



## Scituate Recreation Spring Program 2011

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

**RESIDENTIAL CUSTOMER  
SCITUATE MA**

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Scituate, MA  
Permit No. 56

# SCITUATE RECREATION DEPARTMENT

## Winter 2011 Brochure

**MAIL:** 600 Chief Justice Cushing Hwy.  
**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., Closed: Fri.  
781-545-8738 (phone)  
781-545-6990 (fax)

### **RECREATION STAFF:**

*Jennifer M. Vitelli, M.B.A., CPRP; Recreation Director*  
*Maura Glancy, Recreation Assistant*  
*Paul Sharry, Field Coordinator*

### **RECREATION COMMISSION:**

*Bruce Wait, Chairman*  
*Nancy Ivas, Robert McCarry, Christopher Roberts, Stephen Svensen*  
*Associate Members: Jamie Noonan, Rich Lane, Erik Richman and David Smith*  
*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.”**

## TABLE OF CONTENTS:

### Page 3:

- Policies and Procedures

### Page 4

- Sailing
  - Registration - *Saturday, March 12, 2011*

### Page 5

- Mr. C's Instructional Youth Soccer
  - Registration - *Thursday, February 17, 2011*
- Little People

### Page 6

#### **Pre-School Programs**

- Kids Just Love Crafts
- Pre-School Playtime
- Pre-School/Youth Dance

#### **Children & Teen Programs**

- Soccer Clinic - *Accepting registration now.*
- All-Stars Karate

### Page 7

#### **Children and Teen Programs – cont.**

- Special Olympics Track & Field Program
- Guitar Workshop
- Fencing
- Wrestling
- Fundamentals of Basketball

### Page 8

#### **Children and Teen Programs - cont.**

- Drama
  - Bye-Bye Birdie
  - Peter Rabbit
- Pan Gai Noon

### Page 9

#### **Children and Teen Programs - cont.**

- Teen Yoga
- Teen Zumba
- Stationary Cycling for Grades 7-12

### **February Vacation**

- Babysitting Course
- Fencing
- Craft Workshop

### Page 10

#### **February Vacation – cont.**

- Lego Playland
- American Girl Doll Workshop

#### **Safety Programs**

- Heartsaver CPR
- First Aid
- Healthcare Provider CPR

#### **Adult Fitness**

- Yoga for Adults
- Zumba
- Exercise Ball Workout with Weights

### Page 11

#### **Adult Fitness – cont.**

- Not Your Average Boot Camp
- Scituate Stationary Cycling

#### **Adult Programs**

- Golf
  - Beginner Introductory Outdoor Golf
  - Intermediate Adult Short-Game Series
  - Intermediate Adult Full-Swing Series

### Page 12

#### **Adult Programs – cont.**

- Adult Tennis
- Adult Basketball
- Ceilidhe
- Egg Hunt – *Saturday, April 23, 2011*
- Permit Information

### Page 13

- Community Service Information
- Summer Employment Information
- Important Phone Numbers

## 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 February 12, 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 FEBRUARY 16, 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 Feb. 21, 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.
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.

**SPRING REGISTRATION WILL TAKE PLACE IN THE  
RECREATION MULTI-PURPOSE ROOM  
AT SCITUATE HIGH SCHOOL  
SATURDAY, FEBRUARY 12, 2011  
FROM 8:00 A.M. TO 10:00 A.M. (NO EXCEPTIONS)**

**(Mail-in registrations will be processed starting Feb. 16, 2011)  
THE OFFICE WILL BE CLOSED  
MONDAY & TUESDAY, February 14th & 15th  
(SO WE MAY PROCESS THE WEEKEND'S REGISTRATION.  
WE WILL RE-OPEN WEDNESDAY, FEBRUARY 16th)**

~ PLEASE NOTE ~

**SEPARATE REGISTRATION FOR SAILING  
SATURDAY, MARCH 12, 2011 FROM 9 A.M. TO 11 A.M**

**IN THE RECREATION DEPARTMENT OFFICE...EARLY REGISTRATIONS WILL NOT BE ACCEPTED**

**ALL SAILING PROGRAMS MEET RAIN OR SHINE**

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Devices (C.G. approved life jacket). *Classes run Monday through Thursdays (we will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday...call the Recreation Department for more information on rainy days.*

