



## Scituate Recreation Summer Program 2009

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

## 2009 Summer Brochure

**MAIL:** 600 Chief Justice Cushing Hwy.  
**OFFICE:** Scituate High School  
(NEXT TO PJ STEVERMAN IN-LINE 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*  
*Kimberly Peters and Maura Glancy, Recreation Assistants*  
*Jenna McCarthy, Registrar*

### RECREATION COMMISSION:

*Paul Sharry, Chairman*  
*Michael Connor, Michelle Francis, Nancy Ivas and Bruce Wait*  
*Associate Members: Christopher Roberts*  
*Selectmen Liaison: Shawn Harris*

## THE MISSION OF THE SCITUATE RECREATION DEPARTMENT

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

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## POLICIES AND PROCEDURES

1. **Due to the high demand for programs and to be fair to all Scituate Residents, registration for Scituate Residents will begin SATURDAY, April 4, 2009, 8:00 AM to 11:00 AM in Scituate Recreation's Multi-Purpose Room at Scituate High School. *If you cannot register that day, a neighbor, friend or family member may register for you.***
3. ***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 April 9, 2009**. Checks or money orders should be made payable to Town of Scituate. Include 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 the Town of Scituate. A person is registered only when a check or cash and a registration form is received at 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 the 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 the 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 May 4, 2009.** 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.
11. ***The Grade would be the grade the child is entering in the fall of 2009.***

SUMMER REGISTRATION WILL BE IN THE RECREATION  
MULTI-PURPOSE ROOM AT SCITUATE HIGH SCHOOL  
**SATURDAY, APRIL 4, 2009**  
FROM 8:00 AM TO 11:00 AM (NO EXCEPTIONS)  
**(Mail-in registrations will be processed starting April 9, 2009)**

**THE OFFICE WILL BE CLOSED  
MONDAY - WEDNESDAY, APRIL 6, 7 AND 8, 2009  
SO WE MAY PROCESS THE WEEKEND'S REGISTRATION.  
WE WILL RE-OPEN  
THURSDAY, APRIL 9, 2009**

**SUMMER RECREATION CENTER:**

Philosophically, the following programs have three primary goals:  
to nurture, enrich and have fun!

**LITTLE PEOPLE SUMMER PROGRAM:**

Scituate Recreation Little People Room (our room is air conditioned) at Scituate High School. Director: Kathleen McCarthy and staff will run this program (ratio1:3) This program focuses on creative enrichment for the 3- to 5-year-old toilet independent child. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 AM to 11:45 AM each morning. Participants may choose from two 2-day programs, either Monday/Wednesday, or Tuesday/Thursday. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Two special performances are held every week by popular children’s entertainers such as Joyful Noise teacher, Kathie Lee, Mama Steph, Big Joe the Storyteller, the Rainforest Reptile Man, Mad Science and the Snake Lady to name a few. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities.

*Due to popularity you may only register for 1 code per session.*

**Session I: June 29 through July 16, 2009**

<b>(0100.101)</b>	Monday & Wednesday	8:45 AM – 11:45 AM	\$140
<b>(0100.102)</b>	Tuesday & Thursday	8:45 AM – 11:45 AM	\$140
<b>(0100.103)</b>	Monday thru Thursday	8:45 AM – 11:45 AM	\$280

**Session II: July 20 through August 6, 2009**

<b>(0100.104)</b>	Monday and Wednesday	8:45 AM – 11:45 AM	\$140
<b>(0100.105)</b>	Tuesday and Thursday	8:45 AM – 11:45 AM	\$140
<b>(0100.106)</b>	Monday thru Thursday	8:45 AM – 11:45 AM	\$280

**MORNING ADVENTURE CLUB:** Scituate Recreation’s Multi-Purpose Room (our room is air conditioned) in Scituate High School. Director: Joan Smith and her staff will facilitate this program (ratio:1:6). This is a program for the Kindergartener through Third Grade child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, Wed., from 9 AM to noon) and one full day (Thursday, 9 AM to 3:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun

spots such as South Shore Music Circus, Pirate Fun Ship, Roller Skating, etc, to name a few. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly with special guests such as Rain Forest Reptile Man, Creepy Crawly and Company to name a few. Each day has a different theme; no two days are the same. There will be two 3-week sessions:

<b>(1002.101)</b>	Session I	<b>June 29 - July 16, 2009</b>	\$270
<b>(1002.102)</b>	Session II	<b>July 20 - August 6, 2009</b>	\$270

**YOUNG PEOPLE DAY PROGRAM:** Scituate Recreation’s Multi-Purpose Room (our room is air conditioned). Director: Andrea Duggan and her staff will facilitate this program (ratio:1:7). This fun-filled program is for children entering first through sixth grade. It meets for five full days per week. The program meets Monday through Friday from 9:00 AM to 2:00 PM The program features a beach excursion each Wednesday to Humarock Beach, as well as a field trip each Friday to exciting locales such as a Zoo, Roller Skating and World’s End, to name a few. Regular Program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances; guests will include Rain Forest Reptile Man, and Crystal Entertainment. These are just a few of our special performers. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities.

