguarding position. You may obtain an application either on the Town Website or in the Recreation Department. Lifeguards must be 16 years of age or older to work for the Town of Scituate. They MUST have completed Waterfront Lifeguard Training OR Completed Waterfront Module in addition to Lifeguard Training.

The three classes offered by Scituate Recreation:

1. Waterfront Lifeguard Training
2. Lifeguard Waterfront Module (for the lifeguard who already has Lifeguard Certification but has NOT received Waterfront Lifeguard Certification, this is waterfront supplement.)
3. Lifeguard Recertification (for the lifeguard who requires Lifeguard Waterfront certification)

Lifeguard Classes for all courses held at the South Shore YMCA Mill Pond Pool and Classroom time at Scituate Recreation Little People Room. See each course for schedule and location.

WATERFRONT LIFEGUARD TRAINING

Successful completion includes Lifeguard Training Certificate, CPR and First Aid Certificates. *This course fills the certification requirements to be a Scituate Lifeguard however applicants must still apply and interview.*

ENTRANCE REQUIREMENTS:

Swim 550 yard continuously using the following strokes:

1. 200 yards of front crawl using rhythmic breathing to the side or the front, 200 yards of breaststroke, 150 yards of either crawl of breaststroke. *There is no time requirement for this – only that you not stop once you start the swim.*
2. Swim 20 yards, surface five 7 – 10 ft. to retrieve a 10LB dive brick, surface, swim back and exit the water. *Time limit – 1 min. 40 secs.*
3. Swim 5 yards and get three dive rings placed 5 yards apart in 4 – 7 ft. of water, surface and swim to the side. *No time limit.*

EXIT REQUIRMENTS:

Successfully pass all required swim tests; Successfully pass all life guarding skills; Successfully pass with 85% score written in CPR, Life guarding, and First Aid; Attendance at ALL class sessions is **MANDATORY!!**

AGE REQUIREMENT: Must be 15 years of age by January 2, 2012 to take the course (proof of age required).

(142) CLASS SCHEDULE

POOL at the YMCA at Mill Pond in Hanover :

Sundays 1/15, 1/22, 1/29, 2/5 and 2/12 /2012, 6:00 p.m. to 9:00 p.m.

CLASSROOM in Scituate Recreation Little People Room:

Tuesdays 1/10, 1/17, 1/24, 1/31, 2/7, 2/14/2012 6:00 p.m. to 9:30 p.m.

Fee: \$325

LIFEGUARD WATERFRONT MODULE

This bridge course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The bridge course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries

Prerequisites: Current certification in American Red Cross Lifeguard Training and CPR/AED for the Pro-Rescuer. Minimum age of 15 and pass a precourse.

(146) CLASS SCHEDULE

POOL: Sunday 6/3/12 YMCA Pool

CLASSROOM: Tuesday 6/5/2012 Scituate Recreation Little People Room

Fee: \$110

WATERFRONT LIFEGUARD RECERTIFICATION

The purpose of this course is to help participants achieve recertification in Lifeguard Training without having to take the full content course. This review course includes First Aid and CPR for the Professional Rescuer. **Hours: 21**
Prerequisites: Current American Red Cross Lifeguard Training, First Aid, & CPR/AED for the Professional Rescuer certification.

(147) CLASS SCHEDULE

POOL: Sunday 6/10/2012 YMCA Pool

CLASSROOM: Tuesday 6/12/2012 Scituate Recreation Little People Room

Fee: \$110

**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 contact Paul Sharry at psharry@town.scituate.ma.us

Don't Miss Out!

Sign up at the Town's website:(www.town.scituate.ma.us) for municipal updates, including recreation announcements.

SUMMER EMPLOYMENT

We will be accepting summer employment applications from Tuesday, January 3, 2012 through Thursday, 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

COMMUNITY SERVICE APPLICATIONS

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

Or are you already in High School and have not started your community service hours?

If so, stop by the Recreation Department and pick up a community service application. The Recreation Department has many fun opportunities for you to give back to our community.

An informational session will be held on Community Service Opportunities with the Recreation Department. Interviews for Community Service Applicants will be held the first week in May.

PLAN AHEAD:

Due to the high volume of late applicants last summer, applications deadline will be Thursday, March 29, 2012

**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 www.scituatechamber.org
Scituate Knights of Columbus	781-545-9829 www.kofc3716.org
Scituate Little League	www.scituatelittleleague.org
Scituate Lacrosse	www.scituatelacrosse.com
Scituate Soccer Club	617-365-5951/Peter Martin www.scituatesoccer.com
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 ebblacker@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