*Due to the high demand of this program we are limiting this to one session week per child. Should you be interested in taking additional weeks we will be accepting a waiting list on a first come first serve basis. After May 1<sup>st</sup> if classes have not filled we will be calling off the list.*

**Our Goal:** *to provide as many children the opportunity to experience the joy of sailing!*

**MERCURY'S – Fee \$125**

We offer 12 hours of lessons over one week on our renovated 15-foot Cape Cod Mercury Keels. These are very stable, hearty sailboats. They are great for the beginner/intermediate sailor. Experience is not required, although classes will be formatted to the experience of each sailor.

This class is for participants ages 9 – adults.

*The sailing area for the Mercury's is limited to inside the breakwater.*

**8:00 AM- 11:00 AM**

6/27 – 6/30	1011.101
7/5 – 7/8	1011.102
7/11 – 7/14	1011.103
7/18 – 7/21	1011.104
7/25 – 7/28	1011.105
8/1 – 8/4	1011.106
8/8 – 8/11	1011.119

**12:00 PM-3:00 PM**

6/27 – 6/30	1011.107
7/5 – 7/8	1011.108
7/11 – 7/14	1011.109
7/18 – 7/21	1011.110
7/25 – 7/28	1011.111
8/1 – 8/4	1011.112
8/8 – 8/11	1011.120

**420's - \$300**

420 classes are offered in two week sessions throughout the summer to sailors ages 12 – 18. This course is designed for both beginner and intermediate 420 sailors. Beginning students are introduced to wind awareness, sailing terminology, points of sail, tacking, and gybing. Intermediate students will cover weather, sail trim, hull trim, and equipment maintenance. This course is designed to teach students with little or no experience to students who are proficient in all points covered in the 420-beginner course.

*If you want to become a sailor, and are willing to work hard and have great listening skills then this program is for you*

**8:00 am – 11:00 am**

6/27 – 7/8	1011.113
7/11 – 7/21	1011.114
7/25 – 8/4	1011.115

**12:00 – 3:00 pm**

6/27 – 7/8	1011.116
7/11 – 7/21	1011.117
7/25 – 8/4	1011.118

**J-24 SAILING (AGES 17 & UP)**

Do you sail? Are you looking to race or learn to cruise? This is the program to hone your skills. Program will meet on **Thursday** and **Tuesdays** from **5:30 p.m. to 7:30 p.m.** for two weeks (starts on Thursday)

1011.121	7/7 – 7/19
1011.122	7/21 – 8/2
1011.123	8/4 – 8/16

**MR. C'S INSTRUCTIONAL YOUTH SOCCER**

**(Scituate Residents Only)**

**Registration will be held on  
THURSDAY, FEBRUARY 17, 2011**

**8:00 a.m. to 6:00 p.m.**

**(ALL DAY...ONE DAY REGISTRATION) in the recreation office.**

The Scituate Recreation Department, in cooperation with Constantine Constantinides, will hold an instructional soccer clinic for children ages 5 & 6 years old. **(1950.401)**

Children born from **9/2/04- 5/1/2006** are eligible

This clinic will be under the direction of Mr. 'C' and will be held on Saturdays from May 7, 2011 through June 11, 2011

Location: Flannery Field

Parents' participation in the coaching and assisting coaching is essential to the program.

The cost of the clinic is \$20 per child (all funds collected are for non-personal expenses. Program is run 100% by volunteers)

**DON'T MISS OUT...MARK YOUR CALENDARS NOW!**

**REGISTRATION FORMS WILL BE AVAILABLE**

**ON-LINE AT [www.town.scituate.ma.us](http://www.town.scituate.ma.us)** or at the Department on the day of registration

**\*\*\*A COPY OF YOUR CHILD'S BIRTH CERTIFICATE MUST ACCOMPANY HIS/HER REGISTRATION\*\*\***

*(If your child were older than this he/she would be eligible to participate in the Scituate Soccer Club Program. Eligibility for under 8 is 8/1/2001-9/1/2003 For more information, please contact Peter Martin, with the Scituate Soccer Club at 617-365-5951 or check their website out at [www.scituatesoccer.org](http://www.scituatesoccer.org))*