<b>(1003.101)</b>	Session I	June 29 - July 17, 2009	\$375
<b>(1003.102)</b>	Session II	July 20 - August 7, 2009	\$375

**SUMMER ALL-STARS:** Scituate Recreation’s Multi-Purpose Room (our room is air conditioned). Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to announce their SUMMER CAMP. A structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water - play, story time, etc.... Also, we will be joined weekly with special guests such as Rain Forest Reptile Man, Mama Steph and Big Joe the Storyteller. These are just a few of our special performers. Each day has a different theme; no two days are the same and Fridays will be our field trip day! The program runs for two weeks for the first through eighth grader (Mon - Fri 8:30 a.m. to 1:30 p.m.). Fridays are reserved for age appropriate field trips.

This program is geared toward any child who would enjoy a positive, more relaxed, camp experience as well as providing facilitative assistance for children identified with learning disabilities or special needs such as autism, Down syndrome, Asperger's, ADHD or anxiety. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. Activities are broken down and basic skills and rules are taught to the participants. The kids can pursue the activities at their own pace. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. Instructor/Coaches: Mike Connor and Jennifer Spinale assisted by a wonderful team of coaches (ratio: 1:3). There are 25 slots available. Within this program 13 slots are reserved for children with an IEP. The remaining 12 spots are first come first serve regardless of needs.

**(1004.102) August 10 through August 21, 2009 Fee: \$450.00**

**LOSE THE TRAINING WHEELS:** Gates Intermediate School in the Gymnasium. Along with the Scituate CORSE Foundation we are sponsoring this program. The mission of the Lose the Training Wheels Camp is to instruct up to 40 children with disabilities, ages 8 –18 to ride conventional bicycles without training wheels who would otherwise be relegated to staying on training wheels, standing by, or riding cumbersome special purpose bikes & tricycles. The program is a 1 - week bicycle training experience designed to provide an environment conducive to learning to ride a bike. The camp will provide specialized equipment as well as coaching & encouragement. Using a series of adapted trainer bikes, children move onto more challenging bikes as skills and confidence increase. The camp will be run by highly qualified staff of Lose the Training Wheels, Inc. (*we are also looking for volunteers to assist, if you are interested in volunteering please email [corsefoundation@comcast.net](mailto:corsefoundation@comcast.net)*).

**Fee: \$150.00 August 3 through August 7, 2009 (8 spots per time slot).**

- (1005.101) 8:30 AM to 9:45 AM**
- (1005.102) 10:00 AM to 11:15 AM**
- (1005.103) 11:30 AM to 12:45 AM**
- (1005.104) 1:45 PM to 3:00 PM**
- (1005.105) 3:15 PM to 4:30 PM**

**SEPARATE REGISTRATION FOR SAILING WAS HELD SATURDAY, MARCH 14 FROM 9 AM TO 11 A.M (previously advertised in spring brochure) You may register for this program prior to April 4th or after April 9th during regular office hours or by mail.**

**PLEASE NOTE: we will NOT be holding any sailing registrations on April 4th)**

**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.***

**MERCURY'S**

We offer 12 hours of lessons over one week on our renovated 15-foot Cape Cod Mercury Keels. They are very stable, safely sailed. They are great for the beginner/intermediate sailor. Experience is not required, although classes will be fun for the experienced sailor as well. This class is for participants ages 12 and up. ***The sailing area for the Mercury's is limited to inside the breakwater.***

**Fee: \$125**

<b><u>8:00 AM- 11:00 AM</u></b>		<b><u>12:00 PM-3:00 PM</u></b>	
6/29-7/2	1011.101	6/29-7/2	1011.107
7/6-7/9	1011.102	7/6-7/9	1011.108
7/13-7/16	1011.103	7/13-7/16	1011.109
7/20-7/23	1011.104	7/20-7/23	1011.110
7/27-7/30	1011.105	7/27-8/6	1011.111
8/3-8/6	1011.106	8/3-8/6	1011.112

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.

**Fee: \$300**

<b><u>8:00 am – 11:00 am</u></b>		<b><u>12:00 – 3:00 pm</u></b>	
6/29-7/9	1011.113	6/29-7/9	1011.116
7/13-7/23	1011.114	7/13/7/23	1011.117
7/27/-8/6	1011.115	7/27-8/6	1011.118

### PAN GAI NOON : KARATE, KUNG FU, TAI CHI

Pan Gai Noon (Half Hard/Half Soft) is 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 in the Pan Gai Noon Karate-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 the following:



#### CHILDREN'S KARATE 6-9 YEAR OLDS

Location: Recreation's Multi-Purpose Room at Scituate High School  
(1900.101) Mon. June 29 – Aug. 24, 2009 4:50 – 5:50 PM \$63 9 wk  
(1900.102) Wed. July 1 – Aug. 26, 2009 4:50 – 5:50 PM \$63 9 wk

#### JUNIOR'S KARATE 10-13 YEAR OLDS

Location: Recreation's Multi-Purpose Room at Scituate High School  
(2300.101) Fri. July 3 – Aug. 28, 2009 4:50 to 5:50 PM \$65 9 wk

#### ADULT KARATE

Location: Recreation's Multi-Purpose Room at Scituate High School  
(3100.101) Mon. June 29 – Aug. 24, 2009 6:00 – 7:30 PM \$86 9 wk  
(3100.102) Wed. July 1 – Aug. 26, 2009 6:00 – 7:30 PM \$86 9 wk

#### ADULT KARATE CONDITIONING

A total body conditioning class, it will focus on increasing strength, flexibility, agility, and endurance. Training includes: western style boxing and Muay Thai boxing drills; such as, push-ups, sit-ups, jumping rope, working with medicine balls, heavy bags, etc.  
(3100.103) Fri. July 3 – Aug. 28, 2009 6:00 – 7:00 PM \$88 9 wk

#### BEGINNER TAI CHI:

Classes encompass: \*A balanced set of exercises to align, stretch & strengthen the body, preparing the student for tai chi movements \* 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 the beginning 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!  
(3200.101) Wed. July 1 – Aug. 26, 2009 7:35 – 9:05 PM \$117 9 wk

### LEVEL II TAI CHI:

Requirements: \*at least two sessions of beginner tai chi/chi-kung \*a good understanding of basic chi kung techniques & the yang tai chi 1<sup>st</sup> form \*This class opens up to a more advanced & elevated practice in tai chi/ chi kung. The practitioner may move through the soft movements of yang style to the more vigorous movements of the chen style bringing them to their full potential, "mind & body as one".  
(3200.102) Tue. June 30 – Aug. 25, 2009 6:00 - 7:30 PM \$117 9 wk

### ONE WEEK PERFORMING ARTS & COOKING CLINICS:

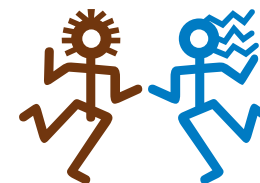
**DANCE FOR FUN CLINIC:** Scituate High School Small Gym. This clinic is for boys and girls, ages 3 & up. Participants will be taught tumbling stunts, jazz dance and isolation movements. Children will also learn a combination of jazz, ballet, tap and acrobatic techniques as well as many of the favorite youth dances: macarena, electric slide, hip-hop movements, freeze dance and many more. Also, we will play games such as musical chairs, lipsync, etc. Guaranteed: anyone who enrolls in this musical program will be the teacher in their neighborhood of dance steps and body movements for the rest of the summer. There will be a fun show at the end of the week for parents to attend. Teacher/Dancer: Tracey O'Brien, certified by Test to Teach. Participants should bring a snack, lunch and water bottle. Participants can wear leotards or bathing suits.

#### **June 22 through June 25, 2009**

(0300.101) Ages 3 -5 8:30 AM to 9:30 AM Fee: \$25

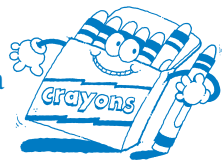
(no performance for this class)

(1009.101) Grades K - 6 9:30 AM to 3:00 PM Fee: \$105



**SUMMER KRAFT TIME:** Scituate High School, Teacher's Lounge.

Join us for a fun and stimulating arts and crafts program for children registered for Kindergarten through Fifth Grade. Children will enjoy creating a variety of "hands-on" craft items. Whether it is American Pride, Back to School, or Petals and Bugs\*, each day of the 4 day workshop will focus on a different theme. So allow us to do the clean up and let your child not only be creative but also make new friends while indulging in beads, paint, glue and glitter! All materials and supplies included. Participants should bring a snack and water bottle.



**(1200.101) August 10 - August 13, 2009 9:00 am – 11:30 am**  
**(1200.102) August 10 - August 13, 2009 12:30 pm – 3:00 pm**  
**Fee: \$90**

**GUITAR WORKSHOPS WITH MATT BROWNE**



A one- hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques.

Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate.

Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the South Shore schools. Once again, our community has an opportunity to sign up for his summer program through Scituate Recreation. **Tuesdays, June 30 through August 4, 2009 (6 weeks) min 8 / max 10 students.**

**(2600.101) Ages 8 –10 from 4:00 PM to 5:00 PM**  
**(2600.102) Ages 11-13 from 5:00 PM to 6:00 PM**  
**(2600.103) Ages 14-17 from 6:00 PM to 7:00 PM**  
**(4500.101) Ages Adults from 7:00 PM to 8:00 PM**

All classes will take place in the Scituate Recreation Department's Little People Room at Scituate High School. All students require a guitar: electric (with working amp) or acoustic. Lesson worksheets will be provided. **Fee: \$70.00**

**SCITUATE PLAYHOUSE:**

*"GREASE" SUMMER FUN, SOMETHING'S BEGUN!* SHS Auditorium - Take a break from the beach with "GREASE"! Tryouts begin on Monday morning at 9 AM, role assignments at noon, then the week goes by like grease lightning – with show time Friday night at 6:30 PM! Showcase your talent in song and dance, make new friends and enjoy being in a super summer show under the direction of Miss Kathy Boluch, Massachusetts Certified Teacher.

Actors entering grades 4- 8 are welcome.

**(1000.101) August 10 through August 13, 2009 9 am – 3 pm**  
**August 14, 2009 9 am – 12 pm practice**  
**with Production at 6:30 p.m.**

**Fee: \$150.00**

**KIDS COOKING**

These unique camps will be taught by Pamela Doyle, formerly Denver's NBC Channel 9 Children's Chef. Each cooking session will cover different menus and topics. Pamela feels it is so important to teach children to be comfortable in the kitchen; confidence building skills, math, science, and reading, along with manners can all be taught in your kitchen. Your children will enjoy the fun and informative camp Pamela gives. This 4 day program is offered at the Scituate Senior Center, 27 Brook Street, Scituate Harbor. Cooking Camp is designed to teach cooking basics that your child will carry with them throughout their life. Each day we will cover different cooking techniques, table manners and a meal will be served before pick-up. We recommend that you sign up early as our camps have been EXTREMELY popular and tend to fill up VERY quickly!! Includes all the supplies, a meal will be served each day, a cookbook of recipes at the conclusion of the course.

**Cost Per Session \$95.00 per child.**

**Session 1: Week of Monday June 29nd -Thursday July 2nd 2009:**

**(1012.101) Kindergarten: 4:00 PM to 5:30 PM**  
**(1012.102) Grades 1-3: 5:45 PM to 7:15 PM**  
**(1012.103) Grades 4 & up: 7:30 PM to 9:00 PM**

**Session 2: Week of Monday Aug. 17th - Thursday August 20th 2009:**

**(1012.111) Kindergarten: 4:00 PM to 5:30 PM**  
**(1012.112) Grades 1-3 5:45 PM to 7:15 PM**  
**(1012.113) Grades 4 & up: 7:30 PM to 9:00 PM**

## JUNIOR GOLF PROGRAMS

**Junior Golf Introductory Development Program:** Widow's Walk, Golf Course **Program content:** An introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching and the full swing. **Program mission:** To provide exposure to the game of golf, age appropriate skills development, rules and etiquette instruction as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program.



**Tuesdays, June 23, 30, July 7 and July 14, 2009**

**(1040.100)** ages 8 to 10 from 11:15 AM to 1:00 PM (limited to 18)

**(1041.100)** ages 11 to 15 from 11:15 AM to 1:00 PM (limited to 18)

**Tuesdays, July 28, August 4, 11 and August 18, 2009**

**(1040.101)** ages 8 to 10 from 11:15 AM to 1:00 PM (limited to 18)

**(1041.101)** ages 11 to 15 from 11:15 AM to 1:00 PM (limited to 18)

Participants should bring a snack and water bottle. We can provide the clubs.

**Fee: \$75.00**

## JUNIOR GOLF INTERMEDIATE DEVELOPMENT

**PROGRAM:** Widow's Walk, Golf Course.

**Program content:** A continuation of the introductory program with a more technical instructional approach. A skills competition will complete the session. **Program mission:** To provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and the elimination of distractions from unmotivated students. **Prerequisite:** Successful completion of an Introductory Junior Program with an above- average level of skill and motivation.

**Tuesdays, June 23, 30, July 7 and July 14, 2009**

**(2040.100)** ages 9-11 from 9:00 AM to 10:45 AM (limited to 18)

**(2041.100)** ages 12-15 from 9:00 AM to 10:45 AM (limited to 18)

**Tuesdays, July 28, August 4, 11 and August 18, 2009**

**(2040.101)** ages 9-11 from 9:00 AM to 10:45 AM (limited to 18)

**(2041.101)** ages 12-15 from 9:00 AM to 10:45 AM (limited to 18)

Participants should bring a snack and water bottle. We can provide the clubs.