**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, arts and crafts, games and social activities as well as 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 APRIL VACATION WEEK**

**TUESDAY LITTLE PEOPLE 1:**

**March 22 through May 31, 2011** from 9:00 a.m. to 10:30 a.m.

**(0100.401)**

**Fee: \$120 per child**

**TUESDAY LITTLE PEOPLE 2:**

**March 22 through May 31, 2011** from 11:00 a.m. to 12:30 p.m.

**(0100.402)**

**Fee: \$120 per child**

**WEDNESDAY LITTLE PEOPLE 1:**

**March 23 through June 1, 2011** from 9:00 a.m. to 10:30 a.m.

**(0100.403)**

**Fee: \$120 per child**

**WEDNESDAY LITTLE PEOPLE 2:**

**March 23 through June 1, 2011** from 11:00 a.m. to 12:30 p.m.

**(0100.404)**

**Fee: \$120 per child**

**THURSDAY LITTLE PEOPLE 1:**

**March 24 through June 2, 2011** from 9:00 a.m. to 10:30 a.m.

**(0100.405)**

**Fee: \$120 per child**

**THURSDAY LITTLE PEOPLE 2:**

**March 24 through June 2, 2011** from 11:00 a.m. to 12:30 p.m.

**(0100.406)**

**Fee: \$120 per child**



**KIDS JUST LOVE CRAFTS: Little People Room at SHS.** This class encourages parent/guardian and child interaction in a creative and challenging environment for the child, along with social involvement with other pre-school children. Calling all kids ages 2-4! Join us for a jammed packed program of goeey arts and crafts, stories and songs. Make a mess, have some fun! Watch your child's excitement grow as they create crafts that can be treasured for a lifetime. Younger siblings welcome! **(8 weeks)**

*(No class April 18, 2011 or May 30, 2011)*

**Mondays:** April 4 – June 6, 2011 from 10:00 to 10:45 a.m.

**(0200.402)**

**Fee: \$88 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 April 18, 2011)*

**Mondays:** March 28 – May 23, 2011 from 9:00 to 10:00 a.m.

**(0400.402)**

**Fee: \$60 per child**

**PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY: Location: Scituate Multi Purpose room.** Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics. **(10 weeks)**

*(No class April 21, 2011)*

**Thursdays:** March 2, 10, 17, 24, 31, April 7, 14, 28, May 5 & 12, 2011

**(0300.201) 3 Years Old:**

12:30 p.m. to 1:30 p.m.

**(0300.202) 4 & 5 Years Old:**

1:30 p.m. to 2:30 p.m.

**Fee: \$100 per child**

## **CHILDREN & TEEN PROGRAMS**

### **2 DAY WINTER SOCCER CLINIC: Jenkins School Gym**

Along with the Scituate CORSE Foundation and AccesSports America, Scituate Recreation is sponsoring this new and innovative soccer program. Participants will be taught the fundamentals skills of soccer through instruction and drills, conditioning and ending with a tournament. AccesSports will provide their highly qualified instructors in a non-competitive, fun and relaxed environment to accommodate all abilities. Their goal is to enjoy the game while building skills. AccesSport America is a national, non-profit founded in 1995 that inspires higher function and fitness for children and adults of all disabilities through safe entry to high-challenge sports. AccesSports strives to promote each person's highest physical and athletic potential while cultivating social and emotional well-being. This program will provide facilitative assistance for children with special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend. Please bring a bottle of water and shin guards are strongly suggested as well. There is a maximum of 25 participants, so please register early. This program is open to children in grades 1-8

**Sundays:**

February 6 and 13 from 1:00-2:30

***ACCEPTING REGISTRATION NOW,  
DO NOT HAVE TO WAIT UNTIL 2/12/11***

**(1015.401)**

**Fee: \$25 per child**

**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. This program is open to children in grades 1-8. **(8 weeks)** *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.*