**Fee: \$75.00** (student: teacher ratio – 9-1)

## ONE WEEK SPORT CLINICS:

**TINY – HAWK (soccer & basketball):** Scituate Recreation Multi-Purpose Room. An introductory 4-Day program for children ages three and four. Tiny –Hawk program helps children fine-tune their motor skills with athletics. These programs teach the basic skills of the sport while fostering the natural thirst for discovery found at this ages. **Parents must stay on-site for this program.**

**June 8 through June 11, 2009.**

**(1051.101)** 8:30 AM to 9:15 AM

**(1051.102)** 9:30 AM to 10:15 AM

**(1051.103)** 10:30 AM to 11:15 AM

**Fee: \$45.00**



**MINI-HAWK (soccer, baseball & basketball):** Scituate Recreation Multi-Purpose Room. An introductory 4-Day program for children ages four and five. Mini-Hawk helps children explore sports in a day-program setting. No pressure, just lots of fun while these young athletes participate in all three sports through unique games. Participants should bring a snack and water bottle.



**(1050.101) June 8 - June 11, 2009 8:30 AM to 11:30 AM**

**(1005.102) June 8 - June 11, 2009 12:30 PM to 3:30 PM**

**Fee: \$105.00**

**SUMMER FIELD HOCKEY CLINIC:** Scituate High School Turf Field. The Scituate Recreation Department will be holding a four-day field hockey clinic this summer, run by the high school field hockey coaches and former players. This clinic is open to all students entering 7th, 8th and 9th grades. Participants will learn basic Field Hockey rules, and develop skills and game techniques. Participants will need mouth guards, shin guards, water and a lunch. Sticks will be provided if needed. Participants should also have sneakers in case of rain.

**(2700.101) June 22 - June 25, 2009 (4 days) 9:00 - 1:00 PM  
Fee \$85**

**HIGH SCHOOL BASKETBALL CLINIC:** Grades 9 through 12. Scituate High School, Large Gym. This clinic is for any high-school basketball player who wants to learn, practice and improve their basketball game. Players will be placed on teams to compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to improve all facets of the great game of basketball. Bring your lunch and good attitude. Coach Matt Poirier and the best basketball coaches on the South Shore.

**(2200.104): July 13 - July 17, 2009, 8:00 am to 2:00 pm Fee: \$150**

**CO-ED BASKETBALL CLINIC:** For the ninth year, we will offer this instructional clinic to both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a lunch and a good attitude. Coach: Matt Poirier assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day. Location: SHS Large Gym.

**(2200.101) Grades 3 & 4 M – F 7/6 – 7/10/09 8am – 2pm**

**(2200.102) Grades 5 & 6 M – F 7/27 – 7/31/09 8am – 2pm**

**(2200.103) Grades 7 & 8 M – F 8/3 – 8/7/09 8am – 2pm**

**Fee: \$150.00**

**CO-ED SOCCER CLINIC:** This one-week instructional soccer clinic will be held at the SHS soccer field. Participants will be taught the fundamentals of soccer including: dribbling, heading, kicking, passing, trapping, goal tending and basic soccer rules. Debbie Beal and assistants will run the clinics. Participants should bring a snack, lunch, sunscreen and water bottle. **July 20 through July 24, 2009.**

**(1007.101) Grades K-2 from 8:00 AM to 10:30 AM Fee: \$65  
(1007.102) Grades 3-5 from 11:00 AM to 2:00 PM Fee: \$80**

**CO-ED FOOTBALL CLINIC:** SHS Turf Community Field and Gym. We are offering this instructional and interactive clinic to boys and girls. This program is for participants in 5<sup>th</sup> through 8<sup>th</sup> grade. It is for any player who wants to learn, practice and improve all aspects of the game of football. Basic individual and team offensive, defensive and special teams kicking skills will be taught. Players will also be placed on teams and will compete against players of similar ability in flag football. Participants should bring a snack and water bottle and a good attitude. Coach Herb Devine and assistants will run the clinic. You will learn and have fun!

**(2400.101) July 20 – July 23, 2009 4:00 PM – 6:00pm  
Fee: \$50**

**BASEBALL CLINIC:** SHS Baseball Field and Gym. Ages 6 to 12. Our baseball programs are tailored to the beginner and intermediate players. It is our continued commitment to teach players the skills required to participate in youth baseball. Recognizing the importance of safety, we will be using safety bats and balls to be successful in keeping with the spirit and pace of the game. Participants should bring a snack, lunch, sunscreen and water bottle

**(1006.101) August 3 – August 6, 2009 (4 days) 8:30 AM-2:30 PM  
Fee: \$120**

**SPORT OF FENCING:** Scituate High School Cafeteria. 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 bout-ing skills will be taught. Instructor: Jim Mullarkey.