**Saturdays:** April 23 – June 11, 2011 *(Children will be grouped accordingly and you will be notified of the time slot.)*

**(1014.401)**

**Fee: \$80 per child**

**SPECIAL OLYMPICS TRACK & FIELD PROGRAM: SHS Track.**

Program for Children grade1 through grade 8 (Ages 6 & 7 to train and ages 8 and up to compete) who have been identified with a learning disability or special needs. We also, welcome Peer Role Models to act as “unified partners” where peer role models would be welcomed in the program to partner with a special needs child (there is a division in the Olympics for unified partners). Weekly instructional track & field program to include training in 25m assisted walk, 50m, 100m run, wheelchair, Turbo Javelin, long jump, softball throw, tennis ball throw. Program is designed to prepare athletes for Special Olympic competition...all athletes can compete successfully. All you need is sneakers, water bottle and a desire to run, jump, throw and have fun. Parent Participation is welcome! Betsy Callanan, certified Track and Field Coach by Special Olympics MA. **(12 weeks)**

*(No Class April 24, 2011)*

**Sundays:** April 3 – June 26, 2011 from 9:00 to10:00 a.m.

**(2700.401)**

**Fee: FREE**

**Track program for high school and adults: Meets weekly from 5:00 – 6:00 p.m. Please contact Taffy Nothnagle @ 781-383-0895 for more information.**

**GUITAR WORKSHOPS WITH MATT BROWNE: Scituate Recreation**

**Department’s Little People Room.** A one-hour weekly 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 April 19, 2011)*

**Tuesdays:** March 22 – May 17, 2011 from 4:30 p.m. to 5:30 p.m.

**(2600.401)**

**Fee: \$85 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. **(10 weeks)**

*(No class April 21, 2011)*

**Thursdays:** March 31, 2011 – June 9, 2011

**(1600.401)** Beginner (no experience) 4:45 to 5:45 pm

**(1600.402)** Intermediate (1 year or less of instruction) 5:45 to 6:45 pm

**(1600.402)** Intermediate II (1 yr or more of instruction) 6:45 to 7:45 pm

**Fee: \$120 per participant**

**WRESTLING: 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 students in Grades 1 through 5, and one for older students in Grades 6 through 8. Wrestlers 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.

Coach: Martin Geoghegan. Grades 1 – 5. **(5 weeks)**

*(No class April 18, 2011)*

**Mondays:** March 7, 14, 21, 28, April 4, 2011 from 6:30 p.m. to 7:30 p.m.

**(1700.401)**

**Fee: \$40 per participant**

**CO-ED FUNDAMENTALS OF BASKETBALL: Scituate High School**

**Large Gym.** This program intends specifically to teach the fundamentals of basketball and full court play. If you want to become a player, and are willing to work hard and have great listening skills then this clinic is for you. Bring your own ball! Open to grades 6 through 11 (students will be divided in to age appropriate groups) Coach: Matt Poirier **(5 weeks)**

**Wednesdays:** March 16, 2011 – April 13, 2011 from 6:00 p.m. to 7:15 p.m.

**(2200.401)**

**Fee: \$40 per participant**



## SCITUATE PLAYHOUSE

**BYE BYE BIRDIE:** Scituate High School Cafeteria. “Birdie” — the 1960’s most popular rock star — comes to Sweet Apple, Ohio to sing his TV rock & roll “farewell” to fan club president, Kim, before joining the Army! Kim and her friends are thrilled, as they perform the classic “Goin’ Steady” (The Telephone Song), while the high school and parents are not so thrilled! The town is turned upside-down when “The Ed Sullivan Show” TV crew arrives! Grades 3 – 6.