**August 17 through August 20, 2009.**

**(1600.101)** Beginner (no experience): 8 AM - 10 AM

**(1600.102)** Intermediate (1 year or less of instruction) 10 AM - noon

**(1600.103)** Intermediate II (1 year+ of instruction) 12:30 - 2:30 PM

**Fee: \$105**

**SPORT READY:** This free program is designed to build **STRENGTH AND ENDURANCE** for those athletes (male and female) participating in Middle and High School fall sport programs. This class is based on a variety of timed intervals so participants can work at their own pace and measure improvement accurately. All abilities are welcome. Please bring a jump rope and water.

*(Participants will be asked to give 2 community service hours helping to clean up town fields. These community service hours can be used toward graduation requirements).* Instructor: Betsy Callanan.

**Saturdays & Sundays, July 25 - Aug. 16, 2009 4:30 PM to 5:30 PM**

**(2500.101)** \$ Free *(registration is required)*

### **ADULT PROGRAMS**

**ADULT KARATE AND TAI CHI PROGRAMS:** See page 5

**ADULT GUITAR LESSONS:** See page 4

**ADULT SAILING:** See page 4

**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 PM to 10:30 PM at the Recreation Department.

**BEGINNER INTRODUCTORY ADULT GOLF (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. This course is tailored to the beginner golfer. Golf clubs are provided. Fee: \$75 for five one-hour lessons (10:1 ratio)

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|---|------------------|
| <b>(3000.401)</b> Tuesday April 21 – May 19, 2009   | 5:00 - 6:00 PM   |
| <b>(3000.402)</b> Tuesday April 21 – May 19, 2009   | 6:00 - 7:00 PM   |
| <b>(3000.403)</b> Thursday April 23 – May 21, 2009  | 10:00 - 11:00 AM |
| <b>(3000.404)</b> Wednesday May 6 – June 3, 2009    | 5:30 - 6:30 PM   |
| <b>(3000.405)</b> Wednesday May 6 – June 3, 2009    | 6:30 - 7:30 PM   |
| <b>(3000.406)</b> Tuesday June 2 – June 30, 2009    | 5:30 - 6:30 PM   |
| <b>(3000.407)</b> Tuesday June 2 – June 30, 2009    | 6:30 - 7:30 PM   |
| <b>(3000.408)</b> Thursday June 4 – July 2, 2009    | 10:00 - 11:00 AM |
| <b>(3000.101)</b> Wednesday June 24 – July 22, 2009 | 5:30 - 6:30 PM   |
| <b>(3000.102)</b> Wednesday June 24 – July 22, 2009 | 6:30 - 7:30 PM   |
| <b>(3000.103)</b> Tuesday July 14 – Aug. 11, 2009   | 5:00 - 6:00 PM   |
| <b>(3000.104)</b> Tuesday July 14 – Aug. 11, 2009   | 6:00 - 7:00 PM   |
| <b>(3000.105)</b> Thursday July 16 – Aug. 13, 2009  | 10:00 - 11:00 AM |

**INTERMEDIATE ADULT SHORT GAME SERIES (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. **Fee:** \$95 for the 5- week program.(new smaller class sizes 6:1 ratio) *(no class 5/25/09)*

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|--|------------------|
| <b>(3001.401)</b> Thursday April 23 – May 21, 2009 | 11:00 – 12:00 PM |
| <b>(3001.403)</b> Thursday April 23 – May 21, 2009 | 6:00 – 7:00 PM   |
| <b>(3001.402)</b> Monday May 11 – June 15, 2009    | 5:00 – 6:00 PM   |
| <b>(3001.404)</b> Thursday June 4 – July 2, 2009   | 5:30 – 6:30 PM   |
| <b>(3001.101)</b> Monday. June 29 – Aug. 3, 2009   | 6:30 - 7:30 PM   |
| <b>(3001.102)</b> Thursday July 16 – Aug. 13, 2009 | 5:00 - 6:00 PM   |

**INTERMEDIATE ADULT FULL SWING SERIES:** (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: Swing Fundamentals, Ball Flight Laws, Iron Play, Wood Play, and Review. **Fee:** \$95 for the 5-week program. (NEW smaller class sizes 6:1 ratio)

- (3002.401) Thursday, April 23 – May 21, 2009 5:00 - 6:00 PM  
(3002.402) Monday, May 11 – June 15, 2009 6:00 - 7:00 PM  
(3002.403) Thursday, June 4 – July 2, 2009 11:00 - 12:00 PM  
(3002.404) Thursday, June 4 – July 2, 2009 6:30 - 7:30 PM  
(3001.103) Monday: June 29 – Aug. 3, 2009 5:30 – 6:30 PM  
(3001.104) Thursday July 16 – Aug. 13, 2009 6:00 – 7:00 PM

### **SAFETY EDUCATION**

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

Scituate Fire 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

- (3500.101) **Thursday, July 30, 2009 starting at 7:15 PM**  
**Fee: \$50**

**FIRST AID:** Scituate Fire Headquarters. Min.6/ Max.12. Receive a 2- year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. Instructor: Mark Donovan.