**Audition:** Monday, February 14, 2011 from 4:30 to 6:30 p.m.

**Rehearsals:** Mondays: February 28, 2011 to April 25, 2011 from 4:00 to 6:00 p.m. (No class April 18, 2011)

**Dress Rehearsal:** Wednesday, April 27, 2011 from 3:00 to 7:00 p.m.

**Final Performance:** Friday, April 29, 2011 from 7:00 p.m. to 9:00 p.m. (1000.401) Fee: \$150 per child

**PETER RABBIT:** Scituate Recreation’s Multi-Purpose Room. Peter Rabbit can’t seem to stay out of Farmer McGregor’s garden! Based on the classic Beatrix Potter story, this short, classic play brings this traditional tale to life! Grades K – 2. *Limited to 10 children.*

**Audition:** Saturday, March 26, 2011 from 11:30 a.m. to 1:30 p.m.

**Rehearsals:** Saturdays: April 2 & April 9, 2011 from 11:30 a.m. to 1:30 p.m.

**Dress Rehearsal:** Wednesday, April 13, 2011 from 3:30 to 5:30 p.m.

**Final Performance:** Friday, April 15, 2011 from 6:00 to 6:45 p.m. (1000.402) Fee: \$95 per child



## 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.

There will be **NO CLASS DURING APRIL VACATION OR MEMORIAL DAY!!**

**Classes will be held in Recreation’s Multi-Purpose Room at Scituate High School**

### CHILDREN’S KARATE 6-9 YEAR OLDS

**BEGINNER Less than 2 sessions**

**1900.401 Mondays:** 4/4/11 – 6/20/11 from 4:50 to 5:50 p.m. \$73 10wk

### CHILDREN’S KARATE 6-9 YEAR OLDS

**INTERMEDIATE 2 or more sessions**

**1900.402 Wednesdays:** 4/6/11– 6/22/11 from 4:50 to 5:50 p.m. \$80 11wk

### JUNIOR’S KARATE 10-13 YEAR OLDS

**2300.401 Tuesdays:** 4/5/11 – 6/21/10 from 5:00 to 6:00 p.m. \$80 11wk

### ADULT KARATE

**3100.402 Wednesdays:** 4/6/11 – 6/22/11 from 6:00 to 7:30 p.m. \$106 11wk

### 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!

**3200.402 Tuesdays:** 4/5/11 – 6/14/11 from 6:00 to 7:30 p.m. \$143 11wk



**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 April 19, 2011)*

**Tuesdays:** March 22, 2011 – May 17, 2011 from 2:30 p.m. to 3:15 p.m.  
**(1500.404) Fee: FREE (must register)**



**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! **(8 weeks)**  
*(No class April 18, 2011)*

**Mondays:** March 21, 2011 – May 16, 2011  
**(6000.401)** Grades 9 – 12 from 2:30 p.m. to 3:30 p.m.  
**(6000.402)** Grades 7 & 8 from 3:30 p.m. to 4:30 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: Erin Culbert.  
**(8 weeks)** *(No class April 22 & April 29, 2011)*

**Fridays** March 18 – May 20, 2011 3:30 p.m. to 4:30 p.m.  
**(3900.408) Fee: FREE (must register)**

**FEBRUARY VACATION**

**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.

**Tuesday,** February 22, 2011 from 9:00 a.m. to 12:00 p.m.  
**(1001.301) Fee: \$15 per participant**

**SPORT OF FENCING: Scituate Recreation’s Multi-Purpose Room .** This instructional course will be offered to boys and girls (grade 1 and up). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and boating skills will be taught. Instructor: Jim Mullarkey.



**Tuesday, 2/22/11, Wednesday, 2/23/11 & Thursday, 2/24/11**  
**(1600.311)** Beginner (no experience) 1:15 p.m. to 3:15 p.m.  
**(1600.312)** Intermediate (1 yr or less of instruction) 3:15 p.m. to 5:15 p.m.  
**Fee: \$75 per participant**

**NEW! 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.

**Tuesday, 2/22/11, Wednesday, 2/23/11 & Thursday, 2/24/11** from 9:30 a.m. to 12:00 p.m.  
**(1200.303) Fee: \$75 per participant**



## **FEBRUARY VACATION continued...**

### **LEGO PLAYLAND: Scituate Recreation's Multi-Purpose Room**

This unique workshop will be centered around everything LEGO!! Join the team from Event-FULL!, LLC and participate in "LEGO-related" take-home projects, games, building and creating LEGO structures, bases, vehicles, houses and more. Don't miss out on this workshop that takes a favorite traditional toy and turns into a fun-filled morning with a creative spin! The LEGOS stay with us, but the experience is yours forever! Don't worry if you have taken this program before...participants will have a different take home project to make! Workshop is limited. Please send your child with a peanut-free snack and drink. Open to Grades K – 4.

**Wednesday**, February 23, 2011 from 9:00 a.m. to 12:00 p.m.

**(1016.301)**

**Fee: \$40 per participant**

### **AMERICAN GIRL DOLL CREATE & PLAY – THEME: SLUMBER PARTY: Little People Room at SHS.**

Join the team from Event-FULL! LLC and bring your special friend for several hours that you will both enjoy. You will creatively design items for your doll so that she will be ready for her next sleepover!! Please send your child with a peanut-free snack and drink. Workshop is limited. Open to Grades K-4.

**Wednesday**, February 23, 2011 from 1:00 p.m. to 4:00 p.m.

**(1016.302)**

**Fee: \$40 per participant**

## **SAFETY PROGRAMS**

### **AMERICAN HEART ASSOCIATION HEARTSAVER C.P.R.: 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.

**Thursday**, March 10, 2011 at 7:15 p.m.

**(3500.401)**

**Fee: \$50 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

**Thursday**, April 7, 2011 at 7:15 p.m.

**(3600.401)**

**Fee: \$50 per participant**

### **HEALTHCARE PROVIDER CPR: Scituate Fire Station**

**Headquarters.** Min.6/ Max.12 We will offer a Healthcare Provider CPR class; it will be held on. This class is appropriate for nurses, doctors, emts, medics and nursing students. This class covers defibrillation, adult, child, infant CPR for the Healthcare Professional. This is a two-year certification. Instructor: Mark Donovan.

**Thursday**, May 12, 2011 at 7:15 p.m.

**(3551.401)**

**Fee: \$55 per participant**

## **ADULT FITNESS PROGRAMS**

### **YOGA FOR ADULTS: Scituate Recreation's Little People Room.** 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 4/18/11)*

**Mondays:** February 28, 2011 – April 25, 2011 from 8:45 a.m. to 9:45 a.m.

**(4400.401)**

**Fee: \$50 per participant**

### **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'Ambrosia. **(11 weeks)**

*(No class April 18 & 23, 2011)*

**(3700.401) Mondays:** April 4 – June 13, 2011 from 7:00 to 8:00 p.m.

**(3700.401) Saturdays:** April 9 – June 18, 2011 from 8:20 to 9:20 a.m.

**Fee: \$60 per participant**

### **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 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. Instructor: Sarah Lannon. **(10 weeks)** *(No class April 24, 2011)*

**(4410.401) Sundays:** March 13 – May 22, 2011 from 8:00 – 9:00 am

**(4410.402) Thursdays:** March 17 – May 26, 2011 from 8:45 – 9:45 am

**Fee: \$55 per participant**

## NOT YOUR AVERAGE BOOT CAMP: ALL LEVELS OF FITNESS

**WELCOME: Scituate High School Track.** This is an interval and circuit training program that includes cardiovascular as well as muscular & core conditioning drills and exercises. Utilizing medicine balls, jump ropes, lunges, squat thrusts, jacks, push ups, bleachers and running/walking. This calorie burning workout will improve your strength and endurance. Bring your running shoes and water. Prepare yourself to work hard and have fun! Anything and everything is fair game in this total body workout! Outdoor Program meets rain or shine. Drop-ins welcome \$10 with a Registration form. Instructors: Jen Rooney and Suzy Murray (10 weeks)

- (3800.401) **Mondays:** March 21 – May 23, 2011 6:00 a.m. – 7:00 a.m.  
(3800.405) **Mondays:** March 21 – May 23, 2011 6:30 p.m. – 7:30 p.m.  
(3800.402) **Wednesdays:** March 23 – May 25, 2011 6:00 a.m. – 7:00 a.m.  
(3800.403) **Fridays:** March 25 – May 27, 2011 9:30 a.m. – 10:30 a.m.  
(3800.404) **Saturdays:** March 26 – May 28, 2011 7:20 a.m. – 8:20 a.m.