- (3600.101) **Tuesday, August 11, 2009 from 7:15 PM to 10:00 PM**  
**Fee: \$50**

**HEALTHCARE PROVIDER CPR:** Scituate Fire Headquarters. Min.6/ Max.12 We will offer a Healthcare Provider CPR class;. 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.

- (3551.101) **Wednesday, August 26, 2009 7:15 PM to 10:30 PM**  
**Fee \$55**

**BASICS OF BABYSITTING:** Scituate Recreation's Little People Room. This one day, three-hour course is designed to assist 5<sup>th</sup> – 7<sup>th</sup> graders in being babysitters and knowing the do's and don'ts of being home alone. The course will cover information on child development, feeding, diapering and playing with babies/younger children, basic first aid, fire safety and prevention, and the overall responsibilities of babysitting. There will also be a question and answer session with a Scituate Police Officer and Firefighter. Instructor: Kimberley Cleary, RN and Mom.

- (1001.101) **Thursday, June 25, 2009 9:00 AM to NOON**  
(1001.102) **Thursday, June 25, 2009 12:30 PM to 3:30 PM**  
**Fee \$25**

### **ADULT MIND & BODY FITNESS**

*Tai Chi & Cardio Kickboxing, see Pai Gai Noon*

**NIA:** NIA (pronounced "nee-yah"), is a form of fusion fitness that blends dance, martial and healing arts. Students are shown three levels of intensity to choose from so participants of varying fitness levels can enjoy the same class. Created in 1983 by Debbie Rosas and Carlos Rosas in California, NIA evolved as a non-impact aerobic practice with heart and soul. NIA uses a wide variety of music including jazz, pop, techno, African, Latin and other world music styles. There are 52 basic moves that develop one's flexibility, agility, mobility, strength and stability. Many NIA students experience greater fitness in body, mind, emotion, and spirit. Be prepared to move barefoot or in soft-soled shoes. Wear layered comfortable clothing. Instructor: Jan Yeh, certified NIA instructor. Location: Multipurpose Room.

- (4600.100) **Thursdays June 18 – August 27, 2009 5:00-6:00 PM**  
**Fee: \$87.00**

**MASTER FIT: Scituate High School Track:** This is an outside Fitness Program for Men & Women ages 40+. Two exercises can achieve a fit body for life. You choose one exercise is for endurance (walk, run, hills or jump rope) and one exercise for strength (variety of push-up types). All abilities welcome regardless of your current fitness level. Approximately 1 hr of 5 min. intervals (4 min cardio, 1 min strength allow you to work at your own pace and measure your personal improvement privately. Please bring water bottle and a jump rope (optional). Instructor: Betsy Callanan.

(4700.101) Tuesdays July 14 – Sept. 1, 2009 8:00 - 9:00 AM  
 (4700.102) Thursdays July 16 – Sept. 3, 2009 8:00 - 9:00 AM  
 (4700.103) Tuesdays July 14 – Sept 1, 2009 6:30 - 7:30 PM  
 (4700.104) Thursdays July 16 – Sept. 3, 2009 6:30 - 7:30 PM  
**Fee: \$ 45.00 per code**

**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! Drop-ins welcome \$10 with a Registration form. **Fee: \$55 per code**

(3800.101) Mon. June 8 – August 10, 2009 6:00 – 7:00 AM  
 (3800.103) Wed. June 10 – August 12, 2009 6:00 – 7:00 AM  
 (3800.104) Sat. June 13 – August 15, 2009 7:30 – 8:30 AM



**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 (JUST IN...BRAND NEW BIKES!!)** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. (Twenty-Week Session).