**Fee: \$55 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 **BRAND NEW BIKES!!** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. Instructors: Maggie Cadigan, Sarah Lannon & Erin Culbert. (10 weeks)

*(We do meet holidays and vacation week)*

- (3900.401) **Monday** 3/14 – 5/16/11 5:45 to 6:45 a.m. Maggie  
(3900.402) **Monday** 3/14 – 5/16/11 6:30 to 7:30 p.m. Sarah  
(3900.403) **Tuesday** 3/15 – 5/17/11 5:45 to 6:45 a.m. Maggie  
(3900.404) **Wednesday** 3/16 – 5/18/11 9:15 to 10:15 a.m. Maggie  
(3900.405) **Wednesday** 3/15 – 5/17/11 4:00 to 5:00 p.m. Erin  
(3900.406) **Wednesday** 3/16 – 5/18/11 6:30 to 7:30 p.m. Sarah  
(3900.407) **Thursday** 3/17 – 5/19/11 5:45 to 6:45 a.m. Sarah  
(3900.409) **Friday** 3/18 – 5/20/11 9:15 to 10:15 a.m. Maggie  
(3900.410) **Saturday** 3/19 – 5/21/11 8:00 to 9:00 a.m. Alternates

**Fee: \$75 per participant**

## ADULT PROGRAMS

### BEGINNER INTRODUCTORY ADULT OUTDOOR GOLF Widows

**Walk Golf Course (ages 18 and over):** with Golf Professional Bob Sanderson or another PGA Staff Member at Widow's Walk. This introductory program will focus on pre-swing fundamentals, putting and full-swing mechanics. We will also touch on golf course orientation, rules and etiquette. The course is tailored to the beginner golfer. (5 weeks)

(3000.401): **Tuesdays:** April 26 – May 24, 2011 from 5:30 p.m. – 6:30 p.m.

**\*Rain Date: May 31, 2011**

(3000.402): **Tuesdays:** April 26 – May 24, 2011 from 6:30 p.m. – 7:30 p.m.

**\*Rain Date: May 31, 2011**

(3000.403): **Thursdays:** April 28 – May 26, 2011 from 11:00 a.m. – noon

**\*Rain Date: June 2, 2011**

(3000.404): **Mondays:** May 16 – June 20, 2011 from 6:30 p.m. – 7:30 p.m.

**\*Rain Date: June 27, 2011**

**Fee: \$75 per participant**

### INTERMEDIATE ADULT SHORT GAME SERIES Widows Walk Golf

**Course (ages 18 and over):** Student to teacher ratio 6:1. With Golf Professional Bob Sanderson or another PGA staff member at Widow's Walk. These more advanced sessions are tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Putting, Chipping, Pitch Shots, Green Side Sand Shots, Trouble Chips/Review. (5 weeks)

*(No class May 31, 2011)*

(3001.401): **Thursdays:** April 28 – May 26, 2011 from 6:30 p.m. – 7:30 p.m.

**\*Rain Date: June 2, 2011**

(3001.402): **Mondays:** May 16 – June 20, 2011 from 5:30 p.m. – 6:30 p.m.

**\*Rain Date June 27, 2011**

**Fee: \$95 per participant**

### INTERMEDIATE ADULT FULL SWING SERIES Widows Walk Golf

**Course (ages 18 and over):** These more advanced sessions are tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing Fundamentals, Ball Flight Laws, Iron Play, Wood Play, and Review. (5 weeks)

(3002.401): **Thursdays,** April 28 – May 26, 2011 from 5:30 p.m. – 6:30 p.m.