**Fee: \$145.00** (20 weeks, *we do meet holidays and vacation week.*)

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

(3900.101) Monday 5/25 – 10/5/09 5:45 AM to 6:45AM Maggie  
 (3900.108) Monday 5/25 – 10/5/09 9:15 AM to 10:15 AM Sarah  
 (3900.102) Monday 5/25 – 10/5/09 6:30 PM to 7:30 PM Sarah  
 (3900.109) Tuesday 5/26 – 10/6/09 5:45 AM to 6:45 AM Maggie  
 (3900.112) Tuesday 5/26 – 10/6/09 3:45 PM to 4:45 PM Erin  
 (3900.103) Wed. 5/27 – 10/7/09 9:15 AM to 10:15 AM Maggie  
 (3900.110) Wed. 5/27 – 10/7/09 3:45 PM to 4:45 PM Ellen  
 (3900.104) Wed. 5/27 – 10/7/09 6:30 PM to 7:30 PM Sarah  
 (3900.105) Thurs. 5/28 – 10/8/09 5:45 AM to 6:45 AM Sarah  
 (3900.106) Friday (\*)5/29 – 10/9/09 9:15 AM to 10:30 AM Maggie  
 (\*)Muscle Spin = get your cardio PLUS strength and ab work out to top off this 75 minute class.  
 (3900.111) Fridays 5/29 – 10/9/09 2:30 PM to 3:30 PM Erin  
 (3900.107) Sat. 5/30 – 10/10/09 8:00 AM to 9:00 AM: Alternates

**UPCOMING EVENTS**

***SCITUATE HARBOR “MUSIC CONCERT”***

*SATURDAY EVENING, July 11, 2009 from 4:00 PM to 7:00 PM in COLE PARKWAY AT THE MORRILL BANDSTAND.*

*Enjoy a relaxing evening of original and contemporary music performed by local musicians featuring:*

***THE GATHERING, MATT CHASE TRIO AND SAM CHASE***

*An evening spanning the blues, jazz, folk, southern rock and rock & roll musical favorites.*

*So grab your beach chairs and friends and come down to the bandstand for this FREE night of music.*

*Sponsored by the Friends of Scituate Recreation.*

**ATTENTION ALL FAMILIES**

Scituate Recreation will be hosting its

**Annual Outdoor Movie Night and you are all invited!**

Movies Family Fun classic (To be announced)

**Dates: Friday, August 14, 2009**

**Where:** Scituate High School Svensen Field Hockey Field

**Time:** Movies will start at sun down (Roughly 7:45 PM)

Best of all it's FREE!!!

Bring your blankets and beach chairs.

**FIELD, BASKETBALL COURT, IN-LINE SKATING RINK  
OR BANDSTAND PERMITS:**

*If you are interested in using a Town playing field, 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)*

**14th Annual PJ Steverman Golf Classic**

*A benefit for the Friends of Scituate Recreation*

*Will be held Friday, September 18, 2009*

*Widow's Walk 1:00 PM shotgun*

*River Club, 6:00 PM, Dinner, Silent & Live Auction and Raffle*

*Foursome: \$500.00*

*Hole Sponsorship: \$150.00*

*Dinner Ticket only: \$40.00*

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

**Sixth Annual Scituate Town Tennis Tournament**

To Benefit Scituate High School Tennis

Singles May 23 ( Memorial Weekend ) -Doubles June 14

**Entry Fee:** Doubles Team: \$40.00 Singles: \$30.00

[scituate Tennistournament@comcast.net](mailto:scituate Tennistournament@comcast.net) or 781-545-5549

**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 <a href="http://www.scituatecommunitychristmas.com">www.scituatecommunitychristmas.com</a>
Scituate Chamber of Commerce	781-545-4000 Elaine Bongarzone
Scituate Knights of Columbus	781-545-9829
Scituate Little League	<a href="http://www.scituatelittleleague.org">www.scituatelittleleague.org</a>
Scituate Lacrosse	<a href="http://www.scituatelacrosse.com">www.scituatelacrosse.com</a>
Scituate Soccer Club	781-545-7078 Frank Keaney <a href="http://www.scituatesoccer.com">www.scituatesoccer.com</a>
Scituate Traveling Softball	<a href="mailto:gsm99@comcast.net">gsm99@comcast.net</a> Gary Meyerson
Scituate Youth Football	781-556-0215 <a href="http://www.scicohfootball.com">www.scicohfootball.com</a>
Scituate Youth Cheerleading	781-556-0216 <a href="http://www.scicohfootball.com">www.scicohfootball.com</a>
Scituate Youth Travel Basketball	781-556-0126 <a href="http://www.scituatebasketball.org">www.scituatebasketball.org</a>
Scituate Youth Center	781-545-6400 Bob Drew
South Shore Senior Softball League	781-545-5441 Kevin McLaughlin
South Shore Seahawks	<a href="http://www.southshoreseahawks.org">www.southshoreseahawks.org</a>
C.O.R.S.E. (Community of Resources for Special Education)	Tracey Johnston & Marynell Henry <a href="mailto:corsefoundation@comcast.net">corsefoundation@comcast.net</a> <a href="http://www.corsefoundation.org">www.corsefoundation.org</a>



**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, 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**