**\*Rain Date: June 2, 2011**

**Fee: \$95 per participant**

**ADULT TENNIS: Scituate Racquet and Fitness Club**

During this tennis session you will learn, forehand and backhand ground strokes and volley's. 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 (No class April 22 & April 29, 2011)

**(8000.401) Fri. 3/18 – 6/3/11 12:00 p.m. to 1:00 p.m.**

**Fee: \$112 per participant**

**ADULT BASKETBALL:**

*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.*

**MEN'S OVER 35 BASKETBALL:** Gates Junior High School. Tuesday and Thursday nights, schedule below.

**(3750.201)**

**Fee: \$50 per participant**

<b><u>Tuesdays</u></b>	<b><u>12/14/10 – 3/15/11</u></b> 7:30 pm - 9:00 pm	<b><u>3/22/11-5/24/11</u></b> 7:00 - 9:00 pm
<b><u>Thursday</u></b>	<b><u>12/16/10 – 3/17/11</u></b> 7:30 pm - 9:00 pm	<b><u>3/24/11 – 5/26/11</u></b> 7:00 - 9:00 pm

**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.

**MEN'S UNDER 35 BASKETBALL:** Gates Junior High School.

Monday night, schedule below.

**(3700.201)**

**Fee: \$50.00 per participant**

<b><u>Monday</u></b>		<b><u>9/20/10 – 5/23/11</u></b> 7:30-9:00
<b>Please note:</b> 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.		

**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 3<sup>rd</sup> Friday of every month from 7:30 p.m. to 10:30 p.m. at the Recreation Department.



**18<sup>TH</sup> ANNUAL EGG HUNT**

**Sponsored by the Friends of Scituate Recreation**

**Saturday, April 23, 2011 10:00 a.m. at**

**Widow's Walk Golf Course**

**Children aged 3 through 6.**

**NO REGISTRATION REQUIRED!**

**Must be accompanied by an adult.**

**Bring your basket and get ready for FUN**

**and a surprise visitor!**

**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](http://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 March 28, 2011***

**SUMMER EMPLOYMENT**

*We will be accepting summer employment applications starting Monday, January 3, 2011 through March 14, 2011.*

*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](http://www.town.scituate.ma.us)**

**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  
[www.scituatecommunitychristmas.com](http://www.scituatecommunitychristmas.com)
- Scituate Chamber of Commerce      781-545-4000 Elaine Bongarzone  
[www.scituatechamber.org](http://www.scituatechamber.org)
- Scituate Knights of Columbus      781-545-9829 /  
[www.kofc3716.org](http://www.kofc3716.org)
- Scituate Little League      [www.scituatelittleleague.org](http://www.scituatelittleleague.org)
- Scituate Lacrosse      [www.scituatelacrosse.com](http://www.scituatelacrosse.com)
- Scituate Soccer Club      617-365-5951 / Peter Martin  
[www.scituatesoccer.com](http://www.scituatesoccer.com)
- Scituate Traveling Softball      gsm99@comcast.net / Gary Meyerson
- Scituate Youth Football      [www.scicohfootball.com](http://www.scicohfootball.com)
- Scituate Youth Cheerleading      [www.scicohfootball.com](http://www.scicohfootball.com)
- Scituate Youth Travel Basketball      [www.scituatebasketball.org](http://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](http://www.southshoreseahawks.org)
- C.O.R.S.E. (Community of Resources for Special Education)  
[www.corsefoundation.org](http://www.corsefoundation.org) / Tracey Johnston

**SCITUATE RECREATION REGISTRATION FORM**

(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.

**PLEASE PRINT CLEARLY**

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (10-11): \_\_\_\_\_  
*The grade would be the grade your child entered in the Fall of 2010.*

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

**IMPORTANT!** In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone\*: \_\_\_\_\_ *\*different than those provided above!*

Medical Conditions (allergies, etc.): \_\_\_\_\_

Insurance Company Name: \_\_\_\_\_ Policy #: \_\_\_\_\_

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
Non Resident Fee - \$5.00/program			\$ _____
<b>GRAND TOTAL:</b>			\$ _____

**PLEASE CONTINUE TO OTHER SIDE  
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE  
THANK YOU!**

**OFFICE USE ONLY**

Date Received: \_\_\_\_\_ Payment Received: \_\_\_\_\_ Release Signed: \_\_\_\_\_

Received by: \_\_\_\_\_ Date Processed: \_\_\_\_\_ Processed by: \_\_\_\_\_

**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. 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.

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., 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.

Witness Signature: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**THIS FORM MAY NOT BE ALTERED**